



October 2019



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>1</p> <p>10:00—12:00 N.Y. Cares Canvas Painting 10:15 Body Balance L 2:00 Meditation Circle 4:00 Yoga AR 7:00 Evening Movie AR</p> <p>MEDITATION</p> 	<p>2</p> <p>10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Computer class L 2:00 Netflix Series 7:00 Evening Movie AR</p> 	<p>3</p> <p>9:30 Family Feud AR 10:15 Body Sculpting AR 2:00 Discussion Group With Dr. Eve AR 7:00 Evening Movie AR</p> <p>DISCUSSION</p>	<p>4</p> <p>9:30 Finish the Phrase 10:15 Stretch It AR 2:00 Tai- Chi AR 4:00 Yoga AR 7:00 Evening Movie AR</p> <p>TAI CHI</p> 	<p>5</p> <p>10:15 Exercise AR 11:00 Pet Therapy AR 2:00 Movie Matinee AR 2:00 Protestant Service 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 
<p>6</p> <p>10:15 Exercise Noemi AR 2:00 Bingo AR 7:00 Evening Movie AR</p> 	<p>7</p> <p>9:30 Ball Toss AR 10:15 Body Fusion Fitness Class AR 2:00 Healthy Snack L 3:00 Spanish Club L 7:00 Evening Movie AR</p> 	<p>8 Yom Kippur</p> <p>9:30 Brain Games AR 10:15 Body Balance AR 2:00 Outreach Singers 3:00 Piano Tunes w/ Larry AR 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>9</p> <p>10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 3:00 Jewish Service L 2:00 Netflix Series 7:00 Evening Movie AR</p> <p>Yom Kippur</p> 	<p>10</p> <p>9:30 Jumble Jumbo AR 10:15 Body Sculpting AR 2:00 Opera Music Performance AR 7:00 Evening Movie AR</p> 	<p>11</p> <p>9:30 Name 5 Trivia AR 10:15 Stretch It AR 2:00 Reuben Wilson Jazz Quartet AR 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>12</p> <p>10:15 Zumba w/Frances AR 2:00 Variety Day N.Y. Cares AR 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 
<p>13</p> <p>10:15 Exercise Noemi AR 2:00 Bingo AR 7:00 Evening Movie AR</p> 	<p>14</p> <p>9:30 Wheel of Fortune AR 10:15 Body Fusion Fitness Class AR 2:00 Falling Star Music Performance AR 7:00 Evening Movie AR</p> 	<p>15</p> <p>9:30 Reminisce AR 10:15 Body Balance AR 2:00 Vision Board AR 4:00 Yoga AR 7:00 Evening Movie AR</p> <p>A VISION BOARD</p>	<p>16</p> <p>10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Computer class L 2:00 Netflix Series AR 7:00 Evening Movie AR</p> 	<p>17</p> <p>9:30 Pictionary AR 10:15 Body Sculpting AR 2:00 The Guitar Den AR 7:00 Evening Movie AR</p> 	<p>18</p> <p>9:30 Trivia Games AR 10:15 Stretch It AR 2:00 Musical Gems with David Wynne AR 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>19</p> <p>10:00 Computer class L 10:15 Exercise AR 11:00 Pet Therapy AR 2:00 Movie Matinee AR 2:00 Protestant Service 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 
<p>20</p> <p>10:15 Exercise Noemi AR 2:00 Cherub Improv AR 3:00 Pet Therapy AR 7:00 Evening Movie AR</p> <p>Cherub Improv</p>	<p>21</p> <p>9:30 Ball Toss AR 10:15 Body Fusion Fitness Class AR 2:00 Therapy Discussion 3:00 Spanish Club L 7:00 Evening Movie AR</p> <p>PHYSICAL THERAPY</p> 	<p>22</p> <p>9:30 Trivia Games AR 10:15 Body Balance AR 2:00 Salsa Lessons AR 7:00 Evening Movie AR</p> 	<p>23</p> <p>10:00 Basic Art Class w/Avi L 10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 3:00 Current Events With Clifford AR 2:00 Danielle Hendrix's 7:00 Evening Movie AR</p> 	<p>24</p> <p>10:00 Alexa Discussion 10:15 Body Sculpting L 2:00 Birthday Party AR 7:00 Evening Social AR</p> <p>TAI CHI</p> 	<p>25</p> <p>10:00 Board of Elections L 10:15 Stretch It AR 2:00 Tai-Chi AR 4:00 Yoga AR</p> <p>TAI CHI</p> 	<p>26</p> <p>10:15 Exercise AR 2:00 Movie Matinee AR 2:00 Card Games L 3:00 Catholic Mass MR 7:00 Evening Movie AR</p> 
<p>27</p> <p>10:15 Exercise Noemi AR 2:00 Bingo AR 7:00 Evening Movie AR</p> 	<p>28</p> <p>9:30 Alexia Trivia AR 10:15 Body Fusion Fitness Class AR 2:00 Food Committee AR 3:00 Halloween Trivia AR</p> <p>Halloween Trivia</p> 	<p>29</p> <p>9:30 Jumbo Jumble AR 10:15 Body Balance AR 2:00 Resident Council AR 3:00 Spanish Club L 4:00 Yoga AR 7:00 Evening Movie AR</p> 	<p>30</p> <p>10:00 Basic Art Class w/Avi L 10:15 Super Seniors Exercise Class AR 10:30 Trip Lobby 2:00 Danielle Hendrix's 3:00 Current Events With Clifford AR 7:00 Evening Movie AR</p>	<p>31 Halloween</p> <p>9:30 Face Painting AR 10:15 Body Sculpting AR 2:00 Monster Mash AR</p> 	<p>ASK ALEXA FOR UPDATE TO DATE CALENDAR INFORMATION</p>	<p>All programs are subject to change</p> 