



AUGUST 2019



Sun Mon Tue Wed Thu Fri Sat

<p>Recreation Director Nicole Picariello 212 - 534 - 6464 Ext. 5131 Recreation office is on level c</p>	<p>AR - ACTIVITY ROOM</p> <p>L - LIBRARY</p> <p>M - MEDITATION ROOM</p>	<p>ASK ALEXA FOR UPDATE TO DATE CALENDAR INFORMATION</p>		<p>1</p> <p>9:30 Brain Games AR 10:15 Body Sculpting AR 2:00 David Wynne AR 7:00 Evening Movie AR</p> 	<p>2</p> <p>9:30 Horoscopes & Weather AR 10:15 Brain Fitness AR 2:00 Tai- Chi AR 7:00 Evening Movie AR</p> 	<p>3</p> <p>10:00 Walk w/ N.Y. Cares Lobby 10:15 Exercise AR 2:00 Movie Matinee AR 2:00 Protestant Service 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 
<p>4</p> <p>10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR</p> 	<p>5</p> <p>9:30 Neighbors in Conversation AR 10:15 Body Fusion Fitness Class AR 2:00 Alpha Program AR 3:00 Spanish Club L 7:00 Evening Movie AR</p>	<p>6</p> <p>9:30 Hollywood Trivia 10:15 Body Balance AR 2:00 Bassa Nova AR Music Performance 7:00 Evening Movie AR</p> 	<p>7</p> <p>10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Summer Time Songs w/ Myrt AR 7:00 Evening Movie AR</p> 	<p>8</p> <p>10:15 Body Sculpting AR 2:00 A Rhythm Band AR 7:00 Evening Movie AR</p> 	<p>9</p> <p>9:30 Complete the Phrase AR 10:15 Brain Fitness AR 2:00 Reuben Wilson Jazz Quartet AR 7:00 Evening Movie AR</p> 	<p>10</p> <p>10:15 Zumba Class AR 11:00 Pet Therapy AR 2:00 N.Y.Cares AR Variety Day 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 
<p>11</p> <p>10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR</p> 	<p>12</p> <p>9:30 Daily Chronicle & News AR 10:15 Fusion Body Fitness Class AR 2:00 Alpha Program AR 3:00 Spanish Club L 7:00 Evening Movie AR</p>	<p>13</p> <p>10:15 Body Balance AR 2:00 Outreach Singers 3:00 Piano Tunes AR w/ Larry AR 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>14</p> <p>10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Do you remember when? trivia game 7:00 Evening Movie AR</p> <p>Reminisce</p>	<p>15</p> <p>10:15 Body Sculpting AR 2:00 Discussion w/ Dr. Eve AR 7:00 Evening Movie AR</p> 	<p>16</p> <p>9:30 Horoscopes & Weather AR 10:15 Brain Fitness AR 2:00 Tai- Chi AR 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>17</p> <p>10:15 Exercise AR Nikkie 2:00 Movie Matinee AR 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 
<p>18</p> <p>10:15 Exercise AR Noemi 2:00 Cherub Improv AR 3:00 Pet Therapy AR 7:00 Evening Movie AR</p> 	<p>19</p> <p>9:30 Neighbors in Conversation AR 10:15 Body Fusion Fitness Class AR 2:00 Therapy Discussion 3:00 Alpha Program AR 7:00 Evening Movie AR</p> <p>THERAPY</p>	<p>20</p> <p>9:30 They come in Pairs AR 10:15 Body Balance AR 2:00 Resident Council 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>21</p> <p>10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 11:30 Hawaiian Luau 2:00 Danielle Hendrix 7:00 Evening Movie AR</p> 	<p>22</p> <p>10:15 Body Sculpting AR 2:00 Bingo AR 3:00 Afternoon Series 7:00 Evening Social AR</p> 	<p>23</p> <p>10:15 Brain Fitness AR 2:00 Nature company Animal show AR 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>24</p> <p>10:15 Exercise AR Nikkie 2:00 Movie Matinee AR 2:00 Protestant Service 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 
<p>25</p> <p>10:15 Exercise AR Noemi 2:00 Bingo AR 7:00 Evening Movie AR</p> 	<p>26</p> <p>10:15 Body Fusion Fitness Class AR 2:00 Movie AR</p> <p>MOVIE</p>	<p>27</p> <p>10:00 Food Committee 10:15 Body Balance L 2:00 Birthday Party AR 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>28</p> <p>10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Danielle Hendrix 7:00 Evening Movie AR</p> 	<p>29</p> <p>10:15 Body Sculpting AR 2:00 Outdoor Games Garden 3:00 Walker Clinic AR 7:00 Evening Movie AR</p> <p>GAMES</p>	<p>30</p> <p>10:15 Brain Fitness AR 2:00 Raffle Off AR 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>31</p> <p>10:15 Exercise AR Nikkie 2:00 Movie Matinee AR 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 