



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>November 2024</h1>						
<p>"FOR LIFE ENRICHMENT VAN TRIPS, EVENTS & FOR INFORMATION CALL LIFE ENRICHMENT @ 347-532-3012"</p> <p>"FOR DINING, PLEASE CALL THE DINING ROOM @ 718-762-7186"</p> <p>SIGN UP SHEETS FOR VAN TRIPS, COMPUTER & SMART DEVICE ASSISTANCE ARE LOCATED IN THE BACK OF THE SMALL GAME ROOM</p>						
<p>10:00 Lutheran Service Mandarin (CH) 3</p> <p>1:00 Prayer & Meditation (CH)</p> <p>2:00 Protestant Services (CH)</p> <p>3:00 Documentary: (LG) 2023 "RATHER" Journalist Dan Rather</p> <p>7:00 Movie Night: "GREATER" 2016 (LG) </p> <p>Starring: CHROSTOPHER SEVERIO</p> <p>Day light Savings Ends</p>	<p>10:00 STAY FIT w/ Jason (LG) 4</p> <p>2:00 POKENO (LG)</p> <p>2:30 Knitting Club (RT) </p> <p>3:00 Joyful Singing (CH)</p> <p>3:00 KARAOKE & Dance (LG)</p> <p>4:00 Bible Study (Mandarin)(CH)</p> <p>7:00 GAME NIGHT (LG) Rummikub, Scrabble, Bridge, Mahjong & more</p>	<p>10:00 MORNING TRIVIA (LG) 5</p> <p>11:00 TAI CHI w/ Elaine (RT) </p> <p>1:00 HOUSE PLANT CLINIC (RT)</p> <p>2:00 BINGO (LG)</p> <p>2:00 NEWS & VIEWS (SL)</p> <p>3:00 JEWELRY MAKING (AC)</p> <p>7:00 GAME NIGHT (LG) </p>	<p>10:00 FOX Rehab Exercise (LG) 6</p> <p>11 Resident Memorial Service In The Chapel</p> <p>1:30 Creative Writing (AC)</p> <p>2:00 Meet Resident Council Candidates/Discussion Forum (LG)</p> <p>6:30 Evening MANDARIN MOVIE:(LG) "18 X 2 Youthful Days" 2024</p> <p>7:00 Opera Experience (SL) </p>	<p>10:00 St. Michael's Cath Mass (Ch) 7</p> <p>10:00 STAY FIT w/ Jason (LG)</p> <p>1:30 JEWISH SERVICE (LG)</p> <p>2:00 "FINANCE" Queens Long Island Community Services- (LG)</p> <p>2:00 FLUSHING HOUSE VOICE (AC)</p> <p>3:30 SPANISH CLUB (LG)</p> <p>7:00 Evening MOVIE: (LG) 1963 "THE BIRDS"</p> <p>Starring: TIPPI HENDREN</p> <p>VAN TRIP TO FRESH MEADOWS SHOPPING CENTER 10:00AM (PL)</p>	<p>10:00 FOX REHAB Exercise (LG) 8</p> <p>10:00-12:00 Computer and Smart Device Assistance (SL)</p> <p>1:30 BOOK CLUB (LG) </p> <p>2:30 Happy Hour (DR) </p> <p>3:30 VETERANS CLUB (LG)</p> <p>7:00 PHIL PERRY Live In Concert (LG)</p>	<p>10:00 DANCE WORKOUT (LG) 2</p> <p>10:45 Brain Teasers (LG)</p> <p>2:00 BINGO (LG) </p> <p>3:00 Saturday Series: "This Is Us" S3. EP.8 (LG)</p> <p>7:00 Movie Night: Tyler perry "Good Deeds" (2012) (LG)</p>
<p>10:00 Lutheran Service Mandarin (CH) 10</p> <p>1:00 Prayer & Meditation (CH)</p> <p>2:00 Protestant Services (CH)</p> <p>3:00 Documentary: 2018 (LG) "Won't You Be My neighbor?" Fred Rogers Story</p> <p>7:00 Movie Night: "The Beautiful Game" 2014 (LG)</p> <p>Starring: BILL NIGHY </p>	<p>10:00 STAY FIT w/ Jason (LG) 11</p> <p>12 THANK YOU VETERANS Luncheon (RT) </p> <p>2:00 POKENO (LG)</p> <p>2:30 Knitting Club (RT)</p> <p>3:00 Joyful Singing (CH)</p> <p>3:00 KARAOKE & Dance (LG)</p> <p>4:00 Bible Study (Mandarin)(CH)</p> <p>7:00 GAME NIGHT (LG)</p> <p>THANK YOU veterans </p>	<p>10:00 VOLLEYBALL RESIDENTS VS STAFF (LG) 12</p> <p>2:00 Afternoon BINGO (LG)</p> <p>3:00 JEWELRY MAKING (AC)</p> <p>7:00 GAME NIGHT - Rummikub Mahjong, Bridge & more games (LG)</p>	<p>10:00 FOX Rehab Exercise (LG) 13</p> <p>1:30 Creative Writing (AC)</p> <p>2:00 WINE AND CHEESE In The Large Game Room</p> <p>7:00 Evening KOREAN MOVIE: "The Last Wife" 2023 (LG)</p> <p>7:00 Opera Experience (SL)</p> <p>***ELECTIONS TODAY FOR THE 2025 RESIDENT COUNCIL***</p> <p>VAN TRIP TO WHITSTONE SHOPPING CENTER 10:00AM (PL)</p>	<p>10:00 St. Michael's Cath Mass (Ch) 14</p> <p>10:00 STAY FIT w/ Jason (LG)</p> <p>1:30 JEWISH SERVICE (LG)</p> <p>2:00 FLUSHING HOUSE VOICE (AC)</p> <p>2:30 JEOPARDY! (LG) </p> <p>3:30 SPANISH CLUB (LG)</p> <p>7:00 Evening MOVIE: "MIDNIGHT RUN" 1988 (LG)</p> <p>Starring ROBERT DENIRO</p> <p>VAN TRIP TO WHITSTONE EXPWAY CTR 10:30 AM (PL)</p>	<p>10:00 FOX REHAB Exercise (LG) 15</p> <p>10:00-12:00 Computer and Smart Device Assistance (SL)</p> <p>1:30 BOOK CLUB (LG)</p> <p>2:30 Happy Hour w/ Live </p> <p>3:30 VETERANS CLUB (LG)</p> <p>7:00 BOBBY CALDWELL Live in Concert (LG)</p>	<p>10:00 DANCE WORKOUT (LG) 16</p> <p>10:45 Brain Teasers (LG)</p> <p>2:00 BINGO (LG) </p> <p>3:00 Saturday Series: "This Is Us" S3. EP.10 (LG)</p> <p>7:00 Movie Night: "MARNIE" (1964) (LG) Starring: TIPPI HENDREN</p>
<p>10:00 Lutheran Service Mandarin (CH) 17</p> <p>1:00 Prayer & Meditation (CH)</p> <p>2:00 Protestant Services (CH)</p> <p>3:00 Documentary: 2021 "Rita Moreno" Story (LG)</p> <p>7:00 Movie Night: "THE DEEP HUNTER" 1978 (LG) Starring: MERYL STREEP </p>	<p>10:00 STAY FIT w/ Jason (LG) 18</p> <p>2:00 POKENO (LG)</p> <p>2:30 Knitting Club (RT)</p> <p>3:00 Joyful Singing (CH)</p> <p>3:00 KARAOKE & Dance (LG) </p> <p>4:00 Bible Study (Mandarin)(CH)</p> <p>7:00 GAME NIGHT (LG) Rummikub, Scrabble, Bridge, Mahjong & more</p>	<p>10:00 MORNING BRAIN TRIVIA (LG) 19</p> <p>11:00 TAI CHI w/ Elaine (RT)</p> <p>2:00 Afternoon BINGO (LG)</p> <p>3:00 JEWELRY DESIGN (AC)</p> <p>7:00 GAME NIGHT - Rummikub Mahjong, Bridge & more games (LG)</p>	<p>10:00 FOX Rehab Exercise (LG) 20</p> <p>1:30 Creative Writing (AC)</p> <p>2:30 FRIENDSGIVING w/ Live Entertainment (LG) </p> <p>7:00 Evening CANTONESE MOVIE: (LG) "S STORM" 2016</p> <p>7:00 Opera Experience (SL)</p> <p>VAN TRIP TO TRIANGLE PLAZA/ COLLEGE POINT CENTER 10:45AM (PL)</p>	<p>10:00 St. Michael's Cath Mass (Ch) 21</p> <p>10:00 STAY FIT w/ Jason (LG)</p> <p>1:30 JEWISH SERVICE (LG)</p> <p>2:00 FLUSHING HOUSE VOICE (AC)</p> <p>3:00 RESIDENT COUNCIL MEETING/ VOTING RESULTS ANNOUNCED (LG)</p> <p>3:30 SPANISH CLUB (LG)</p> <p>7:00 Evening MOVIE: 2024 (LG) "THE CHAMPION" </p> <p>VAN TRIP TO RESTAURANT OLIVE GARDEN 11:00AM (PL)</p>	<p>10:00 FOX REHAB Exercise (LG) 22</p> <p>10:00-12:00 Computer and Smart Device Assistance (SL)</p> <p>1:30 BOOK CLUB (LG)</p> <p>2:30 Happy Hour (DR) </p> <p>3:30 VETERANS CLUB (LG)</p> <p>7:00 ANITA BAKER Live In Concert (LG)</p>	<p>10:00 DANCE WORKOUT (LG) 23</p> <p>10:45 Brain Teasers (LG)</p> <p>2:00 BINGO (LG)</p> <p>3:00 Saturday Series: "This Is Us" S3. EP.11 (LG)</p> <p>7:00 EVENING Movie Night: "ZOOKEEPER" 2011 (LG) Starring: KEVIN JAMES</p>
<p>10:00 Lutheran Service Mandarin (CH) 24</p> <p>1:00 Prayer & Meditation (CH)</p> <p>2:00 Protestant Services (CH)</p> <p>3:00 Documentary: (LG) 2023 "Radical Wolfe" tom Wolfe Story</p> <p>7:00 EVENING Movie Night: "HANDS OF STONE" 2016 (LG) Starring: ROBERT DENIRO </p>	<p>10:00 STAY FIT w/ Jason (LG) 25</p> <p>2:00 POKENO (LG)</p> <p>2:30 Knitting Club (RT)</p> <p>3:00 Joyful Singing (CH)</p> <p>3:00 KARAOKE & Dance (LG)</p> <p>4:00 Bible Study (Mandarin)(CH)</p> <p>7:00 GAME NIGHT (LG) Rummikub, Scrabble, Bridge, Mahjong & more</p>	<p>10:00 MORNING BRAIN TRIVIA (LG) 26</p> <p>11:00 TAI CHI w/ Elaine (RT)</p> <p>2:00 Afternoon BINGO (LG)</p> <p>3:00 SIP & PAINT (RT) </p> <p>7:00 GAME NIGHT - Rummikub Mahjong, Bridge & more games(LG)</p>	<p>10:00 FOX Rehab Exercise (LG) 27</p> <p>1:30 Creative Writing (AC)</p> <p>2:30 Dining Room Meeting (LG)</p> <p>3:30 Activities Meeting (LG)</p> <p>7:00 Evening JAPANESE MOVIE: (LG) "A FAMILY" 2021</p> <p>7:00 Opera Experience (SL)</p> <p>VAN TRIP TO TRADER JOE'S, MICHAEL'S, STAPLES 9:45 AM</p>	<p>Happy Thanksgiving 28</p> <p>10:00 St. Michael's Cath Mass (Ch)</p> <p>10:00 STAY FIT w/ Jason (LG)</p> <p>1:30 JEWISH SERVICE (LG)</p> <p>7:00 Evening Movie :FIELD OF DREAMS 1989 (LG) Starring: Kevin Costner</p> <p>Give Thanks </p>	<p>10:00 CHAIR Exercise (LG) 29</p> <p>10:00-12:00 Computer and Smart Device Assistance (SL)</p> <p>1:30 BOOK CLUB (LG)</p> <p>2:30 Birthday Happy Hour W/ LIVE Entertainment (DR) </p> <p>3:30 VETERANS CLUB (LG)</p> <p>7:00 70's Soul Jam Live in Concert (LG)</p>	<p>10:00 DANCE WORKOUT (LG) 30</p> <p>10:45 Brain Teasers (LG)</p> <p>2:00 BINGO (LG) </p> <p>3:00 Saturday Series: "This Is Us" S3. EP.12 (LG)</p> <p>7:00 Movie Night: "In Good Company" (2004) (LG)</p>

"Giving is an expression of gratitude for our blessings!"



November 2024 Life Enrichment Digital Calendar

FH CHANNEL KEY: *FT TV SERVICES – CHANNEL 3 * SPECTRUM – CHANNEL 994

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TAKE A LOOK AT YOUR FLOOR BULLETIN BOARD BY THE ELEVATORS & LARGE GAMEROOM WHITE BOARD DAILY FOR UPCOMING EVENTS AND TRIPS</p>	<p>"FOR LIFE ENRICHMENT VAN TRIPS, EVENTS & FOR INFORMATION CALL LIFE ENRICHMENT @ 347-532-3012"</p> <p>"FOR DINING, PLEASE CALL THE DINING ROOM @ 718-762-7186"</p> <p>SIGN UP SHEETS FOR ALL VAN TRIPS COMPUTER & SMART DEVICE ASSISTANCE ARE LOCATED IN THE BACK OF THE SMALL GAME ROOM</p>					
	3	4	5	6	7	8
	10	11	12	13	14	15
	17	18	19	20	21	22
	24	25	26	27	28	29
<p>10:00 Chair Exercise</p> <p>11:00 Catholic Communion</p> <p>12:00 National Cinema Day</p> <p>2:00 Documentary</p> <p>3:00 Protestant Services</p> <p>4:00 Lutheran Services</p> <p>6:00 Movie: Suddenly</p> <p>8:00 Relaxing Music</p> <p>9:00 MONTHLY MEETING PRE RECORDED</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 Labor Day</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Explore NYC</p> <p>6:00 Animal Clips</p> <p>7:00 Cooking with Ramsey</p> <p>8:00 Relaxing Music</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Cheese Pizza Day</p> <p>1:00 Telephone Tuesday</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Movie: The League of Denial</p> <p>6:00 Trivia</p> <p>7:00 Science Lesson</p> <p>8:00 Night Movie (4pm Replay)</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Read A Book Day</p> <p>1:00 National Coffee Ice Cream</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Live Concert</p> <p>6:00 Horse Racing</p> <p>7:00 History Lesson</p> <p>8:00 Relaxing Music</p>	<p>10:00 Zumba Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Acorn Squash Day</p> <p>1:00 National Beer Lover</p> <p>2:00 Visiting the Museum</p> <p>3:00 Chair Exercise</p> <p>4:00 Global Food Tour</p> <p>6:00 50s Music</p> <p>7:00 Visiting the Zoo</p> <p>8:00 Relaxing Music</p>	<p>10:00 Zumba Exercise</p> <p>11:00 Meditation</p> <p>12:00 Star Trek Day</p> <p>1:00 Jewish Service</p> <p>2:00 Visiting a Country</p> <p>3:00 Chair Exercise</p> <p>4:00 Movie: Amazon Empire: Jeff Bezos</p> <p>6:00 Arts & Crafts</p> <p>7:00 Trivia</p> <p>8:00 Night Movie (4pm Replay)</p> <p>9:00 MONTHLY MEETING PRE RECORDED</p>	<p>10:00 Dance Workout</p> <p>11:00 Meditation</p> <p>12:00 Wiener Schnitzel Day</p> <p>1:00 Crotchet Lesson</p> <p>2:00 Weekly News</p> <p>3:00 Chair Exercise</p> <p>4:00 Sports Highlights</p> <p>6:00 NPR Tiny Desk</p> <p>7:00 Cooking Guatemalan</p> <p>8:00 Relaxing Music</p>
<p>10:00 Chair Exercise</p> <p>11:00 Catholic Communion</p> <p>12:00 National Grandparents Day</p> <p>2:00 Documentary</p> <p>3:00 Protestant Services</p> <p>4:00 Lutheran Services</p> <p>6:00 Movie: One Rainy Afternoon</p> <p>8:00 Relaxing Music</p> <p>9:00 MONTHLY MEETING PRE RECORDED</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 Patriot Day</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Explore NYC</p> <p>6:00 Animal Clips</p> <p>7:00 Cooking with Ramsey</p> <p>8:00 Relaxing Music</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 Day of Encouragement</p> <p>1:00 National Video Game</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Movie: The Fish on My Plate</p> <p>6:00 Trivia</p> <p>7:00 Science Lesson</p> <p>8:00 Night Movie (4pm Replay)</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 Celiac Diseases Awareness</p> <p>1:00 Kids take over the Kitchen Day</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Live Concert</p> <p>6:00 Horse Racing</p> <p>7:00 History Lesson</p> <p>8:00 Relaxing Music</p>	<p>10:00 Zumba Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Sober Day</p> <p>1:00 national Virginia Day</p> <p>2:00 Visiting the Museum</p> <p>3:00 Chair Exercise</p> <p>4:00 Global Food Tour</p> <p>6:00 60s Music</p> <p>7:00 Visiting the Zoo</p> <p>8:00 Relaxing Music</p>	<p>10:00 Zumba Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Online Learning Day</p> <p>1:00 Jewish Services</p> <p>2:00 Visiting a Country</p> <p>3:00 Chair Exercise</p> <p>4:00 Movie: Choice 2022: Trump vs Biden</p> <p>6:00 Arts & Crafts</p> <p>7:00 Trivia</p> <p>8:00 Night Movie (4pm Replay)</p> <p>9:00 MONTHLY MEETING PRE RECORDED</p>	<p>10:00 Dance Workout</p> <p>11:00 Meditation</p> <p>12:00 National Guacamole Day</p> <p>1:00 Crochet Lesson</p> <p>2:00 Weekly News</p> <p>3:00 Chair Exercise</p> <p>4:00 Sports Highlights</p> <p>6:00 NPR Tiny Desk</p> <p>7:00 Cooking Peruvian</p> <p>8:00 Relaxing Music</p>
<p>10:00 Chair Exercise</p> <p>11:00 Catholic Communion</p> <p>12:00 Constitution and Citizenship Day</p> <p>2:00 Documentary</p> <p>3:00 Protestant Services</p> <p>4:00 Lutheran Services</p> <p>6:00 Movie: Detour</p> <p>8:00 Relaxing Music</p> <p>9:00 MONTHLY MEETING PRE RECORDED</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 World Bamboo Day</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Sports Highlights</p> <p>6:00 Explore NYC</p> <p>7:00 Cooking with Ramsey</p> <p>8:00 Relaxing Music</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 Butterscotch Pudding Day</p> <p>1:00 IT Professionals Day</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Movie: The Mecca Mystery: Are Muslims praying in the wrong Direction</p> <p>6:00 Trivia</p> <p>7:00 Science Lesson</p> <p>8:00 Night Movie (4pm Replay)</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Fried Rice Day</p> <p>1:00 String Cheese Day</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Live Concert</p> <p>6:00 Horse Racing</p> <p>7:00 History of China</p> <p>8:00 Relaxing Music</p>	<p>10:00 Zumba Exercise</p> <p>11:00 Meditation</p> <p>12:00 National New York</p> <p>1:00 National Chai Day</p> <p>2:00 Visiting the Museum</p> <p>3:00 Chair Exercise</p> <p>4:00 Global Food Tour</p> <p>6:00 70s Music</p> <p>7:00 Visiting the Zoo</p> <p>8:00 Relaxing Music</p>	<p>10:00 Zumba Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Centenarian's Day</p> <p>1:00 Jewish Services</p> <p>2:00 Visiting a Country</p> <p>3:00 Chair Exercise</p> <p>4:00 Movie: The Prince of Saudi Arabia</p> <p>6:00 arts & Crafts</p> <p>7:00 Trivia</p> <p>8:00 Night Movie (4pm Replay)</p> <p>9:00 MONTHLY MEETING PRE RECORDED</p>	<p>10:00 Dance Workout</p> <p>11:00 Meditation</p> <p>12:00 Autumnal Equinox</p> <p>1:00 Crochet lesson</p> <p>2:00 Weekly News</p> <p>3:00 Chair Exercise</p> <p>4:00 Sports Highlights</p> <p>6:00 NPR Tiny Desk</p> <p>7:00 Cooking Puerto Rican</p> <p>8:00 Relaxing Music</p>
<p>10:00 Chair Exercise</p> <p>11:00 Catholic Communion</p> <p>12:00 National Public Lands Day</p> <p>2:00 Documentary</p> <p>3:00 Protestant Services</p> <p>4:00 Lutheran Services</p> <p>6:00 Movie: The Man Who Knew</p> <p>8:00 Relaxing Music</p> <p>9:00 MONTHLY MEETING PRE RECORDED</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Family Day</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Explore NYC</p> <p>6:00 Animal Clips</p> <p>7:00 Cooking with Ramsey</p> <p>8:00 Relaxing Music</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Shamu the Whale</p> <p>1:00 National Voter Registration</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Movie: American Depression</p> <p>6:00 Trivia</p> <p>7:00 Science Lesson</p> <p>8:00 Night Movie (4pm Replay)</p>	<p>10:00 Chair Exercise</p> <p>11:00 Meditation</p> <p>12:00 National Scarf Day</p> <p>1:00 National Day of Forgiveness</p> <p>2:00 TED Talk</p> <p>3:00 Chair Exercise</p> <p>4:00 Live Concert</p> <p>6:00 Horse Racing</p> <p>7:00 History Lesson</p> <p>8:00 Relaxing Music</p>	<p>10:00 Zumba Exercise</p> <p>11:00 Meditation</p> <p>12:00 Good Neighbor Day</p> <p>1:00 Women's Health and Fitness Day</p> <p>2:00 Visiting the Museum</p> <p>3:00 Chair Exercise</p> <p>4:00 Global Food Tour</p> <p>6:00 80s Music</p> <p>7:00 Visiting the Zoo</p> <p>8:00 Relaxing Music</p>	<p>10:00 Zumba Exercise</p> <p>11:00 Meditation</p> <p>12:00 Coffee Day</p> <p>1:00 Jewish Services</p> <p>2:00 Visiting a Country</p> <p>3:00 Chair Exercise</p> <p>4:00 Movie: Jan.6 Insurrection</p> <p>6:00 Arts& Crafts</p> <p>7:00 Trivia</p> <p>8:00 Night Movie (4pm Replay)</p> <p>9:00 MONTHLY MEETING PRE RECORDED</p>	<p>10:00 Dance Workout</p> <p>11:00 Meditation</p> <p>12:00 National Chewing Gum Day</p> <p>1:00 Crochet Lesson</p> <p>2:00 Weekly News</p> <p>3:00 Chair Exercise</p> <p>4:00 Sports Highlights</p> <p>6:00 NPR Tiny Desk</p> <p>7:00 Cooking Mexican</p> <p>8:00 Relaxing Music</p>

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