



DECEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Life Enrichment Office Phone # 212-534-6464 Ext. 5153 Janicia's Ext. 5131 Janicia, Tyler, and Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on C.	The Salon is open every Wednesday from 10a-3p Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard				1 10a- Virtual Exercise (AR) 1p- Joy to the World Wall! (AR) 2p- Live Sax w/ Carl (AR) 3p- Name That Tune! (AR) 7p Movie Night: King Richard (AR)	2 10a- Virtual Seated Exercise (AR) 1p- 1 st Choir Rehearsal (AR) 2:30p BINGO (AR) 7p Movie Night: The Weekend Away (AR)
3	4	5	6	7	8	9
10a- Seated Virtual Exercise (AR) 10:30a- Seated Virtual (AR) 1p- St. Ignacius Loyola Christmas Caroling Event (AR) 2:30p- Scrabble Tournament (AR) 7p- Movie Night: The Bishops Wife (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Meet and Greet with Serenity Mental Health Services (AR) 2:30p- BINGO (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper body exercise (AR) 10:30a – Step Class (AR) 1p- The Word Game! (AR) 2:30p- Taboo Tuesdays (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- Pet Therapy w/ Pippa (AR) 2:30p- Virtual Memory Game (AR) SALON DAY	10a- Virtual Exercise (AR) 1p- Trivia Thursdays- Guess the celebrity! (AR) 2:30p- BINGO (AR) <i>First Night of Hanukkah!</i>	10a- Virtual Exercise (AR) 2p- Singing for Seniors w/ Julliard Holiday Concert (AR) 3p- Virtual Memory Game (AR) 7p Movie Night: Alfred Hitchcock presents: Rich and Strange (AR)	10a- Virtual Exercise (AR) 2p- Chanukah Service (AR) 3p- The Word Game (AR) 7p Movie Night: Hope Spring (AR)
10	11	12	13	14	15	16
10a- Seated Virtual Exercise (AR) 10:30a- Seated Virtual (AR) 1p- Catholic Service (AR) 2p- Netflix Series: Holiday Home Makeover (AR) (AR) 7p- Movie Night: One Special Night (AR)	10a- Virtual Exercise (AR) 1p The Word Game- Holiday Words (AR) 2p- Bingo (AR)	10a- Virtual Exercise (AR) 1p- Taboo Tuesdays (AR) 2p- Dr. Eve Therapy Talk (AR) 3p- Virtual Tour of Dyker Heights Lights! (AR)	10a- Virtual Exercise (AR) 1p- Hot Coco Bar and Holiday Music (AR) Holiday Market 10a-4p SALON DAY	9:00a – Neck and Back Strength/Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio (AR) 1p Trivia Thursday- Guess the Landmark! (AR) 3p- Dominoes Tournament (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Seated Cardio (AR) 2p- Greenaway Live Jazz Trio (AR) 3p- Virtual Memory Game (AR) 7p Movie Night: The Preachers Wife (AR) <i>Last Night of Hanukkah</i>	10a- Virtual Exercise (AR) 1p- The Word Game (AR) 2p Bingo (AR) 7p Movie Night: The Book Club Next Chapter (AR)
17	18	19	20	21	22	23
10a- Seated Virtual Exercise (AR) 1p- Catholic Service (AR) 2p- The Word Game (AR) 3p- Dominoes Tournament (AR) 7p- Movie Night: Last Holiday (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Step Class (AR) 1p- Current Events Discussion Group (AR) 2p- Bingo (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Seated Boxing (AR) 1:30p- Food Committee (AR) 2p- Resident Council (AR) 3p- Taboo Tuesdays (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Choose your Exercise (AR) 1p- Health Jeopardy w/ The One and Only Tinisi! (AR) 1:30p- Pet Therapy w/ Pippa (AR) 2:30p- Bingo (AR) SALON DAY	9a – Neck Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio (AR) 1p- Trivia Thursdays- Name that Tune! (AR) 2:30p- Neal Diamond Virtual Concert (AR) 7p- Night at the Opera: Die Fledermaus (The Bat) (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10:30a – Seated Cardio (AR) 2p- Birthday Cake Party Day w/ Suzanne LIVE (AR) 3p- Holiday Gifts Giving w/ Song by Resident Holiday Choir (AR) 7p Movie Night: Christmas with the Kranks (AR)	1p- Name that Tune! (AR) 2p- Paper Roll for Prizes! (AR) 3p- Get to Know Your Neighbor w/ Holiday Refreshment Cart (AR) 7p- Movie Night: Candy Cane Lane (AR)
24	25	26	27	28	29	30
10a- Seated Virtual Exercise (AR) 1p- Catholic Service (AR) 2:30p- Bingo (AR) 7p- Movie Night: Miracle on 34 th Street (1947) (AR)	1p- Holiday Movie and Refreshments! (AR) <i>Merry Christmas!</i>	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Seated Boxing (AR) 1p- Taboo Tuesdays (AR) 2:30- BINGO (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Seated Boxing (AR) 2p- The Family Feud Live (AR) SALON DAY	9:00a – Neck/ Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Choose Your Exercise (AR) 1p- Trivia Thursdays- Solve the Riddle (AR) 3p- Netflix Series	9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 2p- Live Violin w/ Amanda & co. (AR) 3p- New Year Celebration w/ Refreshments (AR) 7p Movie Night: The Secret Dare to Dream (AR)	10a- Virtual Exercise (AR) 12p- 4p Bingo Marathon! (AR) 7p- Movie Night: The Firm (AR) 31 Sunday- NEW Year's EVE! 10a- Virtual Exercise (AR) 1p- Social w/ Coffee & Donuts (AR) 7p- Movie- Midnight at Magnolia (AR)