

# 2022 Life Enrichment In-house Events Calendar



## Location Key:

\*1<sup>ST</sup>FL LG: Large Game Room/SG: Small Game Room/ LIB: Library/ CH: Chapel/\*BMST SL: Sports Lounge/ AC: Activities Center/ FC: Fitness Center/\*RT: Rooftop

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>June</h1>			<p>10:00 FOX Rehab Exercise (LG) 10:30 Garden Club (LG) 1:30 Creative Writing (AC) 2:30 JEOPARDY (LG) 3:30 NAME THAT TUNE(LG)</p> <p><b>VAN TRIP TO RITE AID</b> <b>20% SENIOR DISCOUNT</b> <u>Global Running Day</u></p>	<p><u>American Indian Citizenship Day</u> 2 10:00 St. Michael's Cath Mass (Ch) <b>10:30 MIN BARRE EXERCISE (Lg)</b> <b>1:00 Jewish Service (CH)</b> 1:30 NEWS &amp; VIEWS (SL) 2:00 Afternoon MOVIE (LG) 2:30 RESIDENT ASSISTANCE 4:00 Bible Study (Mandarin)(CH) <b>VAN TRIP TO TRADER JOE'S</b></p> <p><u>National Moonshine Day Rocky Road Day</u></p>	<p>10:00 FOX RH-SMB Exercise (LG) 3 10:00 Computer Training (SL) 11:00 Smart Devices Training (SL) 1:00 HOLLISTIC MEDICINE (LG) 1:45 BOOK CLUB (LG) <b>2:30 "Happy Hour" (DR)</b> 6:00 Little Anthony &amp; The Imperials Concert (LG)</p> <p><u>National Donut Day World Cider Day</u> <u>World Bicycle Day</u></p>	<p><u>Belmont Stakes Shavuot</u> 4 10:00 Dance Workout (LG) 10:45 Brain Teasers (LG) 2:00 BINGO (LG) <b>2-4 ELDER LAW SEMINAR (DR)</b> 3:00 Saturday Series: "Grace and Frankie" S1. EP.11&amp;12 (LG)</p>
<p><u>Cancer Survivors Day</u> 5 10:00 Lutheran Service Mandarin (CH) <b>1:00 Prayer &amp; Meditation (CH)</b> 2:00 Presbyterian Services with Rev. Philip Cho (LG) <b>3:00 Great Courses Lecture Series: "Lost Worlds of South America" D4. Ep. 19 &amp; 20 (LG)</b> <u>Shavuot Pentecost Constitution Day</u> <u>World Environment Day</u></p>	<p>10: 30 STAY FIT w/ Jason (LG) 6 2:00 POKENO (LG) 2:30 Knitting Club (RT) 3:00 Karaoke &amp; Dance (LG) 6:00 WALKING CLUB (LG) 6:30 VOLLEYBALL (LG)</p> <p><u>Shavuot D-Day</u></p>	<p>10:00 TRIVIA/BRAIN Fitness (LG) 7 11:00 TAI CHI w/ Elaine (RT) 2: 00 Afternoon BINGO (DR) <b>3:00 Father's Day Arts &amp; Crafts (AC)</b></p> <p><u>National Chocolate Ice Cream Day</u></p>	<p>10:00 FOX Rehab Exercise (LG) 8 10:30 Garden Club (LG) 1:30 Creative Writing (AC) 2:30 FAMILY FEUD (LG) 3:30 TABOO (LG)</p> <p><u>National Best Friends Day</u> <u>World Oceans Day</u></p>	<p>10:00 St. Michael's Cath Mass (Ch) 9 <b>10:30 STAY FIT w/ Jason (LG)</b> <b>1:00 Jewish Service (CH)</b> 1:30 NEWS &amp; VIEWS (SL) 2:00 Afternoon MOVIE (LG) 2:30 RESIDENT ASSISTANCE 4:00 Bible Study (Mandarin)(CH) <b>RESTAURANT TRIP TO BEN'S</b></p>	<p><u>National Iced Tea Day</u> 10 10:00 FOX RH-SMB Exercise (LG) 10:00 Computer Training (SL) 11:00 Smart Devices Training (SL) 1:00 HOLLISTIC MEDICINE (LG) 1:45 BOOK CLUB (LG) <b>2:30 "Happy Hour" w/ live entertainment (DR)</b> 6:00 Chuck Berry in Concert (LG)</p> <p><u>Kamehameha Day National Rose Day</u></p>	<p><u>Making Life Beautiful Day</u> 11 10:00 Dance Workout (LG) 10:45 Brain Teasers (LG) 2:00 BINGO (DR) 3:00 Saturday Series: "Grace and Frankie" S1. EP.13 (LG)</p>
<p><u>Trinity Sunday National Loving Day</u> 12 10:00 Lutheran Service Mandarin (CH) <b>1:00 Prayer &amp; Meditation (CH)</b> 2:00 Presbyterian Services with Rev. Philip Cho (LG) <b>3:00 Great Courses Lecture Series: "Lost Worlds of South America" D4. Ep. 21 &amp; 22 (LG)</b> <u>National Children's Day</u> <u>World Day Against Child Labor</u></p>	<p><u>National Weed your Garden Day</u> 13 10: 30 STAY FIT w/ Jason (LG) 2:00 POKENO (LG) 2:30 Knitting Club (RT) 3:00 Karaoke &amp; Dance (LG) 6:00 WALKING CLUB (LG) 6:30 PING PONG (SL) <u>International Albinism Awareness Day</u> <u>World Softball Day</u></p>	<p><u>World Blood Donor Day</u> 14 10: 00 TRIVIA/BRAIN Fitness (LG) 11:00 TAI CHI w/ Elaine (RT) 2: 00 Afternoon BINGO (DR) <b>3:00 JEWELRY MAKING (AC)</b></p> <p><u>Army Birthday Bourbon Day</u> <u>National New Mexico Day Flag Day</u></p>	<p>10:00 FOX Rehab Exercise (LG) 15 10:30 Garden Club (RT) 1:30 Creative Writing (AC) 2:30 Are You Smarter Than a 5<sup>th</sup> Grader (LG) 3:30 NAME THAT SHOW TUNE (LG)</p>	<p><u>Corpus Christi</u> 16 10:00 St. Michael's Cath Mass (Ch) <b>10:30 STAY FIT w/ Jason (LG)</b> <b>1:00 Jewish Service (CH)</b> 1:30 NEWS &amp; VIEWS (SL) 2:00 Afternoon MOVIE (LG) 2:30 RESIDENT ASSISTANCE 4:00 Bible Study (Mandarin)(CH ) <b>VAN TRIP TO DOLLAR TREE</b> <u>International Day of the African Child</u></p>	<p>10:00 FOX RH-SMB Exercise (LG) 17 10:00 Computer Training (SL) 11:00 Smart Devices Training (SL) 1:00 HOLLISITC MEDICINE (LG) 1:45 BOOK CLUB (LG) <b>2:30 "Happy Hour" (DR)</b> 6:00 Righteous Brothers in Concert (LG) <u>National Eat Your Veggies Day</u></p>	<p>10:00 Dance Workout (LG) 18 10:45 Brain Teasers (LG) 2:00 BINGO (LG) <b>2-4 ELDER LAW SEMINAR (DR)</b> 3:00 Saturday Series: NEW "The Kominsky Method" Season 2. Episodes. 1&amp;2 (LG) <u>International Sushi Day &amp; Picnic Day</u></p>
<p>10:00 Lutheran Service Mandarin(CH) 19 <b>11:30 FATHER'S DAY BRUNCH (DR)</b> <b>1:00 Prayer &amp; Meditation</b> 2:00 Presbyterian Services (LG) <b>3:00 Great Courses Lecture Series: "Lost Worlds of South America" D4. Ep. 23 &amp; 24 (LG)</b> <b>Juneteenth</b> CELEBRATING FREEDOM</p>	<p>10: 30 STAY FIT w/ Jason (LG) 20 2:00 POKENO (LG) 2:30 Knitting Club (RT) 3:00 Karaoke &amp; Dance (LG) 6:00 WALKING CLUB (LG) 6:30 GAME NIGHT (LG) <u>Juneteenth Holiday</u> <u>World Refugee Day</u></p>	<p><u>Summer Solstice</u> 21 10: 00 TRIVIA/BRAIN Fitness (LG) 11:00 TAI CHI w/ Elaine (RT) 2: 00 Afternoon BINGO (DR) <b>3:00 JEWELRY MAKING W/ RESIN (AC)</b></p> <p><u>World Day of Music</u></p>	<p>10:00 FOX Rehab Exercise (LG) 22 10:30 Garden Club (LG) 1:30 Creative Writing (AC) 2:30 FIRESIDE CHAT W/ REV. DOUGLAS KURTZ (DR) <b>3:00 Dining Room Meeting (DR)</b> <b>3:30 Activities Meeting (LG)</b> 4:00 Floor Representative Meeting (LG)</p>	<p><u>National Hydration Day Pink Day</u> 23 <b>10:00 St. Michael's Cath Mass (Ch)</b> <b>10:30 30 MIN YOGA EXERCISE (Lg)</b> <b>1:00 Jewish Service (CH)</b> <b>1:30 NEWS &amp; VIEWS (SL)</b> 2:00 Afternoon MOVIE (LG) 2:30 RESIDENT ASSISTANCE 4:00 Bible Study (Mandarin)(CH) <b>VAN TRIP TO STOP AND SHOP</b></p>	<p>10:00 FOX RH-SMB Exercise (LG) 24 10:00 Computer Training (SL) 11:00 Smart Devices Training (SL) 1:00 HOLLISTIC MEDICINE (LG) 1:45 BOOK CLUB (LG) <b>2:30 Birthday Happy Hour w/ Live Entertainment (DR)</b> 6:00 Gladys Knight &amp; The Pips in Concert (LG)</p>	<p><u>The Battle of the Little Bighorn</u> 25 10:00 Dance Workout (LG) 10:45 Brain Teasers (LG) 2:00 BINGO (DR) 3:00 Saturday Series: "The Kominsky Method" S2. EP. 3&amp;4 (LG) <u>Korean War Global Beatles Day</u></p>
<p>10:00 Lutheran Service Mandarin (CH) 26 <b>1:00 Prayer &amp; Meditation (CH)</b> 2:00 Presbyterian Services with Rev. Philip Cho (LG) <b>3:00 Great Courses Lecture Series: NEW "The History &amp; Achievements of the Islamic Golden Age" D1. Ep. 1 &amp; 2 (LG)</b> <u>National Chocolate Pudding Day</u></p>	<p><u>National HIV Testing Day</u> 27 <b>10:30 30 MIN BARRE EXERCISE (Lg)</b> 2:00 POKENO (LG) 2:30 Knitting Club (RT) 3:00 Karaoke &amp; Dance (LG) 6:00 MOVIES UNDER THE STARS (RT) <u>Hellen Keller Day</u> <u>National PTSD Awareness Day</u></p>	<p><u>Alaska Day</u> 28 10: 00 TRIVIA/BRAIN Fitness (LG) 11:00 TAI CHI w/ Elaine (RT) 2: 00 Afternoon BINGO (DR) <b>3:00 SIP &amp; PAINT (AC)</b></p> <p><u>National Insurance Awareness Day</u></p>	<p><b>10:00 30 MIN PILATES EXERCISE (Lg)</b> 29 10:30 Garden Club (RT) 1:30 Creative Writing (AC) 2:30 FAMILY FEUD (LG) 3:00 HORSERACING (LG) <u>Hug Day</u></p>	<p><u>National Handshake Day</u> 30 10:00 St. Michael's Cath Mass (Ch) <b>10:30 STAY FIT w/ Jason (LG)</b> <b>1:00 Jewish Service (CH)</b> 1:30 NEWS &amp; VIEWS (SL) 2:00 Afternoon MOVIE (LG) 2:30 RESIDENT ASSISTANCE 4:00 Bible Study (Mandarin)(CH ) <b>VAN TRIP TO TRIANGLE PLAZA/ COLLEGE POINT CENTER</b></p>	<p><b>"TO RESERVE FOR LIFE ENRICHMENT ACTIVITIES/TRIPS/ RESIDENT ASSISTANCE, CALL LIFE ENRICHMENT @ 347-532-3012"</b></p> <p><b>"FOR DINING, BRUNCHES, BBQ'S PLEASE CALL THE DINING ROOM @ 718-762-7186</b></p> <p><b>TAKE A LOOK AT YOUR FLOOR BULLETIN BOARD BY THE ELEVATOR DAILY FOR UPCOMING EVENTS AND TRIPS</b></p>	

*A father's love is like an evergreen: steady and strong, weathering all seasons... ~Keely Chace*

FH CHANNEL KEY:

\*FT TV SERVICES – CHANNEL 3 \* SPECTRUM – CHANNEL 994



# 2022 Life Enrichment Digital Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>1</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 Yom Kaziharon 1:00 Carol Burnett 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Famous Horse Races 7:00 History 8:00 Relaxing Music</p>	<p><b>2</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 Importance of Prayer 1:00 Visiting the Museum 2:00 Cinco De Mayo 3:00 Chair Exercise 4:00 Food Tour 6:00 50s Music 7:00 Visiting the Zoo 8:00</p>	<p><b>3</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 Gloria Estefan 1:00 Mexican Drinks 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: Of Mice &amp; Men 6:00 Mexican Foods 7:00 Jewish Service 8:00 Night Movie (4pm Replay)</p>	<p><b>4</b></p> <p>10:00 Dance Workout 11:00 Meditation 12:00 Popular Games 1:00 Family Friendly Games 2:00 Weekly News 3:00 Chair Exercise 4:00 Weekly Sports Highlights 6:00 Biggest Bingo Games 7:00 Cooking Spanish Style 8:00 Relaxing Music</p>
<p><b>5</b></p> <p>10:00 Chair Exercise 11:00 Catholic Communion 12:00 World Laughter Day 2:00 Documentary 3:00 Protestant Services 4:00 Lutheran Services 6:00 Movie: Four Fast Guns 8:00 Relaxing Music for sleep</p>	<p><b>6</b></p> <p>0:00 Chair Exercise 11:00 Meditation 12:00 Astronomy 1:00 World Tuna Day 2:00 TED Talk 3:00 Chair Exercise 4:00 Eid Al Fitr 6:00 Kentucky Derby 7:00 Cooking with Ramsey 8:00 Relaxing Music</p>	<p><b>7</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 The Foster Care System 1:00 Why Teachers Are Important? 2:00 TED Talk 3:00 Chair Exercise 4:00 Movie: To Be or Not To Be 6:00 Trivia's 7:00 Science 8:00 Night Movie (4pm Replay)</p>	<p><b>8</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 Famous Foods 1:00 The Pullman Strike 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Famous Horse Races 7:00 History 8:00 Relaxing Music</p>	<p><b>9</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 Importance of Nurses 1:00 Visiting the Museum 2:00 TED Talk 3:00 Chair Exercise 4:00 Food Tour 6:00 50s Music 7:00 Visiting the Zoo 8:00</p>	<p><b>10</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 Famous Apple Pies 1:00 How to Make an Apple Pie 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: The Card 6:00 Apple Pie Contest 7:00 Jewish Service 8:00 Night Movie (4pm Replay)</p>	<p><b>11</b></p> <p>10:00 Dance Workout 11:00 Meditation 12:00 Fair Trades 1:00 Trivia 2:00 Weekly News 3:00 Chair Exercise 4:00 Weekly Sports Highlights 6:00 History of Hollywood 7:00 Cooking French Style 8:00 Relaxing Music</p>
<p><b>12</b></p> <p>10:00 Chair Exercise 11:00 Catholic Communion 12:00 Mother's Day 1:00 Police Officer Memorial 2:00 Documentary 3:00 Protestant Services 4:00 Lutheran Services 6:00 Movie: Summertime 8:00 Relaxing Music for sleep</p>	<p><b>13</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 National 3<sup>rd</sup> Shift Workers Day 1:00 Working the 3<sup>rd</sup> Shift 2:00 TED Talk 3:00 Chair Exercise 4:00 Exploring NYC 6:00 Comedy 7:00 Cooking with Ramsey 8:00 Relaxing Music</p>	<p><b>14</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 Lupus Awareness 1:00 Living with Lupus 2:00 TED Talk 3:00 Chair Exercise 4:00 Movie: Royal Scandal 6:00 Trivia's 7:00 Science 8:00 Night Movie (4pm Replay)</p>	<p><b>15</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 Survival Tips 1:00 Gardening Tips 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Famous Horse Races 7:00 History 8:00 Relaxing Music</p>	<p><b>16</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 Lag BaOmer 1:00 Visiting the Museum 2:00 TED Talk 3:00 Chair Exercise 4:00 Food Tour 6:00 50s Music 7:00 Visiting the Zoo 8:00</p>	<p><b>17</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 Rescued Dogs 1:00 Dusty Springfield 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: McLintock 6:00 Computer Training 7:00 Jewish Service 8:00 Night Movie (4pm Replay)</p>	<p><b>18</b></p> <p>10:00 Dance Workout 11:00 Meditation 12:00 The Government 1:00 Diversity in The U.S. 2:00 Weekly News 3:00 Chair Exercise 4:00 Weekly Sports Highlights 6:00 U.S. Forces 7:00 Cooking Italian Style 8:00 Relaxing Music</p>
<p><b>19</b></p> <p>10:00 Chair Exercise 11:00 Catholic Communion 12:00 Second Passover 1:00 Police Officer Memorial 2:00 Documentary 3:00 Protestant Services 4:00 Lutheran Services 6:00 Movie: Woman's World 8:00 Relaxing Music for sleep</p>	<p><b>20</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 What is Light? 1:00 Experimenting with Light 2:00 TED Talk 3:00 Chair Exercise 4:00 Exploring NYC 6:00 Comedy 7:00 Cooking with Ramsey 8:00 Relaxing Music</p>	<p><b>21</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 Jewelry Making 1:00 Most Expensive Jewelry 2:00 TED Talk 3:00 Chair Exercise 4:00 Movie: Bring Up baby 6:00 Trivia's 7:00 Science 8:00 Night Movie (4pm Replay)</p>	<p><b>22</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 National Wine Day 1:00 Most Expensive Wine 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Famous Horse Races 7:00 History 8:00 Relaxing Music</p>	<p><b>23</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 The Color Purple 1:00 Visiting the Museum 2:00 TED Talk 3:00 Chair Exercise 4:00 Food Tour 6:00 50s Music 7:00 Visiting the Zoo 8:00</p>	<p><b>24</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 Earth Wind &amp; Fire 1:00 BBQ Snacks 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: Lightning jack 6:00 BBQ Foods 7:00 Jewish Service 8:00 Night Movie (4pm Replay)</p>	<p><b>25</b></p> <p>10:00 Dance Workout 11:00 Meditation 12:00 World Blood Cancer Day 1:00 All about Blood Cancer 2:00 Weekly News 3:00 Chair Exercise 4:00 Weekly Sports Highlights 6:00 Famous Burgers 7:00 Popular Burger Joints in NY 8:00 Relaxing Music</p>
<p><b>26</b></p> <p>10:00 Chair Exercise 11:00 Catholic Communion 12:00 South American Artifacts 2:00 Documentary 3:00 Protestant Services 4:00 Lutheran Services 6:00 Movie: The Wonderful Urge 8:00 Relaxing Music for sleep</p>	<p><b>27</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 Rules To Pokeno 2:00 TED Talk 3:00 Chair Exercise 4:00 Exploring NYC 6:00 Comedy 7:00 Cooking with Ramsey 8:00 Relaxing Music</p>	<p><b>28</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 Brother Appreciation Day 1:00 Importance of Family 2:00 TED Talk 3:00 Chair Exercise 4:00 Movie: State Fair 6:00 Trivia's 7:00 Science 8:00 Night Movie (4pm Replay)</p>	<p><b>29</b></p> <p>10:00 Chair Exercise 11:00 Meditation 12:00 National Wine Day 1:00 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Famous Horse Races 7:00 History 8:00 Relaxing Music</p>	<p><b>30</b></p> <p>10:00 Zumba Exercise 11:00 Meditation 12:00 1:00 Visiting the Museum 2:00 TED Talk 3:00 Chair Exercise 4:00 Food Tour 6:00 50s Music 7:00 Visiting the Zoo 8:00</p>	<p><b>"TO RESERVE FOR LIFE ENRICHMENT ACTIVITIES/TRIPS/ RESIDENT ASSISTANCE, CALL LIFE ENRICHMENT @ 347-532-3012"</b></p> <p><b>"FOR DINING, BRUNCHES, BBQ'S PLEASE CALL THE DINING ROOM @ 718-762-7186"</b></p>	