

# SEPTEMBER 2019

**Sun**

**Mon**

**Tue**


**Wed**

**Thu**


**Fri**

**Sat**

**1**  
10:15 Zumba Class AR  
2:00 Movie AR  
7:00 Evening Movie AR



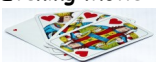
**2 Labor Day**  
10:15 Exercise AR  
11:00 12:00 BBQ  
2:00 Movie AR



**3**  
9:30 Active Senior class  
10:15 Body Balance AR  
2:00 Bingo AR  
3:30 Name 5 trivia AR  
7:00 Evening Movie AR



**4**  
9:30 Active Senior class  
10:15 Body Flow AR  
10:30 Trip Lobby  
1:00 Alive & eyes open L  
2:00 Card /Board Games  
7:00 Evening Movie AR



**5**  
9:30 Active Senior class  
10:15 Body Sculpting  
2:00 Discussion Group  
With Dr. Eve AR  
2:00 Creative Art Class  
7:00 Evening Movie AR

**DISCUSSION**

**6**  
9:30 Active Senior class  
10:15 Sculpt Fitness AR  
1:00 Alive & eyes open  
2:00 Tai- Chi AR  
7:00 Evening Movie AR

Tai Chi


**7**  
10:15 Exercise AR  
11:00 Pet Therapy AR  
2:00 Razzle Dazzle Party AR  
3:00 Catholic Mass MR  
7:00 Evening Movie AR



**8**  
10:15 Exercise Noemi  
2:00 Bingo Noemi AR  
3:00 Netflix Series AR



**9**  
9:30 Active Senior class  
10:15 Body Fusion Fitness Class AR  
1:00 Alive & eyes open  
2:00 Autumn Wreaths  
7:00 Evening Movie AR




**10**  
9:30 Active Senior Class  
10:15 Body Balance AR  
2:00 Outreach Singers  
3:00 Brain Games AR  
4:00 Yoga AR  
7:00 Evening Movie AR



**11**  
9:30 Active Senior Class  
10:15 Body Flow AR  
10:30 Trip Lobby  
1:00 Alive & eyes open L  
2:00 National Geographic  
7:00 Evening Movie AR


NATIONAL GEOGRAPHIC™

**12**  
9:30 Brain Games AR  
10:15 Body Sculpting AR  
2:00 Birthday Party AR  
7:00 Evening Movie AR



**13**  
9:30 Active Senior class  
10:15 Sculpt Fitness AR  
1:00 Alive & eyes open  
2:00 Reuben Wilson Jazz Quartet AR  
4:00 Yoga AR  
7:00 Evening Movie AR

**14**  
10:15 Rhythm Band AR  
Nikkie & Carol AR  
2:00 N.Y. Cares Variety Day  
3:00 Catholic Mass MR  
7:00 Evening Movie AR



**15**  
10:15 Exercise Noemi AR  
2:00 Cherub Improv AR  
3:00 Pet Therapy AR



**16**  
9:30 Morning Stretch AR  
10:15 Body Fusion Fitness Class AR  
1:00 Alive & eyes open  
2:00 Samba Lessons AR  
3:00 Movie Request AR  
7:00 Evening Movie AR



**17**  
9:30 Active Senior Class  
10:15 Body Balance AR  
2:00 Vision Board Workshop AR  
4:00 Yoga AR  
7:00 Evening Movie AR




**18**  
9:30 Active Senior Class  
10:15 Super Seniors  
10:30 Trip Lobby  
2:00 Danielle Hendrix's Greatest Hits AR  
1:00 Alive & eyes open L  
2:00 Creative Art Class L  
7:00 Evening Movie AR


**19**  
9:30 Active Senior class  
10:15 Body Sculpting AR  
1:00 Bible Distribution  
2:00 Park Café AR  
7:00 Evening Movie AR

Coffee Cookies

**20 National Pepperoni Pizza Day**  
9:30 Active Senior class  
10:15 Sculpt Fitness AR  
1:00 Alive & eyes open  
2:00 Pizza Party AR  
4:00 Yoga AR  
7:00 Evening Movie AR



**21**  
10:00 Computer Class L  
10:15 Zumba Class AR  
11:00 Pet Therapy AR  
2:00 Protestant Service L  
3:00 Catholic Mass MR  
7:00 Evening Movie AR




**22**  
10:15 Exercise Noemi AR  
2:00 Bingo Noemi AR  
3:00 Netflix Series AR



**23 Autumn Begins**  
10:15 Body Fusion Fitness Class AR  
1:00 Alive & eyes open  
2:00 Therapy Discussion  
3:00 Spanish Club L  
7:00 Evening Movie AR

Therapy

**24**  
10:15 Body Balance AR  
2:00 Resident Council AR  
3:00 Spanish Club L  
4:00 Yoga AR  
7:00 Evening Movie AR



**25**  
10:15 Body Flow Exercise Class AR  
10:30 Trip Lobby  
1:00 Alive & eyes open L  
2:00 Danielle Hendrix's Greatest Hits AR  
2:00 Creative Art Class L  
7:00 Evening Movie AR


**26**  
10:15 Body Sculpting AR  
2:00 Self Defense Class  
7:00 Evening Movie AR

self defense

**27**  
10:15 Sculpt Fitness AR  
1:00 Alive & eyes open  
2:00 Tai- Chi AR  
4:00 Yoga AR  
7:00 Evening Movie AR

Tai Chi

**28**  
10:15 Exercise AR  
Nikkie  
2:00 Afternoon Movie  
2:00 Protestant Service L  
3:00 Catholic Mass MR  
7:00 Evening Movie AR



**29 ROSHASHANA**  
10:15 Exercise Noemi AR  
2:00 Bingo Noemi AR  
3:00 Netflix Series AR



**30**  
9:30 Active Senior class  
10:15 Body Fusion AR  
Fitness Class AR  
1:00 Alive & eyes open  
2:00 Food Committee AR  
2:30 Jewish Service L

Rosh Hashanah



**Recreation Director Nicole Picariello 212 - 534 - 6464 Ext. 5131 Recreation office is on level c**

**AR - ACTIVITY ROOM**  
**L - LIBRARY**  
**M - MEDITATION ROOM**

**ASK ALEXA FOR UPDATE TO DATE CALENDAR INFORMATION**

**TRIPS EVERY WEDNESDAY**



**ALL PROGRAMS ARE SUBJECT TO CHANGE**

