

happy Valentine's day



# February 2022



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Walking Trip AR 2:00 Resident Council AR 3:00 Riddles Fun AR	2 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Spanish Class AR 2:00 Movie Matinee AR	3 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with John AR 3:00 Guessing Game AR	4 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Yoga AR 1:15 Computer Class AR 1:15 Food Committee AR 2:00 Movie Matinee AR	5 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Yoga AR 2:00 Nail Art Fun AR 3:00 Live Comedy Show AR
6 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Yoga AR 1:00 Religious Service AR 2:00 Bingo AR	7 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Trivia AR 2:00 Movie Matinee AR	8 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Walking Trip AR 2:00 Music with Alex AR 3:00 Line Dancing AR	9 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Piano Tunes w/ Steve LB 3:00 Music Madness AR	10 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Valentines Craft AR 2:00 Movie Matinee AR	11 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Zumba AR 1:15 Computer Class AR 2:00 Movie Matinee AR	12 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Zumba AR 2:00 Music with Henry AR 3:00 Tea and Crumpets AR
13 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Zumba AR 1:00 Religious Service AR 2:00 Bingo AR	14 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Art Class with Marie AR 2:00 Movie Matinee AR	15 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Music with Joe AR 3:00 Treats for my Sweets 	16 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Pet Therapy LB 2:00 Movie Matinee AR	17 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Bingo All You Can AR	18 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Dancing AR 1:15 Piano Tunes w/ Avery LB 2:00 Movie Matinee AR	19 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Dancing AR 2:00 Jewish Service AR 3:00 Tea and Crumpets AR
20 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Dancing AR 1:00 Religious Service AR 2:00 Bingo AR	21 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Name That Tune AR 2:00 Movie Matinee AR	22 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Resident Council AR 3:00 Piano Tunes w/ Marjan	23 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Pizza Making Fun AR 2:00 Movie Matinee AR	24 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 2:00 Food Committee AR 3:00 Music w/ Victoria AR	25 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Tai-Chi AR 1:15 Wii Game AR 2:00 Movie Matinee AR	26 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Tai-Chi 2:00 Music with Anthony AR 3:00 Nail Art Fun AR
27 9:30 Morning Social AR 10:00 Exercise AR 11:00 Seated Tai-Chi AR 1:00 Religious Service AR 2:00 Bingo AR	28 9:30 Morning Social AR 10:00 Exercise AR 11:00 Cardio AR 1:15 Connect with Residents 2:00 Movie Matinee AR	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 Room 1308	(AR) = Activity Room (LB) = Lobby (CY) = Courtyard All times are subject to change.	