

happy Valentine's day



February 2023



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Step into Love 2-week Walking/Nu-Step Challenge w/ Tinisi! Sign up for a step counter device!	1 9:00a - Total Body Stretching 9:45a - Upper Body Exercise 10:30a- Cardio 2p- Getting to Know Your Neighbors w/Angela Resident Shopping Trip at 1p	2 9:00a - Seated Tai Chi 9:45a - Lower Body Exercise 10:30a - Seated Cardio 2p- Live Performance w/ Tina Turner Impersonator	3 9:00a - Neck & Back Stretching 9:45a - Balance Exercise 10:30a - Step Class 2p- Music w/ Henry! 7p- Movie Night- The Shotgun Wedding	4 10a- Morning Social 10:30a- Seated Exercise 1p- Black History Trivia 2p- Jewish Service 7p- Movie Night- Eat Pray Love
5 10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Movie Matinee	6 9:00a - Mindful Meditation 9:45a - Total Body Exercise 10:30a - Choose Your Exercise 1p- Pictionary 2p- Valentine's Craft Making	7 9:00a - Seated Yoga 9:45a - Upper Body Exercise 10:30a - Cardio 1p- Spanish Class 2p- Art Class w/ Selma Cooper	8 9:00a - Total Body Stretching 9:45a - Lower Body Exercise 10:30a - Seated Cardio 1:30p- Pet Therapy w/ Pippa 2p- Bingo Extravaganza	9 9:00a - Neck & Back Stretching 9:45a - Balance Exercise 10:30a - Step Class 1p- Black History Month Collage Making 2p- Black History Poetry Club w/ Janicia	10 9:00a - Neck & Back Stretching 9:45a - Total Body Exercise 10:30a - Seated Boxing 7p- Movie Night- To Sir, w/Love	11 1p- Catholic Charities Valentine's Day Party w/ Special Guest Linda Miller 7p- Movie Night- Intolerable Cruelty
12 10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Movie Matinee	13 9:00a - Mindful Meditation 9:45a - Upper body exercise 10:30a - Cardio 1p- Love Wall/Crafts 2p- Word Games	14 9:00a - Seated Yoga 9:45a - Lower Body Exercise 10:30a - Seated Cardio 1p- Meet Your Neighbor Social Hour 2p- Piano w/ Avery	15 9:00a - Total Body Stretching 9:45a - Balance Exercise 10:30a - Step Class 1p- Pictionary 2p- Bingo Extravaganza	16 Community Covid Testing 10a-2p Resident Shopping Trip at 1p	17 9:00a - Neck & Back Stretching 9:45a - Upper Body Exercise 10:30a - Choose Your Exercise 1p- Pet Therapy w/ Riley 2p- Music w/ Carl on Sax & February Birthday Cake Party! 7p- Movie Night- The Lost City	18 10a- Morning Social 10:30a- Seated Exercise 1p- Poker Game 7p- Movie Night- In the Heat of the Night
19 10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Movie Matinee	20 9:00a - Mindful Meditation 9:45a - Lower Body Exercise 10:30a - Seated Cardio 1p- Jeopardy w/ Tinisi 2p- Spelling Bee	21 9:00a - Seated Yoga 9:45a - Balance Exercise 10:30a - Step Class 1p- Spanish Class 2p- Art Class w/ Selma Cooper	22 9:00a - Total Body Stretching 9:45a - Seated Abs 10:30a - Seated Boxing 1:30p- Pet Therapy w/ Pippa 2p- Bingo Extravaganza Ash Wednesday Service	23 9:00a - Neck & Back Stretching 9:45a - Total Body Exercise 10:30a - Choose Your Exercise Resident Trip at 10a- Location TBD	24 9:00a - Neck & Back Stretching 9:45a - Lower Body Exercise 10:30a - Cardio 1p- Pet Therapy w/ Riley 2p- Singing for Seniors w/ Julliard 7p- Movie Night- Primal Fear	25 10a- Morning Social 10:30a- Seated Exercise 1p- Express Bingo 7p- Movie Night- The Choice
26 10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Movie Matinee	27 9:00a - Mindful Meditation 9:45a - Balance Exercise 10:30a - Step Class 1p- Wii Bowling 2p- Word Games	28 9:00a - Seated Yoga 9:45a - Total Body Exercise 10:30a - Seated Boxing 1p- Food Committee Meeting 2p- Resident Council Meeting 3p- Ask the Therapist w/ Dr. Eve	Life Enrichment Office Phone # 212-534-6464 Ext. 5153 Angela's Ext. 5131	The Salon is open every Wednesday from 10a-3p Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard	Angela, Noemi, Tyler & Janicia are your Life Enrichment Team. We are here 7 days a week and our offices are on C.	

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