

Sample Activities Calendar

Sunday

10:00 a.m.
Exercise
Essentials

10:15 a.m.
Virtual Mass

10:45 a.m.
Scrabble Club

11:15 a.m.
Floral
Arrangements

12:00 p.m.
Walking Club

2:00 p.m.
Battery Dance
Performance

3:15 p.m.
Afternoon Movie
Matinee

3:30 p.m.
Hot Cocoa

8:00 p.m.
Evening Movie

Monday

10:00 a.m.
Group Exercise

11:00 a.m.
Community
Concert

12:00 p.m.
Walking Club

1:30 p.m.
Mindfulness &
Meditation

2:00 p.m.
Documentary
Screening

2:45 p.m.
Visit from The
Good Dog
Foundation

3:00 p.m.
Cinema Social

4:00 p.m.
Tai Chi Class

7:00 p.m.
Card Games &
Refreshments

Tuesday

10:00 a.m.
Balance &
Mobility

11:00 a.m.
Bingo with
Students

12:00 p.m.
Walk & Talk

1:30 p.m.
NYT Word
Games

2:00 p.m.
Poetry Reading

3:00 p.m.
New Resident
Social & Toast

4:00 p.m.
Hollywood
Stories Lecture

7:00 p.m.
Board Game
Club &
Refreshments

Wednesday

10:00 a.m.
Zumba Exercise

11:00 a.m.
Lecture Series

12:00 p.m.
Walk & Talk

12:30 p.m.
Resident Outing

1:30 p.m.
Floral
Arrangements

2:00 p.m.
NYU Piano
Concert Series

3:00 p.m.
Movie Series

4:30 p.m.
Scrabble Club

7:00 p.m.
Chess Club &
Refreshments

Thursday

10:00 a.m.
Group Exercise

11:00 a.m.
Spanish Class

11:30 p.m.
Crafts & Chat

12:15 p.m.
Walking Club

1:30 p.m.
Shakespeare
Book
Distribution

2:00 p.m.
Rummikub &
Scrabble Clubs

3:00 p.m.
Julliard Lifelong
Learning
Program

4:00 p.m.
Food Forum

7:00 p.m.
Chess Club &
Refreshments

Friday

10:00 a.m.
Zumba Exercise

11:00 a.m.
92nd St Y
Program

12:00 p.m.
Walking Club

1:30 p.m.
Current Events
Round Table

2:00 p.m.
Art Program
with The MET

3:00 p.m.
Movie Series
Screening

4:00 p.m.
Rummikub &
Scrabble Clubs

7:00 p.m.
Scrabble Club &
Refreshments

Saturday

10:00 a.m.
Chair Exercise

11:00 a.m.
New Series
Screening

12:00 p.m.
Walking Club

1:30 p.m.
History Channel
Trivia Game

2:00 p.m.
Community
Student Concert

3:00 p.m.
Seated Yoga

3:15 p.m.
Movie Matinee

7:00 p.m.
Card Club &
Refreshments

Sample Activities Calendar

Sunday

10:15 a.m.
Virtual Mass

11:00 a.m.
Brain Exercise
with Columbia
University
Students

11:30 a.m.
Sing & Be Fit
Stretch

1:30 p.m.
Floral
Arrangements

2:30 p.m.
Monthly Gazette
Reading

3:00 p.m.
Art Therapy

4:00 p.m.
Fortune Roulette

7:00 p.m.
Evening
Reflection &
Refreshments

Monday

10:00 a.m.
Movement &
Meditation

11:00 a.m.
Community
Concert

1:30 p.m.
Piece of Cake
Club

2:00 p.m.
Make a Sock
Puppet

3:00 p.m.
Jazz Music
Social

4:00 p.m.
Remembering
My Fair Lady

7:00 p.m.
Evening
Reflection &
Refreshments

Tuesday

10:00 a.m.
Exercise
Essentials

11:00 a.m.
Morning News
& Views

11:30 a.m.
Trivia Time

1:00 p.m.
Memories for
Generations
Program

2:00 p.m.
Brass Duo
Performance

3:00 p.m.
Is it Cake
Program

3:30 p.m.
Chef Demo
Social

7:00 p.m.
Evening
Reflection &
Refreshments

Wednesday

10:00 a.m.
Movement &
Meditation

11:00 a.m.
Lecture Series

1:30 p.m.
Floral
Arrangements

2:00 p.m.
NYU Piano
Concert Series

3:00 p.m.
Ball Toss

4:00 p.m.
Film Watch
Party

7:00 p.m.
Evening Movie &
Refreshments

Thursday

10:00 a.m.
Music &
Movement
Exercise

11:00 a.m.
Community
Chorus Club

1:30 p.m.
Poetry Reading

2:00 p.m.
Play Reading

3:00 p.m.
Name that Tune

4:00 p.m.
Art Therapy
Social

7:00 p.m.
Evening
Refreshments &
Word Games

Friday

10:00 a.m.
Chair Noodle
Exercise

10:45 a.m.
Meditation &
Mindfulness

1:30 p.m.
Puzzle Club

2:00 p.m.
Shake & Bake
Social

3:00 p.m.
Jewelry Club

3:30 p.m.
Scrabble Club

4:15 p.m.
Coloring

7:00 p.m.
Evening
Reflection &
Refreshments

Saturday

10:00 a.m.
Zumba Exercise

11:00 a.m.
Beatles
Sing-a-Long

1:00 p.m.
Walking Club

2:00 p.m.
Broadway Bingo

3:00 p.m.
Themed Social

3:30 p.m.
Craft Corner

4:30 p.m.
Great British
Baking Show

7:00 p.m.
Evening
Refreshments