



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Life Enrichment Office Phone #</b> <b>212-534-6464</b> <b>Ext. 5153</b>  <b>Angela's Ext. 5131</b>	Location Key: AR- Activity Room PDR- Private Dining 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	<b>Salon is open every Wednesday 9a-2p</b>			<b>1</b> 10a- Virtual Exercise 10:30a- Morning Social 1p- Bingo 7p- Movie Night – The Last Laugh
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p Spanish Class	9a - Mindful Meditation 9:45a - Total Body Exercise 10:30a – Cardio 1p- Weekly Horoscopes & Current Events 2p- Board Games/Card Games	9a – Seated yoga 9:45a - Upper Body Exercise 10:30a - Seated Cardio 1p- Scattergories <b>1:30p- NEW THERAPY DOG HUMPHREY THE GOLDEN RETRIEVER</b> <b>2:30p- Art Class w/Selma</b>	9a – Total Body Stretching 9:45a – Lower Body Exercise 10:30a - Step Class <b>10:30a- Resident Bus Trip- Chinese Buffet</b> 2p- Wii Bowling	9a – Neck and Back Strengthening 9:45a – Seated Abs 10:30a – Seated Boxing <b>12:30p- Holy Confessions</b> <b>1:30p- Holy Thursday Mass</b> 2:30p- Power Hour Bingo	9a – Mindful Meditation 9:45a - Balance 10:30a – Choose Your Exercise 1p- Pet Therapy w/ Riley <b>2p- Live Piano w/ Lee Glantz</b> 7p- Movie Night -Peter Rabbit 2	10a- Virtual Exercise <b>10:30a- Virtual Hebrew Class</b> <b>2p- Passover Seder</b> 7p- Movie Night – Easter Parade
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
10a- Virtual Exercise 10:30a- Seated Exercise <b>130p- Easter Sunday Service</b> <b>2p- Easter Egg Hunt</b> 3p- Power Hour Bingo	9a - Mindful Meditation 9:45a – Upper Body Exercise 10:30a – Seated Cardio <b>1p- HPH Health Jeopardy w/ Tinisi</b> 2p- Weekly Horoscopes & Current Events	9a – Seated Yoga 9:45a - Lower Body Exercise 10:30a – Step Class <b>11a- 4p- Spring Fling Flea Market</b>	9a – Total Body Stretching 9:45a – Seated Abs 10:30a – Seated Boxing 1p- Music & Movie Trivia 1:30p- Pet Therapy w/ Pippa <b>2p- Live Music w/ Henry</b> 3p- Brain Busters	9a – Neck and Back Strengthening 9:45a - Balance 10:30a – Choose Your Exercise <b>12:30p- Resident Bus Trip- Skyscraper Museum</b> 2p- Men's Sports Club	9a – Mindful Meditation 9:45a – Total Body Exercise 10:30a – Cardio 1p- Pet Therapy w/ Riley <b>2p- Live Music w/ Amanda &amp; Co.</b> 7p- Movie Night – Play the Game	10a- Virtual Exercise 10:30a- Morning Social 2p- Bingo Extravaganza 7p- Movie Night - Tootsie
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Pictionary	9a - Mindful Meditation 9:45a - lower Body Exercise 10:30a – Step Class 1p- Weekly Horoscopes & Current Events 2p- Jewelry Making	9a - Mindful Meditation 9:45a - Lower Body Exercise 10:30a – Step Class 1p- Let's Get Artsy <b>2p- Dr. Eve Small Group Mental Health Discussion</b> <b>3p- Art Class w/ Selma</b>	9a – Total Body Stretching 9:45a – Balance 10:30a – Choose Your Exercise 1p- Make a Picture Frame <b>2p- Friendly Visitors Day!</b> 3p- Board Games/Card Games	9a – Neck and Back Strengthening 9:45a – Total Body Exercise 10:30a – Cardio <b>12:30p- Resident Bus Trip- Shopping</b> <b>1:30p- Gardening Day!</b>	9a – Mindful Meditation 9:45a – Upper Body Exercise 10:30a – Seated Cardio 1p- Pet Therapy w/ Riley <b>2p- Live Saxophone w/ Carl</b> 3p- Apples to Apples Game 7p- Movie Night – Saving Mr. Banks	10a- Virtual Exercise 10:30a- Morning Social 2p- Bingo Extravaganza 7p- Movie Night – Live and Let Die
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Spanish Class	9:00a - Mindful Meditation 9:45a – Seated Abs 10:30a – Seated boxing 1p- Weekly Horoscopes & Current Events 2p- Pictionary	9:00a– Seated yoga 9:45a- Balance 10:30a– Choose Your Exercise <b>1:15p- Food Committee Meeting</b> <b>2p- Resident Council Meeting</b> <b>3p- Fishbowl Conversation w/Marion</b>	9:00a – Total Body Stretching 9:45a – Total Body Exercise 10:30a – Cardio 1p- Poetry Club w/ Janicia 1:30p- Pet Therapy w/ Pippa <b>2p- Cornhole Challenge</b>	9:00a – Neck and Back Strengthening 9:45a - Upper Body Exercise 10:30a – Seated Cardio <b>1:30p- Live Guitar w/ Gene M. &amp; Birthday Party Day!</b> <b>3p- Walking Club- Conservatory Garden</b>	9:00a – Mindful Meditation 9:45a – Total Body Exercise 10:30a – Step Class 1p- Pet Therapy w/ Riley <b>2p- Live Music w/ Singing for Seniors</b> 7p- Movie Night – Where the Crawdads Sing	10a- Virtual Exercise 10:30a- Morning Social 1p- Netflix & Relax 7p- Movie Night – For Your Eyes Only <b>30 SUNDAY</b> 10a- Virtual Exercise 10:30a- Seated Exercise 1p- Catholic Service 2p- Pictionary

Spring



April 2023



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