



# December 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Recreation office phone # 212-534-6464 Ext. 5131	The Recreation team is Janet, Noemi & Tyler. We are on site 7 days a week in the Activity Room	(AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change.	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 Music with Alex AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with Gene AR 3:00 Family Feud AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Seated Yoga AR 1:00 Word Jumble Game AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Music Madness AR 2:00 Jewish Service AR 3:00 Nail Art Fun AR
	6	7	8	9	10	11
9:00 Morning Social AR 10:00 Exercise AR 11:00 Music Madness AR 1:00 Catholic Service AR 2:00 Bingo AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 Art Class AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with Joe AR 3:00 Open Table Games	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 Spanish Class AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with Priya AR 3:00 Holiday Crafts AR	9:00 Morning Social AR 10:00 Seated Zumba AR 11:00 Meditative Music AR 1:00 Music with Avery AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Music Madness AR 2:00 Dog Therapy AR 3:00 Karaoke Fun AR
12	13	14	15	16	17	18
9:00 Morning Social AR 10:00 Exercise AR 11:00 Music Madness AR 1:00 Catholic Services AR 2:00 Holiday Caroling AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 Trivia AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Riddles and Fun AR 3:00 Karaoke AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 Spanish Class AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with Anthony AR 3:00 Wii Game AR	9:00 Morning Social AR 10:00 Seated Tai-Chi AR 11:00 Seated Dancing AR 1:00 Music with Allison AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Music Madness AR 2:00 Music with Henry AR 3:00 Nail Art Fun AR
19	20	21	22	23	24	25
9:00 Morning Social AR 10:00 Exercise AR 11:00 Music Madness AR 1:00 Christmas Caroling AR 2:00 Catholic Service AR 3:00 Bingo AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 Guessing Game AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with Tom AR 3:00 Open Table Games AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:30 Holiday Music with Dayle AR 2:00 Movie Matinee	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Bingo all you Can AR 3:00 Karaoke Fun AR	9:00 Morning Social AR 10:00 Qigong Exercise AR 11:00 Christmas Party with Linda Miller AR 1:00 Cupcake Decorating AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Music Madness AR 2:00 Coffee/Tea Social AR 3:00 Nail Art Fun AR
26	27	28	29	30	31	
9:00 Morning Social AR 10:00 Exercise AR 11:00 Music Madness AR 1:00 Catholic Service AR 2:00 Bingo AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:00 Art Class AR 2:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Resident Council Meeting AR 3:00 Concert Show AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with John AR 3:00 Movie Matinee AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Food Committee Meeting AR 3:00 Music with Linda AR	9:00 Morning Social AR 10:00 Exercise AR 11:00 Meditative Music AR 1:00 Spelling Bee AR 2:00 Movie Matinee AR	Movie Selection Days are Tuesday, Thurs and Fri.

