

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For information on Life Enrichment Van Trips, Activities, and Events, please call 347-532-3010/3012	Sign-up sheets for Van Trips and Tech Assistance are located in the back the Large Game Room	<i>Life Enrichment Calendar</i> <i>May</i> CELEBRATE LIVING EVERY DAY™ INDEPENDENT LIVING FOR OLDER ADULTS		10:00...CATHOLIC MASS (CH) 10:00...STAY FIT W/ JASON (LG) 1:30....JEWISH SERVICE (CH) 2:00...FLUSHING HOUSE VOICE (SL) 2:00...QUEENS LONG ISLAND COMMUNITY SERVICES PRESENTATION: CINCO DE MAYO (LG) 3:30...SPANISH CLUB (LG) 7:00...EVENING MOVIE: "QUEEN BEES" STARRING ELLEN BURSTYN (LG) VAN TRIP TO FRESH MEADOWS SHOPPING CENTER AT 10:00 (PL)	10:00..FOX REHAB EXERCISE (LG) 10:00-12:00..TECH ASSISTANCE (SL) 1:30...KARAOKE (LG) 2:30...HAPPY HOUR (DR) 3:30...VETERANS CLUB (LG) 7:00..BARBARA STREISAND LIVE CONCERT (LG)	10:00...YOGA EXERCISE (LG) 10:45....BRAIN TEASERS (LG) 2:00.....BINGO (LG) 2:00.....CREATIVE WRITING (SL) 3:00.....SATURDAY SERIES: "THIS IS US" S4. (LG) 7:00...FLASHBACK FLICKS:"HEAT" STARRING AL PACHINO (1995) (LG)
10:00..MANDARIN LUTHERAN SERVICE (CH) 1:00...PRAYERS & MEDITATION (CH) 2:00..PROTESTANT SERVICES (CH) 3:00..MIDDAY MOVIE: "THE PIANO LESSON" STARRING SAMUEL L. JACKSON (LG) 6:30..EVENING MOVIE: "THE FUNDAMENTALS OF CARING" STARRING PAUL RUDD (LG)	Cinco de Mayo 10:00..FOX REHAB EXERCISE (LG) 11:00...MUSIC APPRECIATION (LG) 2:00...POKENO (LG) 2:30...KNITTING CLUB (RT) 3:00...JOYFUL SINGING (CH) 3:15...BOOK CLUB (LG) 4:00...MANDARIN BIBLE STUDY (CH) 7:00...GAME NIGHT (LG)	10:00..MORNING TRIVIA (LG) 11:00...TAI CHI W/ ELAINE (RT) 2:00...NEWS AND VIEWS (SL) 2:00...BINGO (LG) 3:00...SEED PLANTING W/ BEA & NATALIA (AC) 7:00...GAME NIGHT (LG)	10:30...ARE YOU SMARTER THAN A FIFTH GRADER? (LG) 11:30....STAY FIT W/ JASON (LG) 2:30...DINING ROOM MEETING (LG) 6:30....MANDARIN FILM NIGHT: I AM THE SECRET IN YOUR HEART (LG) VAN TRIP TO WHITEPOINT SHOOPING CENTER AT 10:00 (PL)	10:00..CATHOLIC MASS (CH) 10:00..STAY FIT W/ JASON (LG) 1:30....JEWISH SERVICE (CH) 2:00...FLUSHING HOUSE VOICE (SL) 2:00... OPEN MIC (LG) 3:30...SPANISH CLUB (LG) 7:00...EVENING MOVIE: "THE ADAM PROJECT" STARRING RYAN REYNOLDS (LG) VAN TRIP TO WHITESTONE EXPWAY CENTER AT 10:00 (PL)	10:00..FOX REHAB EXERCISE (LG) 10:00-12:00..TECH ASSISTANCE (SL) 1:30...KARAOKE (LG) 2:30.. CINCO DE MAYO HAPPY HOUR (DR) 3:30...VETERANS CLUB (LG) 7:00...ARETHA FRANKLIN LIVE CONCERT (LG)	10:00...YOGA EXERCISE (LG) 10:45....BRAIN TEASERS (LG) 2:00.....BINGO (LG) 2:00.....CREATIVE WRITING (SL) 3:00.....SATURDAY SERIES: "THIS IS US" S4.(LG) 7:00...FLASHBACK FLICKS: "THE BREAKFAST CLUB" (1952) (LG)
HAPPY Mother's Day 10:00..MANDARIN LUTHERAN SERIVCE (CH) 1:00...PRAYERS & MEDITATION (CH) 2:00..PROTESTANT SERVICES (CH) 3:00..MIDDAY MOVIE: "YOUR PLACE OR MINE" STARRING REESE WITHERSPOON(LG) 6:30..EVENING MOVIE: "THE MOTHER" STARRING JENNIFER LOPEZ (LG)	10:00..FOX REHAB EXERCISE (LG) 11:00...MUSIC APPRECIATION (LG) 2:00...POKENO (LG) 2:30...KNITTING CLUB (RT) 3:00...JOYFUL SINGING (CH) 3:15...BOOK CLUB (LG) 4:00...MANDARIN BIBLE STUDY (CH) 7:00...GAME NIGHT (LG)	10:00..VOLLEYBALL STAFF VS. RESIDENTS (LG) 11:00...TAI CHI W/ ELAINE (RT) 2:00...NEWS AND VIEWS (SL) 2:00... BINGO (LG) 3:00...SEED PLANTING W/ BEA & NATALIA (AC) 7:00...GAME NIGHT (LG)	10:30..ARE YOU SMARTER THAN A FIFTH GRADER (LG) 11:30....STAY FIT W/ JASON (LG) 2:00: FIRESIDE CHAT W/ REV/ DOUGLAS KURTZ (LG) 3:00..JEOPARDY (LG) 6:30...KOREAN FILM NIGHT: SWEET AND SOUR (LG) VAN TRIP TO TRIANGLE PLAZA COLLEGE POINT AT 10:00 (PL)	10:00..CATHOLIC MASS (CH) 10:00..STAY FIT W/ JASON (LG) 1:30....JEWISH SERVICE (CH) 2:00...FLUSHING HOUSE VOICE (SL) 2:30...RESIDENT COUNCIL MEETING (LG) 3:30...SPANISH CLUB (LB) 7:00...EVENING MOVIE: "TYLER PERRY'S A FALL FROM GRACE" (LG) VAN TRIP TO TRADER JOE'S, MICHAEL'S, STAPLES AT 2:00 PM (PL)	10:00..FOX REHAB EXERCISE (LG) 10:00-12:00..TECH ASSISTANCE (SL) 1:30...KARAOKE (LG) 2:30...HAPPY HOUR (DR) 3:30...VETERANS CLUB (LG) 7:00.. DOLLY PARTON LIVE CONCERT (LG)	10:00...YOGA EXERCISE (LG) 10:45....BRAIN TEASERS (LG) 2:00.....BINGO (LG) 2:00.....CREATIVE WRITING (SL) 3:00.....SATURDAY SERIES: "THIS IS US" S4. (LG) 7:00.....FLASHBACK FLICKS: "GOOD FELLAS" STARRING ROBERT DE NIRO (1990) (LG)
10:00..MANDARIN LUTHERAN SERVICE (CH) 1:00...PRAYERS & MEDITATION (CH) 2:00..PROTESTANT EASTER SERVICE (CH) 3:00..MIDDAY MOVIE: "THE BALLAD OF BUSTER SCRUGGS" STARRING LIAM NEESON (LG) 6:30..EVENING MOVIE: "LION" STARRING DEV PATEL (LG)	10:00..FOX REHAB EXERCISE (LG) 11:00...MUSIC APPRECAITION (LG) 2:00...POKENO (LG) 2:30...KNITTING CLUB (RT) 3:00...JOYFUL SINGING (CH) 3:15....BOOK CLUB (LG) 4:00...MANDARIN BIBLE STUDY (CH) 7:00...GAME NIGHT (LG)	10:00..MORNING TRIVIA (LG) 11:00...TAI CHI W/ ELAINE (RT) 2:00...NEWS AND VIEWS (SL) 2:00...BINGO (LG) 3:00...JEWELRY MAKING (AC) 7:00...GAME NIGHT (LG)	10:30...ARE YOU SMARTER THAN A FIFTH GRADER (LG) 11:30...STAY FIT W/ JASON (LG) 3:00...JEOPARDY (LG) 6:30...CANTONESE FILM NIGHT: A CHINESE ODYSSEY: PART 1 (LG) VAN TRIP TO BAY TERRACE SHOPPING CENTER AT 10:00 (PL)	10:00..CATHOLIC MASS (CH) 10:00..STAY FIT W/ JASON (LG) 1:30....JEWISH SERVICE (CH) 2:00...FLUSHING HOUSE VOICE (SL) 2:30..ACTIVITIES MEETING (LG) 3:30...SPANISH CLUB (LG) 7:00...EVENING MOVIE: "THE DIG" STARRING CAREY MULLIGAN (LG)	10:00..FOX REHAB EXERCISE (LG) 10:00-12:00..TECH ASSISTANCE (SL) 1:30...KARAOKE (LG) 2:00-3:30..MEMORIAL DAY BBQ (RT) 3:30...VETERANS CLUB (LG) 7:00... AEROSMITH LIVE CONCERT LIVE CONCERT (LG)	10:00..YOGA EXERCISE (LG) 10:45..BRAIN TEASERS (LG) 2:00...BINGO (LG) 2:00...CREATIVE WRITING (SL) 2:30...MEMORIAL DAY BBQ (RT) 3:00.....SATURDAY SERIES: "THIS IS US" S4. (LG) 7:00.....FLASHBACK FLICKS: "SMOKEY AND THE BANDIT" STARRING BURT REYNOLDS (1977) (LG)
10:00..MANDARIN LUTHERAN SERVICE (CH) 1:00...PRAYERS & MEDITATION (CH) 2:00...PROTESTANT SERVICES (CH) 3:00...MIDDAY MOVIE: "80 FOR BRADY" (LG) 6:30...EVENING MOVIE: "THE GENTLEMEN" STARRING MATTHEW MCCONAUGHEY (LG)	*MEMORIAL DAY* 10:00..FOX REHAB EXERCISE (LG) 11:00...MUSIC APPRECIATION (LG) 2:00...POKENO (LG) 2:30...KNITTING CLUB (RT) 3:00...JOYFUL SINGING (CH) 3:15...BOOK CLUB (LG) 4:00...MANDARIN BIBLE STUDY (CH) 7:00...GAME NIGHT (LG)	10:00..MORNING TRIVIA (LG) 11:00...TAI CHI W/ ELAINE (RT) 2:00...NEWS AND VIEWS (SL) 2:00...BINGO (LG) 3:00...SIP AND PAINT (AC) 7:00...GAME NIGHT (LG)	10:30...ARE YOU SMARTER THAN A FIFTH GRADER (LG) 11:30...STAY FIT W/ JASON (LG) 2:00: WINE & CHEESE W/ FIZ! (LG) 6:30...SPANISH FILM NIGHT: "LUCCA'S WORLD" (LG) RESTURANT VAN TRIP TO BEN'S DINER IN BAY TERRACE (PL)	10:00..CATHOLIC MASS (CH) 10:00..STAY FIT W/ JASON (LG) 11:00...P.S. 162 VIOLIN CONCERT 1:30....JEWISH SERVICE (CH) 2:00...FLUSHING HOUSE VOICE (SL) 2:30..VIRTUAL VISIT TO THE HOLOCAUST MUSUEM (LG) 3:00...SPANISH CLUB (LG) 7:00...EVENING MOVIE: "ENOLA HOLMES" STARRING MILLY BOBBY BROWN (LG) VAN TRIP TO QUEENS BOTANICAL GARDENS AT 11:30 AM (PL)	10:00..FOX REHAB EXERCISE (LG) 10:00-12:00..TECH ASSISTANCE (SL) 1:30...KARAOKE (LG) 2:30...BIRTHDAY HAPPY HOUR (DR) 3:30...VETERANS CLUB (LG) 7:00... STEVIE WONDER LIVE CONCERT (LG)	10:00..YOGA EXERCISE (LG) 10:45....BRAIN TEASERS (LG) 2:00...BINGO (LG) 2:00...CREATIVE WRITING (SL) 3:00.....SATURDAY SERIES: "THIS IS US" S4. (LG) 7:00.....FLASHBACK FLICKS: "CRANE WORLD" (1999) (LG)

LOCATION KEY: (DR) DINING ROOM (LG) LARGE GAME ROOM (CH) CHAPEL (PL) PARKING LOT (SL) SPORTS LOUNGE (AC) ACTIVITIES CENTER (RT) ROOFTOP (LB) LIBRARY

"MAY, QUEEN OF BLOSSOMS, AND FULFILLING FLOWERS, WHAT PRETTY MUSIC SHALL WE CHARM THE HOURS?" - LORD EDWARD THURLOW

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
For information on Life Enrichment Van Trips, Activities, and Events, please call 347-532-3010/3012	Sign-up sheets for Van Trips and Tech Assistance are located in the back the Large Game Room			10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 AGRICULTURE AND LABOR DAY 1:00 GOOGLE TALKS 2:00 SAVE THE RHINO DAY 3:00 CHAIR EXERCISE 4:00 FOOD TOUR 6:00 60S MUSIC 7:00 VISITING THE ZOO! 8:00 RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL TRUFFLE DAY 1:00 JEWISH SERVICE 2:00 VISITING A COUNTRY! 3:00 CHAIR EXERCISE 4:00 MOVIE: GROWN UPS 6:00 NATIONAL SPACE DAY 7:00 ARTS AND CRAFTS 8:00 NIGHT MOVIE (4PM REPLAY)	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL HERB DAY 1:00 NAKED GARDENING DAY 2:00 WEEKLY NEWS 3:00 CHAIR EXERCISE 4:00 SPORTS HIGHLIGHTS 6:00 TRIVIA 7:00 COOKING DOMINICAN FOOD 8:00 RELAXING MUSIC
10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 ANTIBULLYING DAY 2:00 DOCUMENTARY 3:00 PROTESTANT SERVICES 4:00 LUTHERAN SERVICES 6:00 MOVIE: THE MESSENGER 8:00 RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 BUDDHA DAY 1:00 NATIONAL HOAGIE DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 EXPLORING CALIFORNIA 6:00 COMEDY 7:00 COOKING WITH RAMSEY 8:00RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL CREPE SUZETTE DAY 1:00 SAUVIGNON BLANC DAY 2:00 GOOGLE TALKS 3:00 CHAIR EXERCISE 4:00 MOVIE: JOURNEY TO THE CENTER OF THE EARTH 6:00 ANTIQUE SHOPPING 7:00 HISTORY 8:00 NIGHT MOVIE (4PM REPLAY)	10:00 TAI CHI EXERCISE 11:00 MEDITATION 12:00 NATIONAL COSMOPOLITAN DAY 1:00 NATIONAL ROAST LEG OF LAMB DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: PHIL COLLINS 6:00 ANIMAL CLIPS 7:00 TRIVIA 8:00RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 COCONUT CREAM PIE DAY 1:00 GOOGLE TALKS 2:00 IRIS DAY 3:00 CHAIR EXERCISE 4:00 FOOD TOUR 6:00 70S MUSIC 7:00 VISITING THE ZOO! 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL MOSCATO DAY 1:00 JEWISH SERVICE 2:00 VISITING A COUNTRY! 3:00 CHAIR EXERCISE 4:00 MOVIE: SHELTER 6:00 FINTASTIC FRIDAY 7:00 ARTS & CRAFTS 8:00NIGHT MOVIE (4PM REPLAY)	10:00 DANCE EXERCISE 11:00 MEDITATION 12:00 NATIONAL GOLF DAY 1:00 NATIONAL SHRIMP DAY 2:00 WEEKLY NEWS 3:00 CHAIR EXERCISE 4:00 SPORTS HIGHLIGHTS 6:00 KNITTING LESSON 7:00 COOKING ITALIAN FOOD 9:00 RELAXING MUSIC
10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 MOTHERS DAY 2:00 DOCUMENTARY 3:00 PROTESTANT SERVICES 4:00 LUTHERAN SERVICES 6:00 MOVIE: MADE FOR EACH OTHER 8:00RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 FIBROMYALGIA AWARENESS DAY 1:00 NATIONAL NUTTY FUDGE DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 EXPLORING TEXAS 6:00 COMEDY 7:00 COOKING WITH RAMSEY 8:00 RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL APPLE PIE 1:00 NATIONAL CROUTON DAY 2:00 GOOGLE TALKS 3:00 CHAIR EXERCISE 4:00 MOVIE: OFF THE MENU 6:00 ANTIQUE SHOPPING 7:00 HISTORY 8:00 NIGHT MOVIE (4PM REPLAY)	10:00 TAI CHI EXERCISE 11:00 MEDITATION 12:00 BUTTERMILK BISCUIT DAY 1:00 WORLD ORIENTEERING DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: MICHAEL BUBLE 6:00 ANIMAL CLIPS 7:00 TRIVIA 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL CHOCOLATE CHIP DAY 1:00 GOOGLE TALKS 2:00 STRAW HAT DAY 3:00 CHAIR EXERCISE 4:00 FOOD TOUR 6:00 80S MUSIC 7:00 VISITING THE ZOO! 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL BBQ DAY 1:00 JEWISH SERVICE 2:00 VISITING A COUNTRY! 3:00 CHAIR EXERCISE 4:00 MOVIE: TAKEN FROM ME 6:00 NATIONAL MIMOSA DAY 7:00 ARTS AND CRAFTS 8:00 NIGHT MOVIE (4PM REPLAY)	10:00 DANCE EXERCISE 11:00 MEDITATION 12:00 NATIONAL COBBLER CHERRY DAY 1:00 NATIONAL WALNUT DAY 2:00 WEEKLY NEWS 3:00 CHAIR EXERCISE 4:00 WEEKLY SPORTS HIGHLIGHTS 6:00 TRIVIA 7:00 COOKING MEXICAN FOOD 9:00 RELAXING MUSIC
10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL CHEESE SOUFFLE DAY 2:00 DOCUMENTARY 3:00 PROTESTANT SERVICES 4:00 LUTHERAN SERVICES 6:00 MOVIE: TABACO ROAD 8:00 RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 PLANT SOMETHING DAY 1:00 NATIONAL DEVILS FOOD CAKE DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 EXPLORING ARIZONA 6:00 COMEDY 7:00 COOKING WITH RAMSEY 8:00 RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL QUICHE LORRAINE DAY 1:00 MAKING PEPPERONI PIZZAS! 2:00 GOOGLE TALKS 3:00 CHAIR EXERCISE 4:00 MOVIE: THE HELP 6:00 ANTIQUE SHOPPING 7:00 HISTORY 8:00 NIGHT MOVIE (4PM REPLAY)	10:00 TAI CHI EXERCISE 11:00 MEDITATION 12:00 NATIONAL JUICE SLUSH DAY 1:00 INTERNATIONAL TEA DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: CELINE DION 6:00 ANIMAL CLIPS 7:00 TRIVIA 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL VANILLA PUDDING DAY 1:00 GOOGLE TALKS 2:00 WORLD PALOMA DAY 3:00 CHAIR EXERCISE 4:00 FOOD TOUR 6:00 90S MUSIC 7:00 VISITING THE ZOO! 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL TAFFY DAY 1:00 JEWISH SERVICE 2:00 VISITING A COUNTRY! 3:00 CHAIR EXERCISE 4:00 MOVIE: THE VILLAIN COMEDY 6:00 WORLD TURTLE DAY 7:00 ARTS AND CRAFTS 8:00 NIGHT MOVIE (4PM REPLAY)	10:00 DANCE EXERCISE 11:00 MEDITATION 12:00 NATIONAL ASPARAGUS DAY 1:00 NATIONAL ESCARGOT DAY 2:00 WEEKLY NEWS 3:00 CHAIR EXERCISE 4:00 WEEKLY SPORTS HIGHLIGHTS 6:00 KNITTING LESSON 7:00 COOKING KOREAN FOOD 9:00 RELAXING MUSIC
10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 GLOBAL AFRICA DAY 2:00 DOCUMENTARY 3:00 PROTESTANT SERVICES 4:00 LUTHERAN SERVICES 6:00 MOVIE: ALWAYS GOODBYE 8:00 RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 BRITISH TOMATO FORTNIGHT 1:00 NATIONAL BLUEBERRY CHEESECAKE 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 EXPLORING MINNESOTA 6:00 COMEDY 7:00 COOKING WITH RAMSEY 8:00 RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL GRAPE POPSICLE DAY 1:00 NATIONAL SUNSCREEN DAY 2:00 GOOGLE TALKS 3:00 CHAIR EXERCISE 4:00 MOVIE: EXIT STRATEGY 6:00 ANTIQUE SHOPPING 7:00 HISTORY 8:00 NIGHT MOVIE(4PM REPLAY)	10:00 TAI CHI EXERCISE 11:00 MEDITATION 12:00 INTERNATIONAL BURGER DAY 1:00 NATIONAL BRISKET DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: THE JACKSONS 6:00 ANIMAL CLIPS 7:00 TRIVIA 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL COQ AU VIN DAY 1:00 GOOGLE TALKS 2:00 NATIONAL SNAIL DAY 3:00 CHAIR EXERCISE 4:00 FOOD TOUR 6:00 90S MUSIC 7:00 VISITING THE ZOO! 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL MINT JULEP DAY 1:00 JEWISH SERVICE 2:00 VISITING A COUNTRY! 3:00 CHAIR EXERCISE 4:00 MOVIE: THE STRANGE LOVE OF MARTHA IVERS 6:00 NATIONAL HEAT AWARENESS DAY 7:00 ARTS AND CRAFTS 8:00 NIGHT MOVIE (4PM REPLAY)	10:00 DANCE EXERCISE 11:00 MEDITATION 12:00 NATIONAL MACAROON DAY 1:00 WORLD PARROT DAY 2:00 WEEKLY NEWS 3:00 CHAIR EXERCISE 4:00 WEEKLY SPORTS HIGHLIGHTS 6:00 TRIVIA 7:00 COOKING KOREAN FOOD 9:00 RELAXING MUSIC

週日	週一	週二	週三	週四	週五	週六
有關生活充實麵包車旅行、活動和事件的信息，請致電 347-532-3010/3012	麵包車旅行和技術援助的報名表位於大型遊戲室的後面	生活充實日曆		10:00 天主教彌撒 (CH) 10:00 ..與傑森 (LG) 一起保持健康 1:30....猶太禮拜 (CH) 2:00...法拉盛屋之聲 (SL) 2:00...皇后區長島社區服務演示：五月五日節 (LG) 3:30...西班牙俱樂部 (LG) 7:00...晚間電影：艾倫伯斯汀主演的《蜂王》(LG) 麵包車前往 FRESH MEADOWS 購物中心，時間為 10:00 (波蘭時間)	10:00..FOX復健訓練 (LG) 10:00-12:00..技術協助 (SL) 1:30...卡拉OK (LG) 2:30.....歡樂時光 (DR) 3:30...退伍軍人俱樂部 (LG) 7:00..芭芭拉史翠珊現場演唱會 (LG)	10:00...瑜珈練習 (LG) 10:45....腦筋急轉彎 (LG) 2:00.....賓果 (LG) 2:00.....創意寫作 (標準課程) 3:00.....週六系列：「這就是我們」 s4。(LG) 7:00....閃回電影：阿爾帕基諾主演的《盜火線》(1995) (LG)
10:00..國語路德會禮拜 (CH) 1:00...祈禱與冥想 (CH) 2:00 新教禮拜 (CH) 3:00 電影：塞繆爾·L 主演的“鋼琴課”。傑克森 (LG) 6:30 晚間電影：保羅路德主演的《關愛的基本原則》(LG)	Cinco de Mayo 10:00..FOX復健訓練 (LG) 11:00...音樂欣賞 (LG) 2:00...POKENO (LG) 2:30...編織俱樂部 (RT) 3:00...歡樂歌唱 (CH) 3:15...讀書俱樂部 (LG) 4:00...國語聖經學習 (CH) 7:00...遊戲之夜 (LG)	10:00 早晨瑣事 (LG) 11:00...Elaine 太極 (RT) 2:00...新聞與觀點 (SL) 2:00...賓果 (LG) 3:00...與 Bea 和 Natalia 一起播種 (AC) 7:00...遊戲之夜 (LG)	10:30...你比五年級生聰明嗎？ (LG) 11:30....與傑森 (LG) 一起保持健康 2:30...餐廳會議 (LG) 6:30....華語電影之夜：我是你心中的秘密 (LG) 10:00 搭乘廂型車前往 Whitepoint 購物中心 (PL)	10:00 天主教彌撒 (CH) 10:00 ..與傑森 (LG) 一起保持健康 1:30....猶太禮拜 (CH) 2:00...法拉盛屋之聲 (SL) 2:00...開放麥克風 (LG) 3:30...西班牙俱樂部 (LG) 7:00...晚間電影：萊恩雷諾斯主演的《亞當計畫》(LG) 麵包車於 10:00 前往白石高速公路中心 (PL)	10:00..FOX復健訓練 (LG) 10:00-12:00..技術協助 (SL) 1:30...卡拉OK (LG) 2:30.. 五月五日歡樂時光 (DR) 3:30...退伍軍人俱樂部 (LG) 7:00...艾瑞莎·弗蘭克林現場演唱會 (LG)	10:00...瑜珈練習 (LG) 10:45....腦筋急轉彎 (LG) 2:00.....賓果 (LG) 2:00.....創意寫作 (標準課程) 3:00.....週六系列：「這就是我們」 s4.(LG) 7:00....閃回電影：「早餐俱樂部」(1952) (LG)
HAPPY Mother's Day 10:00..國語路德會禮拜 (CH) 1:00 祈禱與冥想 (CH) 2:00 新教禮拜 (CH) 下午 3:00 電影：瑞茜威瑟斯彭主演的《你的地方還是我的》(LG) 晚上 6:30 電影：由珍妮佛洛佩茲主演的《母親》(LG)	10:00..FOX復健訓練 (LG) 11:00...音樂欣賞 (LG) 2:00...POKENO (LG) 2:30...編織俱樂部 (RT) 3:00...歡樂的歌聲 (CH) 3:15...讀書俱樂部 (LG) 4:00...國語聖經學習 (CH) 7:00...遊戲之夜 (LG)	10:00..排球隊 VS.居民 (LG) 11:00...Elaine 太極 (RT) 2:00...新聞與觀點 (SL) 2:00...賓果 (LG) 3:00...與 Bea 和 Natalia 一起播種 (AC) 7:00...遊戲之夜 (LG)	10:30..你比五年級生聰明嗎 (LG) 11:30....與傑森 (LG) 一起保持健康 2:00：與 Douglas Kurtz 牧師 (LG) 的爐邊談話 3:00..危險 (LG) 6:30...韓國電影之夜：酸甜 (LG) 麵包車前往三角廣場大學點，時間為 10:00 (PL)	10:00 天主教彌撒 (CH) 10:00 ..與傑森 (LG) 一起保持健康 1:30....猶太禮拜 (CH) 2:00...法拉盛屋之聲 (SL) 2:30...居民委員會會議 (長) 3:30...西班牙俱樂部 (LB) 7:00...晚間電影：「泰勒佩里失寵了」(LG) 下午 2:00 搭乘廂型車前往 Trader Joe’ s、Michael’ s 和 Staples (PL)	10:00..FOX復健訓練 (LG) 10:00-12:00..技術協助 (SL) 1:30...卡拉 OK (LG) 2:30.....歡樂時光 (DR) 3:30...退伍軍人俱樂部 (LG) 7：00.. 多莉·帕頓現場音樂會 (LG)	10:00...瑜珈練習 (LG) 10:45....腦筋急轉彎 (LG) 2:00.....賓果 (LG) 2:00.....創意寫作 (標準課程) 3:00.....星期六系列：「這就是我們」 s4。(LG) 7:00....閃回片段：羅伯特·德尼羅主演的《四海好傢伙》(1990年) (LG)
10:00..國語路德會禮拜 (CH) 1:00 祈禱與冥想 (CH) 2:00..新教復活節禮拜 (CH) 下午 3:00 電影：連恩尼遜主演的《巴斯特·斯克魯格斯的歌謠》(LG) 晚上 6:30 電影：戴夫帕特爾主演的《雄獅》(LG)	10:00..FOX復健訓練 (LG) 11:00...音樂欣賞 (LG) 2:00...POKENO (LG) 2:30...編織俱樂部 (RT) 3:00...歡樂歌唱 (CH) 3:15....讀書俱樂部 (LG) 4:00...國語聖經學習 (CH) 7:00...遊戲之夜 (LG)	10:00 早晨瑣事 (LG) 11:00am...Elaine 太極 (RT) 2:00...新聞與觀點 (SL) 2:00...賓果 (LG) 3:00...珠寶製作 (AC) 7:00...遊戲之夜 (LG)	10:30...你比五年級學生聰明嗎 (LG) 11:30...與傑森一起保持健康 (LG) 2:00： 6:30...粵語電影之夜：中國奇幻之旅 (上) (LG) 麵包車前往 Bay Terrace 購物中心，時間為 10:00 (波蘭時間)	10:00 天主教彌撒 (CH) 10:00 ..與傑森 (LG) 一起保持健康 1:30....猶太禮拜 (CH) 2:00...法拉盛屋之聲 (SL) 2:30 活動會議 (LG) 3:30 西班牙俱樂部 (LG) 7:00...晚間電影：凱莉·莫里根主演的《挖掘》(LG)	10:00..FOX復健訓練 (LG) 10:00-12:00..技術協助 (SL) 1:30...卡拉OK (LG) 2:00-3:30 陣亡將士紀念日燒烤 (RT) 3:30...退伍軍人俱樂部 (LG) 7:00.....Aerosmith現場演唱會現場音樂會 (LG)	10:00 瑜珈練習 (LG) 10:45 腦筋急轉彎 (LG) 2:00...賓果 (LG) 2:00...創意寫作 (標準課程) 2:30....陣亡將士紀念日燒烤 (RT) 3:00.....星期六系列：「這就是我們」 s4。(LG) 7:00.....閃回電影：伯特雷諾斯主演的《砲彈飛車》(1977) (LG)
MEMORIAL DAY 10:00..國語路德會禮拜 (CH) 1:00...祈禱與冥想 (CH) 2:00...新教禮拜 (CH) 3:00...中午電影：「80 for Brady」(LG) 6:30...晚間電影：馬修麥康納主演的《紳士們》(LG)	10:00..FOX復健訓練 (LG) 11:00...音樂欣賞 (LG) 2:00...POKENO (LG) 2:30...編織俱樂部 (RT) 3:00...歡樂歌唱 (CH) 3:15...讀書俱樂部 (LG) 4:00...國語聖經學習 (CH) 7:00...遊戲之夜 (LG)	10:00 早晨瑣事 (LG) 11:00...Elaine 太極 (RT) 2:00...新聞與觀點 (SL) 2:00...賓果 (LG) 3:00...啜飲並繪畫 (空調) 7:00...遊戲之夜 (LG)	10:30...你比五年級學生聰明嗎 (LG) 11:30...與傑森一起保持健康 (LG) 2:00：葡萄酒和起司配汽水！ (大) 6:30...西班牙電影之夜：「盧卡的世界」(LG) 搭乘廂型車前往 BAY TERRACE 的 BEN’ S DINER 餐廳 (PL)	10:00 天主教彌撒 (CH) 10:00 ..與傑森 (LG) 一起保持健康 11:00……附言162 小提琴音樂會 1:30....猶太禮拜 (CH) 2:00...法拉盛屋之聲 (SL) 2:30...虛擬參觀大屠殺博物館 (LG) 3:00 西班牙俱樂部 (LG) 7:00...晚間電影：米莉鮑比布朗主演的《伊諾拉福爾摩斯》(LG) 11:30 搭乘廂型車前往皇后植物園 (PL)	10:00..FOX復健訓練 (LG) 10:00-12:00..技術協助 (SL) 1:30...卡拉OK (LG) 2:30.....生日歡樂時光 (博士) 3:30...退伍軍人俱樂部 (LG) 7:00...史蒂夫旺德現場音樂會 (LG)	10:00 瑜珈練習 (LG) 10:45 腦筋急轉彎 (LG) 2:00...賓果 (LG) 2:00...創意寫作 (標準課程) 3:00.....星期六系列：「這就是我們」 s4。(LG) 7:00.....閃回電影：《鶴的世界》(1999) (LG)

地點圖例：(DR) 餐廳 (LG) 大型遊戲室 (CH) 教會 (PL) 停車場 (SL) 運動休息室 (AC) 活動中心 (RT) 屋頂 (LB) 圖書館

「五月，花中女王，繁花似錦，我們該用怎樣美妙的音樂來陶醉時光呢？」 - 愛德華·瑟洛勳爵

週日	週一	週二	週三	週四	週五	週六
有關生活充實麵包車旅行、活動和事件的信息，請致電 347-532-3010/3012	麵包車旅行和技術援助的報名表位於大型遊戲室的後面			10:00 椅子練習 11:00 冥想 12:00 農業與勞動節 1:00 谷歌演講 2:00 拯救犀牛日 3:00 椅子練習 4:00 美食之旅 6:00 60年代音樂 7:00 參觀動物園！ 8:00 放鬆音樂	210:00 椅子練習 11:00 冥想 12:00 全國松露日 1:00 猶太禮拜 2:00 訪問一國！ 3:00 椅子練習 4:00 電影：成年人 6:00 國家太空日 7:00 藝術與工藝 晚上 8:00 電影（下午 4 點重播）	310:00 尊巴舞練習 11:00 冥想 12:00 全國草藥日 1:00 裸體園藝日 2:00 每週新聞 3:00 椅子練習 4:00 運動亮點 6:00 瑣事 7:00 烹飪多明尼加美食 8:00 放鬆音樂
410:00 椅子練習 11:00 冥想 12:00 反霸凌日 2:00 紀錄片 3:00 新教禮拜 4:00 路德會禮拜 6:00 電影：《信差》 8:00 放鬆音樂	510:00 椅子練習 11:00 冥想 12:00 佛日 1:00 全國三明治日 2:00 TED演講 3:00 椅子練習 4:00 探索加州 6:00 喜劇 7:00 和拉姆齊一起烹飪 8:00 放鬆音樂	610:00 椅子練習 11:00 冥想 12:00 全國可麗餅日 1:00 長相思日 2:00 谷歌演講 3:00 椅子練習 4:00 電影：地心遊記 6:00 古董購物 7:00 歷史 晚上 8:00 電影（下午 4 點重播）	710:00 太極拳練習 11:00 冥想 12:00 全國國際化日 1:00 全國烤羊腿日 2:00 TED演講 3:00 椅子練習 4:00 現場音樂會：菲爾柯林斯 6:00 動物剪輯 7:00 瑣事 8:00 放鬆音樂	810:00 尊巴舞練習 11:00 冥想 12:00 椰子奶油派日 1:00 谷歌演講 2:00 鳶尾花日 3:00 椅子練習 4:00 美食之旅 6:00 70 年代音樂 7:00 參觀動物園！ 8:00 放鬆音樂	910:00 尊巴舞練習 11:00 冥想 12:00 全國莫斯卡托日 1:00 猶太禮拜 2:00 參觀一個國家！ 3:00 椅子練習 4:00 電影：庇護所 精彩星期五 6:00 7:00 藝術與手工藝 8:00夜間電影（4PM重播）	1010:00 舞蹈練習 11:00 冥想 12:00 全國高爾夫日 1:00 全國蝦日 2:00 每週新聞 3:00 椅子練習 4:00 體育精彩集錦 6:00 編織課 7:00 烹飪義大利菜 9:00 放鬆音樂
1110:00 椅子練習 11:00 冥想 12:00 母親節 2:00 紀錄片 3:00 新教禮拜 4:00 路德會禮拜 6:00 電影：天作之合 8:00 放鬆音樂	1210:00 椅子練習 11:00 冥想 12:00 纖維肌痛認知日 1:00 全國堅果軟糖日 2:00 TED演講 3:00 椅子練習 4:00 探索德州 6:00 喜劇 7:00 和拉姆齊一起烹飪 8:00 放鬆音樂	1310:00 椅子練習 11:00 冥想 12:00 全國蘋果派 1:00 全國麵包丁日 2:00 谷歌演講 3:00 椅子練習 4:00 電影：《選單之外》 6:00 古董購物 7:00 歷史 晚上 8:00 電影（下午 4 點重播）	1410:00 太極拳練習 11:00 冥想 12:00 酪乳餅乾日 1:00 世界定向越野日 2:00 TED演講 3:00 椅子練習 4:00 現場音樂會：麥可布雷 6:00 動物剪輯 7:00 瑣事 8:00 放鬆音樂	1510:00 尊巴舞練習 11:00 冥想 12:00 全國巧克力片日 1:00 谷歌演講 2:00 草帽日 3:00 椅子練習 4:00 美食之旅 6:00 80年代音樂 7:00 參觀動物園！ 8:00 放鬆音樂	1610:00 尊巴舞練習 11:00 冥想 12:00 全國燒烤日 1:00 猶太禮拜 2:00 參觀一個國家！ 3:00 椅子練習 4:00 電影：《奪走我的愛》 6:00 全國含羞草日 7:00 工藝品 晚上 8:00 電影（下午 4 點重播）	1710:00 舞蹈練習 11:00 冥想 12:00 全國櫻桃派日 1:00 全國核桃日 2:00 每週新聞 3:00 椅子練習 每週 4:00 體育精彩內容 6:00 瑣事 7:00 烹飪墨西哥菜 9:00 放鬆音樂
1810:00 椅子練習 11:00 冥想 12:00 全國乳酪蛋奶酥日 2:00 紀錄片 3:00 新教禮拜 4:00 路德會禮拜 6:00 電影：菸草路 8:00 放鬆音樂	1910:00 椅子練習 11:00 冥想 12:00 種植日 1:00 全國魔鬼食品蛋糕日 2:00 TED演講 3:00 椅子練習 4:00 探索亞利桑那州 6:00 喜劇 7:00 和 Ramsey 一起烹飪 8:00 放鬆音樂	2010:00 椅子練習 11:00 冥想 12:00 全國洛林乳蛋餅日 1:00 製作義大利辣香腸披薩！ 2:00 谷歌演講 3:00 椅子練習 4:00 電影：相助 6:00 古董購物 7:00 歷史 8:00 夜間電影（下午 4 點重播）	2110:00 太極拳練習 11:00 冥想 12:00 全國果汁冰沙日 1:00 國際茶日 2:00 TED演講 3:00 椅子練習 4:00 現場演唱會：席琳·迪翁 6:00 動物剪輯 7:00 瑣事 8:00 放鬆音樂	2210:00 尊巴舞練習 11:00 冥想 12:00 全國香草布丁日 1:00 谷歌演講 2:00 世界帕洛瑪日 3:00 椅子練習 4:00 美食之旅 6:00 90 年代音樂 7:00 參觀動物園！ 8:00 放鬆音樂	2310:00 尊巴舞練習 11:00 冥想 12:00 全國太妃糖日 1:00 猶太禮拜 2:00 參觀一個國家！ 3:00 椅子練習 4:00 電影：反派喜劇 6:00 世界烏龜日 7:00 工藝品 晚上 8:00 電影（下午 4 點重播）	2410:00 舞蹈練習 11:00 冥想 12:00 全國蘆筍日 1:00 全國蝸牛日 2:00 每週新聞 3:00 椅子練習 每週 4:00 體育精彩內容 6:00 編織課 7:00 烹調韓國料理 9:00 放鬆音樂
2510:00 椅子練習 11:00 冥想 12:00 英國番茄雙週 1:00 國家藍莓起司蛋糕 2:00 TED演講 3:00 椅子練習 4:00 探索明尼蘇達州 6:00 喜劇 7:00 和 Ramsey 一起烹飪 8:00 放鬆音樂	2610:00 椅子練習 11:00 冥想 12:00 英國番茄雙週 1:00 國家藍莓起司蛋糕 2:00 TED演講 3:00 椅子練習 4:00 探索明尼蘇達州 6:00 喜劇 7:00 和 Ramsey 一起烹飪 8:00 放鬆音樂	2710:00 椅子練習 11:00 冥想 12:00 全國葡萄冰棒日 1:00 全國防曬日 2:00 谷歌演講 3:00 椅子練習 4:00 電影：《退出策略》 6:00 古董購物 7:00 歷史 8:00 夜間電影（下午 4 點重播）	2810:00 太極拳練習 11:00 冥想 12:00 國際漢堡日 1:00 全國牛胸肉日 2:00 TED演講 3:00 椅子練習 4:00 現場演唱會：傑克森一家 6:00 動物剪輯 7:00 瑣事 8:00 放鬆音樂	2910:00 尊巴舞練習 11:00 冥想 12:00 全國紅酒燉雞日 1:00 谷歌演講 2:00 全國蝸牛日 3:00 椅子練習 4:00 美食之旅 6:00 90 年代音樂 7:00 參觀動物園！ 8:00 放鬆音樂	3010:00 尊巴舞練習 11:00 冥想 12:00 全國薄荷朱利酒日 1:00 猶太禮拜 2:00 參觀一個國家！ 3:00 椅子練習 4:00 電影：瑪莎艾佛斯的奇異愛情 6:00 全國高溫意識日 7:00 工藝品 晚上 8:00 電影（下午 4 點重播）	3110:00 舞蹈練習 11:00 冥想 12:00 全國馬卡龍日 1:00 世界鸚鵡日 2:00 每週新聞 3:00 椅子練習 每週 4:00 體育精彩內容 6:00 瑣事 7:00 烹調韓國料理 9:00 放鬆音樂

地點圖例：（DR）餐廳（LG）大型遊戲室（CH）教會（PL）停車場（SL）運動休息室（AC）活動中心（RT）屋頂

「五月是通往夏天的大門。」 - 吉恩赫西