



# April 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
<b>The salon is open every Wednesday from 8a-2p. Please see Life Enrichment Team to sign up</b>	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise (AR) 1p-Weekly Current Events (AR) 2p- Art w/ Noemi (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 12:30p – Afternoon Exercise (AR) 2pm- Bingo (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 12:30p-Afternoon Exercise (AR) 1:30p- Pet Therapy w/ Pippa (LB) 2p- Walk to Central Park (AR) 2:30p Afternoon Movie Matinee (AR)  <b>NATIONAL WALKING DAY</b>	9:00a-Neck and Back Strength/Stretching (AR) 9:45a-Seated Abs (AR) 10:30a-Cardio w/ Michael Jackson (AR) 12:30p-Afternoon Exercise (AR) 1p- Manicure Day (AR) 2p- Virtual Low Vision Discussions (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance Exercise (AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 2pm- American Dance Salon Theater, Ballet, Ballroom, Tango (AR) 7p- Movie Night: Glass Onions Knives Out (AR)	10a- Virtual Exercise (AR) 10:45a- Morning Social (AR) 2:30p- Bingo (AR) 7p- Movie Night – Maestro (AR)
	7	8	9	10	11	12
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- The Word Game (AR) 7p- Movie Night- Noah (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 1p- Weekly Current Events (AR) 2p- Art 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- Neal Storrs Readings (LIB) 2:30p- Bingo (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a – Seated Boxing (AR) 12:30p – Afternoon Exercise (AR) <b>1p- Virtual Memory Game (AR)</b> 2p- Friendly Visits w/ Dan (AR)	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio w/ Hits from the 70s (AR) 12:30p – Afternoon Exercise (AR) 1:00p- Trivia Thursdays (AR) 2:00p- Spelling Bee (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 1:30p- Virtual Concert Hall and Oates (AR)	10a- Virtual Exercise (AR) 10:45a- Morning Social (AR) <b>1pm- Virtual Memory Game (AR)</b>
14	15	16	17	18	19	20
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- The Word Game (AR)	<b>Bus Trip</b>	9:00a – Seated yoga 9:45a – Upper Body Exercise 10:30a – Step Class 12:30p – Afternoon Exercise <b>1p Name That Tune w/ Trivia (AR)</b> 2p- Virtual Concert Hall and Oates (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a –Seated Boxing (AR) 12:30p – Afternoon Exercise (AR) 1:30p- Pet Therapy w/ Pippa (LB) 2:30p- Bingo (AR)	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio w/ Caribbean Hits (AR) 12:30p – Afternoon Exercise (AR) 1p- Manicure Day (AR) 2:30p- The Word Game (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 2p- April Birthday Celebration w/ cake and music by Suzanne (LB) 7p- Movie Night- Soul Suffer (AR)	10a- Virtual Exercise (AR) 10:45a- Morning Social (AR) 2:30p- Bingo (AR) 7p- Movie Night- We Have a Ghost (AR)
21	22	23	24	25	26	27
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p- Art w/ Noemi (AR) 7p- Movie Night- I Care a Lot (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise (AR) 1p-Weekly Current Events (AR) 2:30p- Bingo (AR)	9:00a – Seated Yoga (AR) 9:45a – Upper Body Exercise (AR) 10:30a – Step Class (AR) 12:30p – Afternoon Exercise (AR) 1p- Movie Selection Day (AR) 3p- Lighthouse Guild Low Vision Virtual Discussion Group (AR)	9:00a – Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a –Seated Boxing (AR) 1p- HPH Jeopardy w/ Tinisi (AR) (AR) 3p- Name that Celebrity & Trivia (AR)	9:00a – Neck and Back Stretching (AR) 9:45a – Seated Abs (AR) 10:30a – Cardio w/ Hits from the 80s (AR) 12:30p – Afternoon Exercise (AR) 1p- Dorie’s Writing Group (LIB) <b>2:30p- Trivia Thursdays (AR)</b> 7p- Opera Night: Richard Wagner's Rienzi part 1 (AR)	9:00a – Mindful Meditation (AR) 9:45a – Balance (AR) 10:30a – Cardio (AR) 12:30p – Afternoon Exercise (AR) 2p-Julliard (AR) 7p- Movie Night- May December (AR)	10a- Virtual Exercise (AR) 10:45a- Morning Social (AR) 2:30p-Bingo (AR) 7p- Movie Night- Ben Carson Story (AR)
28	29	30	31			
10a- Virtual Exercise (AR) 10:30a- Virtual Yoga (AR) 1p- Catholic Services (AR) 2p-Table Games (AR) 7p- Movie Night-Shirley (AR)	9:00a – Mindful Meditation (AR) 9:45a – Total Body Exercise (AR) 10:30a – Seated Cardio (AR) 12:30p – Afternoon Exercise (AR) 1p-Weekly Current Events (AR) 2p- Art w/ Noemi (AR)	9:00a – Seated yoga (AR) 9:45a-Upper Body Exercise (AR) 10:30a – Step Class (AR) 12:30p – Afternoon Exercise (AR) <b>1:30p- Food Committee Meeting (AR)</b> <b>2p-Resident Council Meeting (AR)</b>	9:00a-Total Body Stretching (AR) 9:45a – Lower Body Exercise (AR) 10:30a –Seated Boxing (AR) 12:30p – Afternoon Exercise (AR) 2:00p-Bingo (AR)	<b>Location Key:</b> <b>AR- Activity Room</b> <b>PDR- Private Dining Room</b> <b>LB- Lobby</b> <b>LIB- Library</b> <b>CY- Courtyard</b>	<b>Janicia, Tyler, and Noemi are your Life Enrichment Team. We are here 7 days a week and our offices are on C Level.</b>	<b>Life Enrichment Office Phone #</b> <b>212-534-6464</b> <b>Ext. 5153</b>  <b>Janicia’s Ext. 5131</b>

\*ACTIVITIES AND DATES ARE SUBJECT TO CHANGE\*

Spring



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