



March 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
	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 9a-3p  Location Key: AR- Activity Room LB- Lobby LIB- Library CY- Courtyard			10a- Virtual Exercise (AR) 10a- NYU Researchers (LIB) 2p- Linda Miller Live (AR) 7p- Movie Night: <u>Mystic River</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2:30p- Bingo (AR) 7p- Movie Night: <u>Training Day</u> (AR)
3	4	5	6	7	8	9
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Netflix Series (AR) 7p-Movie Night: <u>The Sting</u> (AR)	9:00a - Mindful Meditation (AR) 9:45a - Total Body exercise (AR) 10:30a - Seated cardio (AR) 12:30p - Afternoon Exercise (AR) 1p- Weekly Discussions (LIB) 2p- Bingo (AR)	9:00a - Seated Yoga (AR) 9:45a - Upper Body Exercise (AR) 10:30a - Step Class (AR) 12:30p - Afternoon Exercise (AR) 1p- Watercolor Painting Class (AR) 3p- Hulu Series- Foods That Built America (AR)	9:00a - Total Body Stretching (AR) 9:45a - Lower Body Exercise (AR) 10:30a - Seated Boxing (AR) 12:30p - Afternoon Exercise (AR) 1p- Low Vision Group- Virtual Workshop (AR) 1:30p-Pet Therapy w/ Pippa (AR) 2p- Trivia Thursdays: Name That Tune (AR) 3p- Karaoke 40's, 50's, and 60's (AR)	9:00a - Neck and Back Strength/ Stretching (AR) 9:45a - Seated Abs (AR) 10:30a - Choose Your exercise (AR) 12:30p - Afternoon Exercise (AR) 1p- Discussion Group: Emotional Awareness Virtual Workshop (AR) 2p-Bingo (AR)	9:00a - Mindful Meditation (AR) 9:45a - Balance Exercise (AR) 10:30a - Cardio (AR) 12:30p - Afternoon Exercise (AR) 2p- Magic w/ Eric (AR) 7p- Movie Night: <u>Nyad</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Virtual Memory Game (AR) 7p- Movie Night: <u>Murder Mystery 2</u> (AR)
10	11	12	13	14	15	16
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2P- The Word Game (AR) 7p-Movie Night: <u>Elvis</u> (AR)	9:00a - Mindful Meditation (AR) 9:45a - Total Body exercise (AR) 10:30a - Seated cardio (AR) 1p- Weekly Discussions (LIB) 2p- Art Projects w/ Noemi (AR)	9:00a - Seated Yoga (AR) 9:45a - Upper Body Exercise (AR) 10:30a - Step Class (AR) 12:30p - Afternoon Exercise (AR) 1p- Bingo (AR) 3:30p- Martial Arts w/ John (AR)	9:00a - Total Body Stretching (AR) 9:45a - Lower Body Exercise (AR) 10:30a - Seated Boxing (AR) 12:30p - Afternoon Exercise (AR) 2p- Friendly Visit w/ Dan (AR) 2p- Family Feud (AR)	9:00a - Neck and Back Strength/ Stretching (AR) 9:45a - Seated Abs (AR) 10:30a - Choose Your exercise (AR) 12:30p - Afternoon Exercise (AR) 2:30p- Bingo (AR)	9:00a - Mindful Meditation (AR) 9:45a - Balance Exercise (AR) 10:30a - cardio (AR) 12:30p - Afternoon Exercise (AR) 2p- Live Piano w/ Dennis (LB) 7p- Movie Night: <u>One Flew Over the Cuckoo Nest</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Make St. Patty Treats (AR) 3p- Hulu Series: Foods That Built America (AR) 7p-Movie Night: <u>Bit Conned</u> (AR)
17	18	19	20	21	22	23
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Art Class w/ Noemi (AR) 7p-Movie Night: <u>Meet the Parents</u> (AR)  <b>ST. PATRICKS DAY</b>	9:00a - Mindful Mediation 9:45a - Total Body Exercise 10:30a - Seated Cardio 12:30p - Afternoon Exercise 1p- Weekly Discussions (LIB) 2p- Virtual Tour: Dublin, Ireland (AR)	9:00a - Seated Yoga (AR) 9:45a - Upper Body Exercise (AR) 10:30a - Step Class (AR) 12:30p - Afternoon Exercise (AR) 2p- Bingo (AR)	9:00a- Total Body Stretching (AR) 9:45a-Lower Body Exercise (AR) 10:30a -Seated Boxing (AR) 12:30p -Afternoon Exercise (AR) 1p-Virtual Concert: <u>The Bee Gees</u> (AR) 1:30p-Pet Therapy w/ Pippa (AR) 7p- Opera on 5 <sup>th</sup> - <u>Guilo Cesare- Part 3</u> (AR)	9:00a -Neck and Back Strength/ Stretching (AR) 9:45a -Seated Abs (AR) 10:30a -Choose Your exercise (AR) 12:30p -Afternoon Exercise (AR) 1p-HPH Jeopardy w/ Tinis (AR) 2:30p- Bingo (AR)	9:00a - Mindful Meditation (AR) 9:45a - Balance Exercise (AR) 10:30a - Cardio (AR) 12:30p - Afternoon Exercise (AR) 2p- Live Piano w/ Avery (LB) 7p- Movie Night: <u>The Holdovers</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2p-Jewish Services (Purim) (AR) 7p- Movie Night: <u>Moonstruck</u> (AR)
24	25	26	27	28	29	30
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- The Word Game (AR) 7p-Movie Night: <u>TheLma &amp; Louise</u> (AR) <b>31SUNDAY</b> 10a- Virtual Exercise (AR) 2p- Bingo (AR) 7p- Movie Night: <u>The Kings Speech</u> (AR)  <b>Happy Easter!</b>	9:00a - Mindful Mediation 9:45a - Total Body Exercise 10:30a - Seated Cardio 12:30p - Afternoon Exercise 1p- Weekly Discussions (LIB) 2p- Art Projects w/ Noemi (AR)	9:00a - Seated Yoga (AR) 9:45a - Upper Body Exercise (AR) 10:30a - Step Class (AR) 12:30p - Afternoon Exercise (AR) 1:30p- Food Committee (AR) 2p- Resident Council (AR)	9:00a -Total Body Stretching (AR) 9:45a -Lower Body Exercise (AR) 10:30a - Seated Boxing (AR) 12:30p -Afternoon Exercise (AR) 2:30p- Bingo (AR)	9:00a - Neck and Back Strength/ Stretching (AR) 9:45a - Seated Abs (AR) 10:30a - Choose Your Exercise (AR) 12:30p - Afternoon Exercise (AR) 1p- Karaoke (AR) 7p- Evening Musical: <u>Gypsy</u> (AR)	9:00a - Mindful Meditation (AR) 9:45a - Balance Exercise (AR) 10:30a - Cardio (AR) 12:30p - Afternoon Exercise (AR) 2p- March Birthday Celebration and Julliard Singing for Seniors (LB) 7p- Movie Night: <u>Erin Brockovich</u> (AR)	10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 2:30p- Bingo (AR) 7p- Movie Night: <u>Beaches</u> (AR)