



October 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31					1	2
9:00 Morning Social 9:30 Exercise 10:00 Central Park Walk 1:00 Religious	Salon is open every Tuesday 9:00 am- 2:00pm	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	(AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change.	9:00 Morning Social 10:00 Exercise 11:00 Music Madness 1:00 Word Jumble Game 2:00 Movie Matinee	9:00 Morning Social 9:30 Exercise 10:00 Central Park Walk 2:00 Music with Valerie 3:00 Nail Art Fun
3	4	5	6	7	8	9
9:00 Morning Social 9:30 Exercise 10:00 Central Park Walk 1:00 Religious Service	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Art Class 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Guessing Game 2:00 Oldies but goodies	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Comedian Show 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Karaoke fun 2:00 Puppet Musical	9:00 Morning Social 10:00 Du Dance 11:00 Music Madness 1:00 Jewelry Creation 2:00 Movie Matinee	9:00 Morning Social 9:30 Exercise 10:00 Central Park Walk 2:00 Jewish Service 3:00 Virtual Concert Show
10	11	12	13	14	15	16
9:00 Morning Social 9:30 Exercise 10:00 Central Park Walk 1:00 Religious Service	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Painting Class 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Spanish Club 2:00 Music w. Alex & Nelly	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Dance it out 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Paper craft Fun 2:00 Music w. John A.	9:00 Morning Social 10:00 Exercise 11:00 Balloon Volleyball 1:00 Open table games 2:00 Movie Matinee	9:00 Morning Social 9:30 Exercise 10:00 Central Park Walk 2:00 Dog Therapy 3:00 Watermelon Social
17	18	19	20	21	22	23
9am Morning Social 9:30 Exercise 10:00 Central Park Walk 1:00 Religious Service	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Watercolor Fun 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Wii Games 2:00 Music with Victoria	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Duct Tape Fun 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Trivia 2:00 Music with Joe P.	9:00 Morning Social 10:00 Exercise 11:00 Music Madness 1:00 Velvet art Fun 2:00 Movie Matinee	9:00 Morning Social 9:30 Exercise 10am Central Park Walk 2:00 Virtual Concert Show 3:00 Music Madness
24	25	26	27	28	29	30
9:00 Morning Social 9:30 Exercise 10:00 Central Park Walk 1:00 Religious Service	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Art Class 2:00 Movie Matinee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Spanish Club 2:00 Resident Council	9:00 Morning Social 10:00 Exercise 11:00 Cardio 1:00 Fall Craft Fun 2:00 Food Committee	9:00 Morning Social 10:00 Exercise 11:00 Cardio 2:00 Halloween Party with Linda Miller	9:00 Morning Social 10:00 Exercise 11:00 Balloon Volleyball 1:00 Fun with Markers 2:00 Movie Matinee	9:00 Morning Social 9:30 Exercise 10:00 Central Park Walk 2:00 Nail Art Fun 3:00 Music With Henry



October 2021

