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| EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2 | | | | |
| EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2***SUNDAY*** | ***MONDAY*** | ***A close up of a logo  Description automatically generated***EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2***TUESDAY*** | EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2***WEDNESDAY***  **LOCATION KEY: \*1STFL (DR) Dining Room (LG) Large Game Room (SG) Small Game Room (SLG) Small & Large Game Room (LIB) Library**  **(CH) Chapel (TR) Theatre Rm (LB) Lobby \*LOWER LEVEL: (SL) Sports Lounge (AC) Activities Center (FC) Fitness Center/\*(RT) Rooftop \*(PL) Parking Lot** | EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2**THURSDAY** | **FRIDAY**  **3** | **SATURDAY** |
| EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2 **“FOR LIFE ENRICHMENT VAN TRIPS, EVENTS AND FOR**  **INFORMATION CALL LIFE ENRICHMENT @ 347-532-3012”**    **“FOR DINING, PLEASE CALL THE DINING ROOM**  **@ 718-762-7186”**    **SIGN UP SHEETS FOR VAN TRIPS, COMPUTER & SMART DEVICE TRAINING ARE LOCATED IN THE BACK OF THE LARGE GAME ROOM** | | **10:00 VOLLEYBALL**  **RESIDENTS VS STAFF (LG)**  10:00 Garden Club (RT)  **11:00 TAI CHI w/ Elaine (RT)**  **1:00 Sign Language-Beginners (LG)**  2:00 Afternoon BINGO (LG)  **3:00 Arts & Crafts w/ Ming (AC)**  **7:00 GAME NIGHT -** Mahjong, Bridge & more games (LG)  **SIZZILING SUMMER SALE 10-3PM**  **IN THE THEATRE ROOM** | 10:00 FOX Rehab Exercise (LG)  **2**  **1**  **11:00 Meditation with Noah (LG)**  *11:00* MAHJONG (SLG)  1:30 Creative Writing (AC)  2:30 JEOPARDY (LG)  3:30 HORSERACING (LG)  **6:30 Live Opera Experience (SL)**  **VAN TRIP TO RITE AID**  **20% SENIOR DISCOUNT**  **SIZZILING SUMMER SALE 10-3PM**  **IN THE THEATRE ROOM** | 10:00 St. Michael’s Cath Mass (Ch)  *10:00 STAY FIT w/ Jason (LG)*  1:00 VETERANS CLUB (LG)  *1:30 NEWS & VIEWS (SL)*  1:30 JEWISH SERVICE (CH)  **2:00 Grief and Loss: Presentation and**  **Discussion, Queens Long island**  **Community Services (LG)**  **2:30 FLUSHING HOUSE VOICE (AC)**  (NEWSLETTER CLUB)  3:30 SPANISH CLUB (LG)  **6:30 Evening MOVIE: THE MULE**  **(LG) Starring: Clint Eastwood**  **SUMMER SALE 10-3PM (TR)** | 10:00 FOX REHAB Exercise (LG)  **4**  **4**  **10- 12PM BEAUTY MAKE OVER (AC)**  **10:00-12:00 Computer and Smart**  Glass Wine Drink Toast Alcohol Champagne Glasses - Blue Champagne Glass  Clipart - Free Transparent PNG Clipart Images Download **Device Assistance (SL)**  **1:30 BOOK CLUB (LG)**  **2:30 Happy Hour (DR)**  **“That’s Amore”**  **6:30 Tony Bennet**  **Live In Concert (LG)** | EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2  **5**  **10:00 Walking Exercise (RT)**  10:45 Brain Teasers (LG)  2:00 BINGO (LG)  3:00 Saturday Series:  “FUBAR”  S1. Ep.6  **6:30 COMEDY NIGHT (LG)** |
| **6**  10:00 Lutheran Service Mandarin (CH)  1:00 Prayer & Meditation (CH)  2:00 Protestant Services (CH)  3:00 Documentary:  Tony Bennet 2 part (LG)  **7:00 Movie Night:**  **Groundhog Day (LG)**  **Starring: Bill Murray, Andie Macdowell** | *10:00 STAY FIT w/ Jason (LG)*  **7**  **1:00 MEN’S CLUB (SL)**  2:00 POKENO (LG)  2:30 Knitting Club (RT)  *3:00 Joyful Singing (CH)*  **3:00 KARAOKE & Dance (LG)**  4:00 Bible Study (Mandarin)(CH)  **7:00 GAME NIGHT -** Rummikub, Scrabble, Mexican train (LG) | **10:00 Are You Smarter Than a**  **88**  **5th Grader (LG)**  10:00 Garden Club (RT)  **11:00 POWER HOUR w/ JORDAN(LG)**  **11:00 TAI CHI w/ Elaine (RT)**  **1:00 Sign Language-Beginners (LG)**  2:00 Afternoon BINGO (LG)  **3:00 PAINT WITH TAMIA (RT)**  **7:00 GAME NIGHT -** Mahjong, Bridge & more games (LG)  **14** | **9**  10:00 FOX Rehab Exercise (LG)  **10- 12PM BEAUTY MAKE OVER (AC)**  *11:00* MAHJONG (SLG)  1:30 Creative Writing (AC)  **2:30 IT’S A MURDER MYSTERY**  **(LG) “WHO KILLED JANE DOE?”**  **6:30 Live Opera Experience (SL)** | 10:00 St. Michael’s Cath Mass (Ch)  **10**  *10:00 STAY FIT w/ Jason (LG)*  1:00 VETERANS CLUB (LG)  *1:30 NEWS & VIEWS (SL)*  1:30 JEWISH SERVICE (CH)  **2:30 Holistic Living: Art of Breathing for Vitality, Joy and Clarity (SLG)**  3:30 SPANISH CLUB (LG)  **6:30 Evening MOVIE: LIAR LAIR**  **(LG) Starring: Jim Carrey**  **VAN TRIP TO TRADER JOES 10:30AM (PL)** | 10:00 FOX REHAB Exercise (LG)  **10:00-12:00 Computer and Smart**  **Device Assistance (SL)**  **11-1 Resident Appreciation BBQ (DR)**  **1-:3 Happy Hour (DR)**  **1:30 BOOK CLUB (LG)**  **6:30 Maze ft. Frankie Beverly**  **Live In Concert (LG)** | **11**  **12**  10:00 Dance Workout (LG)  10:45 Brain Teasers (LG)  2:00 BINGO (LG)  **3:00 Saturday Series: NEW**  **“The Lincoln Lawyer”**  **Season 1. Episode 1.**  **6:30 COMEDY NIGHT (LG)** |
| **13**  10:00 Lutheran Service Mandarin (CH)  1:00 Prayer & Meditation (CH)  2:00 Protestant Services (CH)  3:00 Documentary:  The Diagnosis Ep.2 (LG)  **7:00 Movie Night:**  **Smokey and the Bandit (LG)**  **Starring: Burt Reynolds, Sally Field and Jackie Gleason** | *10:00 STAY FIT w/ Jason (LG)*  **1:00 WOMEN’S CLUB (SL)**  2:00 POKENO (LG)  2:30 Knitting Club (RT)  *3:00 Joyful Singing (CH)*  **3:00 KARAOKE** **& Dance (LG)**  4:00 Bible Study (Mandarin)(CH)  **7:00 GAME NIGHT -** Rummikub, Scrabble, Mexican train (LG) | **10:00 Are You Smarter Than a**  **15**  **5th Grader (LG)**  10:00 Garden Club (RT)  **11:00 TAI CHI w/ Elaine (RT)**  **1:00 Sign Language-Beginners (LG)**  2:00 Afternoon BINGO (LG)  **3:00 JEWLERY MAKING (AC)**  **7:00 GAME NIGHT -** Mahjong, Bridge & more games (LG) | 10:00 FOX Rehab Exercise (LG)  **16**  *11:00* MAHJONG (SLG)  1:30 Creative Writing (AC)  **2:30 FIRESIDE CHAT W/REV.**  **DOUGLAS KURTZ(LG)**  **3::30 WINE, CHEESE**  **AND VOCALS (LG)**  **6:30 Live Opera Experience (SL)**    **VAN TRIP TO DOLLAR TREE 10:45AM (PL)** | 10:00 St. Michael’s Cath Mass (Ch)  **17**  *10:00 STAY FIT w/ Jason (LG)*  1:00 VETERANS CLUB (LG)  *1:30 NEWS & VIEWS (SL)*  1:30 JEWISH SERVICE (CH)  **2:30 FLUSHING HOUSE VOICE (AC)**  (NEWSLETTER CLUB)  3:30 SPANISH CLUB (LG)  **6:30 Evening MOVIE: RACE**  **(LG) “ A Jesse Owens Story”**  **VAN TRIP TO TRIANGLE PLAZA/**  **COLLEGE POINT CENTER 10:45AM (PL)** | **18**  10:00 FOX REHAB Exercise (LG)  **10:00-12:00 Computer and Smart**  **Device Assistance (SL)**  **1:30 BOOK CLUB (LG)**  **2:30 Happy Hour (DR)**  **6:30 Mariah Carey**  **Live In Concert (LG)** | **19**  **10:00 Walking Exercise (RT)**  10:45 Brain Teasers (LG)  2:00 BINGO (LG)  3:00 Saturday Series:  “The Lincoln Lawyer”  Season 1. Episode 2.  **6:30 COMEDY NIGHT (LG)** |
| 10:00 Lutheran Service Mandarin (CH)  **20**  1:00 Prayer & Meditation (CH)  2:00 Protestant Services (CH)  3:00 Documentary:  THE ELEPHANT WHISPERERS (LG)  **7:00 Movie Night:**  **Bruce Almighty (LG)**  **Starring: Morgan Freeman, Jim Carrey,**  **Steve Carrel, Jennifer Aniston** | *10:00 STAY FIT w/ Jason (LG)*  **21**  **1:30 National Senior Citizen Day (DR)**  2:30 POKENO (LG)  2:30 Knitting Club (RT)  *3:00 Joyful Singing (CH)*  **3:30 KARAOKE** **& Dance (LG)**  4:00 Bible Study (Mandarin)(CH)  **7:00 GAME NIGHT -** Rummikub, Scrabble, Mexican train (LG) | **10:00 Are You Smarter Than a**  **22**  **5th Grader (LG)**  10:00 Garden Club (RT)  **11:00 TAI CHI w/ Elaine (RT)**  **1:00 Sign Language-Beginners (LG)**  2:00 Afternoon BINGO (LG)  **3:00 JEWLERY DESIGN (AC)**  **7:00 GAME NIGHT -** Mahjong, Bridge & more games (LG) | 10:00 FOX Rehab Exercise (LG)  **23**  *11:00* MAHJONG (SLG)  1:30 Creative Writing (AC)  **2:00 Newcomers Club –**  **All Residents Welcomed (LG)**  **3:00** **JUDGE FOR YOURSELF:**  **(LG) “COURT CASES”**  **6:30 Live Opera Experience (SL)** | 10:00 St. Michael’s Cath Mass (Ch)  **24**  *10:00 STAY FIT w/ Jason (LG)*  *1:30 NEWS & VIEWS (SL)*  1:30 JEWISH SERVICE (CH)  **2:30 Holistic Living:**  **Pain Free Living (SLG)**  3:30 SPANISH CLUB (LG)  **6:30 Evening MOVIE: Pride & Prejudice**  **(LG) Starring: Kiera Knightly**  **RESTAURANT TRIP TO “The Buffet”**  **Asian Cuisine 11:30AM (PL)** | 10:00 FOX REHAB Exercise (LG)  **25**  **10:00-12:00 Computer and Smart**  **Device Assistance (SL)**  **1:30 BOOK CLUB (LG)**  **2:30 Birthday Happy Hour**  **W/ LIVE Entertainment (DR)**  **6:00 ABBA Live In Concert (LG**  **National Medal of Honor Day** | **26**  0:00 Dance Workout (LG)  10:45 Brain Teasers (LG)  2:00 BINGO (LG)  3:00 Saturday Series:  “The Lincoln Lawyer”  Season 1. Episode 3.  **6:30 COMEDY NIGHT (LG)** |
| **277**  10:00 Lutheran Service Mandarin (CH)  1:00 Prayer & Meditation (CH)  2:00 Protestant Services (CH)  3:00 Documentary:  EMERGENCY NYC EP2 (LG)  **7:00 Movie Night:**  **Blue Streak (LG)**  **Starring Martin Lawrence, Luke Wilson** | *10:00 STAY FIT w/ Jason (LG)*  **28**  **28**  2:00 POKENO (LG)  2:30 Knitting Club (RT)  *3:00 Joyful Singing (CH)*  **3:00 KARAOKE & Dance (LG)**  4:00 Bible Study (Mandarin)(CH)  **7:00 GAME NIGHT -** Rummikub, Scrabble, Mexican train (LG) | **10:00 Are You Smarter Than a**  **29**  **5th Grader (LG)**  10:00 Garden Club (RT)  **11:00 TAI CHI w/ Elaine (RT)**  **1:00 Sign Language-Beginners (LG)**  2:00 Afternoon BINGO (LG)  **3:00 SIP AND PAINT (AC)**  **7:00 GAME NIGHT -** Mahjong, Bridge & more games (LG) | **30**  **10:00 BARRE EXERCISES (LG)**  *11:00* MAHJONG (SLG)  1:30 Creative Writing (AC)  2:00 Dining Room Meeting (DR)  3:30 Activities Meeting (LG)  **6:30 Live Opera Experience (SL)** | 10:00 St. Michael’s Cath Mass (Ch)  **31**  *10:00 STAY FIT w/ Jason (LG)*  1:00 VETERANS CLUB (LG)  *1:30 NEWS & VIEWS (SL)*  1:30 JEWISH SERVICE (CH)  **2:30 FLUSHING HOUSE VOICE (AC)**  (NEWSLETTER CLUB)  3:30 SPANISH CLUB (LG)  **6:30 Evening MOVIE: “Thank You For Your**  **Service” ~ Military Movie (LG)** | Blue Birthday Cake | Happy birthday cakes, Blue birthday cakes, Happy  birthday smiley  **TAKE A LOOK AT YOUR FLOOR BULLETIN**  **BOARD BY THE ELEVATORS &**  **LARGE GAMEROOM BOARD DAILY FOR**  **UPCOMING EVENTS AND TRIPS** | |

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**Life Enrichment In house Events Calendar**



**August brings you joy, happiness, love, and lots of sunshine!**

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**Celebrate Living Every Day**

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| **Life Enrichment Digital Calendar** | | | | |
| ***SUNDAY*** | EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2***MONDAY*** | ***TUESDAY*** | EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2***WEDNESDAY*** | **THURSDAY** | **FRIDAY**  **3** | EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2**EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2SATURDAY**  **4**  **4** |
| EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2**FLUSHING HOUSE CHANNEL KEY:**  **\*FLUSHING INHOUSE TV SERVICES – CHANNEL 3**  **\*SPECTRUM – CHANNEL 994**  **\*VERIZON FIOS – CONVERT TO ANALOG** | | **10:00 Chair Exercise**  **11:00 Meditation**  **12:00 Alberino Day**  **1:00 MedicAlert Awareness Month**  **2:00 TED Talk**  **3:00 Chair Exercise**  **4:00 Movie:The Amazing Adventure**  **6:00 Antique Shopping**  **7:00 Science Lesson**  **8:00 Night Movie: The Amazing Adventure** | EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2**10:00 Chair Exercise**  **2**  **1**  **11:00 Meditation**  **12:00 National Coloring book Day**  **1:00 National Ice Cream Sandwich Day**  **2:00 Google Talk**  **3:00 Chair Exercise**  **4:00 Live Concert: Maria Callas**  **6:00 Knitting lesson**  **7:00 Arts& Crafts**  **8:00 Relaxing Music** | EDITABLE August 2023 Calendar Monthly Planner Cute Printable image 2**10:00 Zumba Exercise**  **11:00 Meditation**  **12:00 National IPA Day**  **1:00 Visiting the Museum**  **2:00 National Watermelon Day**  **3:00 Chair Exercise**  **4:00 Food Tour NYC**  **6:00 50s Music**  **7:00 Visiting the Zoo**  **8:00 Relaxing Music** | **10:00 Zumba Exercise**  **11:00 Meditation**  **12:00 National Beer Day**  **1:00 Jewish Services**  **2:00 Visiting a Country**  **3:00 Chair Exercise**  **4:00 Movie: Thunder in the City**  **6:00 National Coast Guard Day**  **7:00 Trivia**  **8:00 Night Movie (4pm Replay)**  **9:00 MONTHLY MEETING PRE RECORDED** | **10:00 Dance Workout**  **5**  **11:00 Meditation**  **12:00 National Summit Day**  **1:00 Crochet Lesson**  **2:00 Weekly News**  **3:00 Chair Exercise**  **4:00 Sports Highlights**  **6:00 National Jamaican Patty**  **7:00 Cooking Jamaican**  **8:00 Relaxing Music** |
| **10:00 Chair Exercise**  **6**  **11:00 Catholic Communion**  **12:00 National Sisters Day**  **2:00 Documentary**  **3:00 Protestant Services**  **4:00 Lutheran Services**  **6:00 Movie: California Dreaming**  **8:00 Relaxing Music**  **13**  **9:00 MONTHLY MEETING PRE RECORDED** | **10:00 Chair Exercise**  **7**  **11:00 Meditation**  **12:00 Purple Heart**  **1:00 National Lighthouse Day**  **2:00 TED Talk**  **3:00 Chair Exercise**  **4:00 Exploring NYC**  **6:00 Comedy**  **7:00 Cooking with James Oliver**  **8:00 Relaxing Music** | **10:00 Chair Exercise**  **88**  **11:00 Meditation**  **12:00 Int’l Cat Day**  **1:00 National Braiders Day**  **2:00 TED Talk**  **3:00 Chair Exercise**  **4:00 Movie: Exit Strategy**  **6:00 Antique Shopping**  **7:00 Science Lesson**  **14**  **8:00 Night Movie: Exit Strategy** | **10:00 Chair Exercise**  **11:00 Meditation**  **12:00 Nagasaki Memorial Day**  **1:00 National Book Lovers Day**  **2:00 Google Talk**  **3:00 Chair Exercise**  **4:00 Live Concert: Tony Bennett**  **6:00 Knitting Lesson**  **7:00 Arts& Craft**  **8:00 Relaxing Music** | **10:00 Zumba Exercise**  **9**  **10**  **11:00 Meditation**  **12:00 Herbert Hoover Day**  **1:00 Visiting the Museum**  **2:00 World Lion Day**  **3:00 Chair Exercise**  **4:00 Food Tour NYC**  **6:00 60s Music**  **7:00 Visiting the Zoo**  **8:00 Relaxing Music** | **10:00 Zumba Exercise**  **11**  **11:00 Meditation**  **12:00 Hip Hop Day**  **1:00 Jewish Services**  **2:00 Visiting a Country**  **3:00 Chair Exercise**  **4:00 Movie: Angels in the Outfield**  **6:00 Mountain Day**  **7:00 Trivia**  **8:00 Movie Night (4pm Replay)**  **9:00 MONTHLY MEETING PRE RECORDED** | **10:00 Dance Workout**  **12**  **11:00 Medication**  **12:00 National Bowling Day**  **1:00 Crotchet lesson**  **2:00 Weekly News**  **3:00 Chair Exercise**  **4:00 Sports Highlights**  **6:00 World Elephant Day**  **7:00 Cooking Dominican Food**  **8:00 Relaxing Music** |
| **10:00 Chair Exercise**  **11:00 Catholic Communion**  **12:00 Melon Day**  **2:00 Documentary**  **3:00 Protestant Services**  **4:00 Lutheran Services**  **6:00 Movie: The Year Dolly Parton**  **was My Mom**  **8:00 Relaxing Music**  **9:00 MONTHLY MEETING PRE RECORDED**  **20** | **10:00 Chair Exercise**  **11:00 Meditation**  **12:00 US Victory Day**  **1:00 World Lizard Day**  **2:00 TED Talk**  **3:00 Chair Exercise**  **4:00 Exploring NYC**  **6:00 Comedy**  **7:00 Cooking with James Oliver**  **8:00 Relaxing Music**  **21** | **10:00 Chair Exercise**  **15**  **11:00 Meditation**  **12:00 Flooding of the Nile**  **1:00 National Relaxation Day**  **2:00 TED Talk**  **3:00 Chair Exercise**  **4:00 Movie: A Woman of Distinction**  **6:00 Antique shopping**  **7:00 Science Lesson**  **8:00 Night Movie** | **10:00 Chair Exercise**  **16**  **11:00 Meditation**  **12:00 National Rum Day**  **1:00 World Calligraphy Day**  **2:00 Google Talk**  **3:00 Chair Exercise**  **4:00 Live Concert: Jennifer Lopez**  **6:00 Knitting lesson**  **7:00 Arts& Crafts**  **8:00 Relaxing Music**  **23** | **10:00 Zumba** **Exercise**  **17**  **11:00 Meditation**  **12:00 Baby Boomers Recogniton Day**  **1:00 Visiting the Museum**  **2:00 Thrift Shop Day**  **3:00 Chair Exercise**  **4:00 Food Tour NYC**  **6:00 70s Music**  **7:00 Visitng the Zoo**  **8:00 Relaxing Music**  **24** | **10:00 Zumba Exercise**  **18**  **11:00 Meditation**  **12:00 National Pinot Noir Day**  **1:00 Jewish Service**  **2:00 Visiting a Country**  **3:00 Chair Exercise**  **4:00 Movie: Love in the afternoon**  **6:00 Ice Cream Pie Day**  **7:00 National Fajita Day**  **8:00 Movie Night (4pm Replay)**  **25**  **9:00 MONTHLY MEETING PRE RECORDED** | **10:00 Dance Workout**  **19**  **11:00 Meditation**  **12:00 National Potato Day**  **1:00 Crotchet lesson**  **2:00 Weekly News**  **3:00 Chair Exercise**  **4:00 Sports Highlights**  **6:00 world Honeybee Day**  **7:00 Cooking Peruvian Food** |
| **10:00 Chair Exercise**  **11:00 Catholic Communion**  **12:00 World Mosquito Day**  **2:00 Documentary**  **3:00 Protestant Services**  **4:00 Lutheran Services**  **6:00 Movie: Everyday Miracles**  **8:00 Relaxing Music**  **9:00 MONTHLY MEETING PRE RECORDED** | **10:00 Chair Exercise**  **11:00 Meditation**  **12:00 National Senior Citizen Day**  **1:00 National Spumoni Day**  **2:00 TED Talks**  **3:00 Chair Exercise**  **4:00 Exploring NYC**  **6:00 Comedy**  **7:00 Cooking with Jamie Oliver**  **8:00 Relaxing Music**  **28** | **10:00 Chair Exercise**  **22**  **11:00 Meditation**  **12:00 World Plant Milk Day**  **1:00 National Bao Day**  **2:00 TED Talk**  **3:00 Chair Exercise**  **4:00 Movie: East Side of Heaven**  **6:00 Antique Shopping**  **7:00 Science Lesson**  **8:00 Night Movie: East Side of Heaven** | **10:00 Chair Exercise**  **11:00 Meditation**  **12:00 National Cuban Sandwich Day**  **1:00 National Ride the Wind Day**  **2:00 Google Talk**  **3:00 Chair Exercise**  **4:00 Live Concert: Whitney Houston**  **6:00 knitting lesson**  **7:00 Arts & Crafts**  **8:00 Relaxing Music**  **30** | **10:00 Zumba Exercise**  **11:00 Meditation**  **12:00 National Maryland Day**  **1:00 Visiting the Museum**  **2:00 National Waffle Day**  **3:00 Chair Exercise**  **4:00 Food Tour NYC**  **6:00 80’s Music**  **7:00 Visiting the Zoo**  **8:00 Relaxing Music** | **10:00 Zumba Exercise**  **11:00 Meditation**  **12:00 National Park Service Founders Day**  **1:00 Jewish services**  **2:00 Visiting a Country**  **3:00 Chair Exercise**  **4:00 Movie: His girl Friday**  **6:00 Banana Split Day**  **7:00 Secondhand Wardrobe Day**  **8:00 Movie Night (4pm Replay)**  **9:00 MONTHLY MEETING PRE RECORDED** | **10:00 Dance Workout**  **26**  **11:00 Meditation**  **12:00 Woman’s Equality Day**  **1:00 Crotchet lesson**  **2:00 Weekly News**  **3:00 Chair Exercise**  **4:00 Sports Highlights**  **6:00 Cooking Moroccan food**  **7:00 Cooking Korean Food**  **8:00 Relaxing Music** |
| **10:00 Chair Exercise**  **277**  **11:00 Catholic Communion**  **12:00 National Pots De Crème Day**  **2:00 Documentary**  **3:00 Protestant Services**  **4:00 Lutheran Services**  **6:00 Movie: Lone Wolf Spy Hunt**  **8:00 Relaxing Music**  **9:00 MONTHLY MEETING PRE RECORDED** | **10:00 Chair Exercise**  **28**  **11:00 Meditation**  **12:00 Red Wine Day**  **1:00 Rainbow Bridge Remembrance**  **2:00 TED Talks**  **3:00 Chair Exercise**  **4:00 Exploring NYC**  **6:00 Comedy**  **7:00 Cooking with Jamie Oliver**  **8:00 Relaxing Music** | **10:00 Chair Exercise**  **29**  **11:00 Meditation**  **12:00 Individual Rights day**  **1:00 National Sports day**  **2:00 TED Talk**  **3:00 Chair Exercise**  **4:00 Movie: Here Comes Mr. J…**  **6:00 Antique Shopping**  **7:00 Science Lesson**  **8:00 Night Movie: Here Comes Mr. Jordan** | **10:00 Chair Exercise**  **11:00 Meditation**  **12:00 National Beach Day**  **1:00 Frankenstein Day**  **2:00 Google Talk**  **3:00 Chair Exercise**  **4:00 Live Concert: Paul Desmond**  **6:00 Knitting Lesson**  **7:00 Arts& Crafts**  **8:00 Relaxing Music** | **10:00 Zumba Exercise**  **31**  **11:00 Meditation**  **12:00Eat Outside Day**  **1:00 Visiting the Museum**  **2:00 National Zoo Awareness Day**  **3:00 Chair Exercise**  **4:00 Food Tour NYC**  **6:00 80’s Music**  **7:00 Visiting the Zoo**  **8:00 Relaxing Music** | **TAKE A LOOK AT YOUR FLOOR BULLETIN**  **BOARD BY THE ELEVATORS &**  **LARGE GAMEROOM BOARD DAILY FOR**  **UPCOMING EVENTS AND TRIPS** | |