



# November 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change.	<b>1</b> 9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Virtual Lectures 2:00 Movie Matinee	<b>2</b> 9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Art Class 3:00 Music with Den	<b>3</b> 9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Spanish Class 2:00 Movie Matinee	<b>4</b> 9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Trivia 3:00 Piano with Refica	<b>5</b> 9:00 Morning Social 10:00 Exercise 11:00 Ball Toss 1:00 Name That Tune 2:00 Movie Matinee	<b>6</b> 9:00 Morning Social 10:00 Exercise 11:00 Bird watching 2:00 Karaoke Fun 3:00 Coffee or Tea Social
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:00 Morning Social 10:00 Exercise 11:00 Music Madness 1:00 Religious Service 2:00 Bingo 3:00 Virtual Country	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 French Class 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Wii Game 3:00 Music with Anthony	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Music with Gene 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 HPH Talk 3:00 Karaoke Fun	9:00 Morning Social 10:00 Tai Chi 11:00 Music Madness 1:00 Corn Hole Toss 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Seated Dancing 2:00 Jewish Service 3:00 Nail Art Fun
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:00 Morning Social 10:00 Exercise 11:00 Music Madness 1:00 Religious Service 2:00 Bingo 3:00 Virtual Country	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Virtual Lectures 3:00 Guessing Game	9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Art Class 3:00 Music with Joe Pace	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Karaoke Fun 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Spelling Bee 3:00 Music with Henry	9:00 Morning Social 10:00 Du Dance 11:00 Ball Toss 1:00 Open Table Games 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Seated Yoga 2:00 Dog Therapy 3:00 Coffee or Tea Social
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:00 Morning Social 10:00 Exercise 11:00 Music Madness 1:00 Religious Service 2:00 Bingo 3:00 Virtual Country Tour	9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 French Class 3:00 Music Madness	9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Riddles and Fun 3:00 Music with Jeffrey	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Spanish Class 2:00 Food Committee Meeting 2:45 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 ThanksGiving Day Party with Joe Pace 2:00 Word Jumble Game 3:00 Karaoke Fun	9:00 Morning Social 10:00 Meditation and Relaxation hour 11:00 Music Madness 1:00 Jewelry Creation 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Seated Dancing 2:00 Nail Art Fun 3:00 Music with Avery
<b>28</b>	<b>29</b>	<b>30</b>				
9:00 Morning Social 10:00 Exercise 11:00 Walk in the Park 1:00 Religious Service 2:00 Bingo 3:00 Virtual Country Tour	9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Art Class 3:00 Trivia	9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Music with John A 3:00 Resident Council Meeting	Salon is open every Tuesday 9:00 am- 2:00pm Movie Selection Days Every Tuesday, Wednesday And Saturday @ 1:15-2:00	Recreation office phone # 212-534-6464 Ext. 5131	The Recreation team is Janet, Noemi & Tyler. We are on site 7 days a week and our office is on C-Level	<b>Happy Thanksgiving</b>



Happy  
Thanksgiving



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