FRIDAY THURSDAY MONDAY TUESDAY WEDNESDAY SATURDAY SUNDAY Zife Enrichment Calendar 10:00..CATHOLIC MASS (CH) 10:00..WALKING CLUB (LG) 10:30...ARE YOU SMARTER 10:00...YOGA EXERCISE (LG) 10:00..STAY FIT W/ JASON (RT) 10:45...BRAIN TEASERS (LG) 11:00...TAI CHI 10:00..VIDEO EXERCISE THAN A FIFTH GRADER? (LG) 1:30....JEWISH SERVICE (CH) 10:00-12:00..TECH W/ ELAINE (LG) Independence Day BBQ! 11:30....STAY FIT W/ JASON 2:00...FLUSHING HOUSE VOICE (SL) ASSISTANCE (SL) **INDEPENDENCE** 11:15 am - 2pm on the Rooftop 2:00...NEWS AND VIEWS (SL) 2:00...QUEENS LONG ISLAND COMMUNITY (LG) SERVICES PRESENTATION: THE AGE OF 1:30...KARAOKE (LG) 2:00...BINGO (LG) 2:00.....BINGO (LG) 3:00...JEOPARDY (LG) TECHNOLOGY (LG) 2:30...HAPPY HOUR (DR) 2:00.....CREATIVE WRITING (SL) 3:00...JEWELRY MAKING (AC) 6:30....BRAZILIAN FILM NIGHT: 3:30...SPANISH CLUB (LG) 3:30...VETERANS CLUB (LG) 3:00.....SATURDAY SERIES: 'IM STILL HERE" (2025) (LG) 7:00...GAME NIGHT (LG) 7:00 ... EVENING MOVIE: "THE LAST LAUGH" "THIS IS US" S4. (LG) 7:00.. BRUNO MARS LIVE 7:00....SMOKEY AND THE BANDIT II CONCERT (LG) VAN TRIP TO FRESH MEADOWS SHOPPING (1980) (LG) VAN TRIP TO WHITEPOINT SHOPPING CENTER AT 10:00 (PL) CENTER AT 2:00 (PL) 10:00..FOX REHAB 10:00...YOGA EXERCISE 10:00..MANDARIN LUTHERAN 10:00..VOLLEYBALL STAFF 10:00..CATHOLIC MASS (CH) 10:30...MORNING TRIVIA (LG) 10:00..FOX REHAB 10:00..STAY FIT W/ JASON (LG) (LG) EXERCISE (LG) SERVICE (CH) VS. RESIDENTS (LG) EXERCISE (LG) 11:30....STAY FIT W/ JASON (LG) 10:45....BRAIN TEASERS 1:30....JEWISH SERVICE (CH) 1:00...PRAYERS & MEDITATION (CH) 10:00-12:00..TECH 11:00...TAI CHI 11:00...MUSIC APPRECIATION (LG) 2:00...FLUSHING HOUSE VOICE (SL) (LG) 2:30...DINING ROOM MEETING (LG) 2:00..PROTESTANT SERVICES (CH) 2:00...POKENO (LG) W/ ELAINE (LG) ASSISTANCE (SL) 2:00.....BINGO (LG) 2:00... OPEN MIC (LG) 3:30...DANCE CLUB (LG) 3:15..MIDDAY MOVIE: "50 FIRST 2:00.....CREATIVE WRITING 2:30...KNITTING CLUB (RT) 2:00...NEWS AND VIEWS (SL) 3:30...SPANISH CLUB (LG) 1:30...KARAOKE (LG) 6:30....MANDARIN FILM NIGHT: DATES" STARRING ADAM SANDLER 3:00...JOYFUL SINGING (CH) 7:00...EVENING MOVIE: "CHARLIE 2:00...BINGO (LG) 2:30.. HAPPY HOUR (DR) "I MISS YOU" (LG) 3:00.....SATURDAY SERIES: AND DREW BARRYMORE (LG) 3:15...BOOK CLUB (LG) WILSON'S WAR" STARRING TOM 3:00...JEWELRY MAKING (AC) 3:30...VETERANS CLUB (LG) "THIS IS US" \$4.(LG) 6:30..EVENING MOVIE: "THE 4:00...MANDARIN BIBLE STUDY (CH) HANKS (LG) 7:00....FLASHBACK FLICKS: 7:00...GAME NIGHT (LG) VAN TRIP TO WHITESTONE 7:00... TAYLOR SWIFT LIVE THEORY OF EVERYTHING" (LG) VAN TRIP TO TRIANGLE "THE BLUES BROTHERS' EXPWAY CENTER AT 10:00 (PL) CONCERT (LG) 7:00...GAME NIGHT (LG) (1980) (LG) PLAZA COLLEGE POINT AT 10:00 (PL 10:00..MANDARIN LUTHERAN 10:30..ARE YOU SMARTER THAN A 🖪 10:00...YOGA 10:00..FOX REHAB 10:00...WALKING CLUB (LG) 15 10:00..CATHOLIC MASS (CH) 10:00..FOX REHAB 10:00..STAY FIT W/ JASON (LG) FIFTH GRADER (LG) EXERCISE (LG) SERIVCE (CH) EXERCISE (LG) EXERCISE (LG) 11:00...TAI CHI 10:45....BRAIN TEASERS (LG) 11:30....STAY FIT W/ JASON (LG) 1:00..PRAYERS & MEDITATION 1:30....JEWISH SERVICE (CH) 10:00-12:00..TECH ASSISTANCE (SL) 11:00...MUSIC APPRECIATION (LG) W/ ELAINE (LG) 2:00.....BINGO (LG) 2:00: FIRESIDE CHAT W/ REV. KURTZ (CH) 2:00...FLUSHING HOUSE VOICE (SL) 2:00...POKENO (LG) 1:30...KARAOKE (LG) 2:00...NEWS AND VIEWS (SL) 2:00.....CREATIVE WRITING (SL) 2:00..PROTESTANT SERVICES 2:30...RESIDENT COUNCIL MEETING (LG) 2:30...HAPPY HOUR (DR) 2:30...KNITTING CLUB (RT) 3:00.....SATURDAY SERIES: "THIS 2:00... BINGO (LG) 3:00..JEOPARDY (LG) 3:00...JOYFUL SINGING (CH) 3:30...SPANISH CLUB (LB) (CH) 3:30...VETERANS CLUB (LG) IS US" S4. (LG) 3:00...JEWELRY MAKING (AC) 6:30...KOREAN FILM NIGHT: 7:00 ... EVENING MOVIE: "MAESTRO" (LG) 7:00 ... BEYONCE LIVE CONCERT (LG) 3:15...BOOK CLUB (LG) 3:15..MIDDAY MOVIE: "THE 7:00.....FLASHBACK FLICKS: "MISSION CROSS" (LG) 4:00...MANDARIN BIBLE STUDY (CH) GREAT OUTDOORS" (1988) (LG) 7:00...GAME NIGHT (LG) Spirit Week: Twin Day! 'REAR WINDOW" (1954) Spirit Week: Wacky Wednesday! 7:00...GAME NIGHT (LG) 6:30..EVENING MOVIE: "THE Spirit Week: Decades Day! Match your outfit with a friend! Spirit Week: Holiday Day! Wear your wackiest hat, shirt, or Luau Prom! Spirit Week: Jocks VS. Nerds! UNION" (LG) Dress like it's the 50's, 60's, Dress up like your favorite outfit! Dress like a jock or dress like a 7pm - 10 pm VAN TRIP TO BAY TERRACE VAN TRIP TO TRADER JOE'S, MICHAEL'S STAPLES AT 10:00 AM (PL) 70's, 80's, etc... holiday! nerd! on the Rooftop SHOPPING CENTER AT 10:00 (PL) 10:00..WALKING CLUB (LG) 77 10:30...MORNING TRIVIA (LG) 72 10:00..FOX REHAB 10:00..YOGA 10:00..MANDARIN LUTHERAN 🦱 10:00..CATHOLIC MASS (CH) 10:00..FOX REHAB SERVICE (CH) 11:30...STAY FIT W/ JASON 10:00..STAY FIT W/ JASON EXERCISE (LG) EXERCISE (LG) 11:00...TAI CHI EXERCISE (LG) 1:00..PRAYERS & MEDITATION (CH) (LG) (LG) 10:45..BRAIN TEASERS (LG) W/ ELAINE (LG) 10:00-12:00..TECH 11:00...MUSIC APPRECIATION (LG) 1:30....JEWISH SERVICE (CH) 2:00..PROTESTANT EASTER 2:00: WINE AND CHEESE W/ 2:00...BINGO (LG) 2:00...POKENO (LG) 2:00...NEWS AND VIEWS ASSISTANCE (SL) 2:00...FLUSHING HOUSE VOICE 2:00...CREATIVE WRITING (SL) SERVICE (CH) FIZ! (LG) 2:30...KNITTING CLUB (RT) (SL) 1:30...KARAOKE (LG) 3:15..MIDDAY MOVIE: "NONNAS" 3:00.....SATURDAY SERIES: 3:15: DANCE CLUB (LG) 3:00...JOYFUL SINGING (CH) 2:00...BINGO (LG) 2:30..ACTIVITIES MEETING (LG) "THIS IS US" S4. (LG) 2:30... BIRTHDAY HAPPY STARRING VINCE VAUGHN (LG) 6:30...FILIPINO FILM NIGHT: 3:15....BOOK CLUB (LG) 3:00...JEWELRY MAKING 3:30..SPANISH CLUB (LG) 6:30..EVENING MOVIE: "THE 3:30.....ARTS & CRAFTS W/ "LOLO AND THE KID" (LG) HOUR (DR) 4:00...MANDARIN BIBLE STUDY (CH) 7:00...EVENING MOVIE: "THE THE FAMILIES OF HOPE EAST (AC) SUGAR EXPRESS" (LG) 3:30...VETERANS CLUB (LG) FOUR SEASONS" (LG) CHURCH 7:00...GAME NIGHT (LG) 7:00...GAME NIGHT (LG) **RESTURANT VAN TRIP SAMMY'S** 7:00... SHANIA TWAIN LIVE 7:00.....FLASHBACK FLICKS: PICNIC IN THE PARK VAN TRIP AT FISH BOX AT 11:45 AM (PL) CONCERT (LG) "FAMILY PLOT" (1963) (LG) 11:45 AM (PL) 10:00..WALKING CLUB (LG) 29 10:00..MANDARIN LUTHERAN 🤦 🕇 10:30...ARE YOU SMARTER 🧣 🔼 10:00..CATHOLIC MASS (CH) For information on **Monthly Celebrate Living** 10:00..VIDEO EXERCISE (LG) SERVICE (CH) 11:00...TAI CHI 10:00..STAY FIT W/ JASON THAN A FIFTH GRADER **Challenge: Win 1 Flushing House** 11:00...MUSIC APPRECIATION (LG) Life Enrichment Van Trips, 1:00...PRAYERS & MEDITATION Dollar for every activity you (LG) W/ ELAINE (LG) (LG) 2:00...POKENO (LG) (CH) **Activities, & Events,** attend with a Life Enrichment 1:30....JEWISH SERVICE (CH) 2:00...NEWS AND VIEWS (SL) 2:00...PROTESTANT SERVICES 2:30...KNITTING CLUB (RT) 11:30...STAY FIT W/ JASON Leader (excluding Happy Hour/ please call 2:00...FLUSHING HOUSE VOICE (CH) 2:00...BINGO (LG) 3:00...JOYFUL SINGING (CH) (LG) Trips) The resident with the most 3:15...MIDDAY MOVIE: "BIG (SL) 347-532-3010/3012 3:15...BOOK CLUB (LG) 3:00...JEWELRY MAKING (AC) dollars will be our Celebrate 3:00...JEOPARDY (LG) DADDY" STARRING ADAM 2:30..DANCE OFF! (LG) Sign-up sheets for 4:00...MANDARIN BIBLE STUDY (CH) 7:00...GAME NIGHT (LG) Living Challenge Winner and get SANDLER (LG) 6:30...SPANISH FILM 3:30..SPANISH CLUB (LG) 7:00...GAME NIGHT (LG) 6:30...EVENING MOVIE: "RUDY" announced during the first Happy **Van Trips & Tech Assistance** 7:00...EVENING MOVIE: **NIGHT: "DUCK SEASON"** (LG) Hour of the month! Winners get o

(LG)

"HUDSON HAWK" STARRING

BRUCE WILLIS (LG)

are located in the back the

Large Game Room

prize and a highlight on Touch

Town for the month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2025	Digital Calendar	12:00 CHICKEN WING DAY 1:00 NATIONAL GINGERSNAP DAY 2:00 GOOGLE TALKS 3:00 CHAIR EXERCISE 4:00 MOVIE: THE AMAZING ADVENTURE 6:00 ANTIQUE SHOPPING 7:00 DOCUMENTARY 8:00 NIGHT MOVIE: THE AMAZING ADVENTURE	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL ANISETTE DAY 1:00 SPECIAL RECREATION FOR THE DISABLED DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: MARIA CALLAS 6:00 ANIMAL CLIPS 7:00 ARTS& CRAFTS 8:00 RELAXING MUSIC	110:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 CHOCOLATE WAFERS DAY 1:00 GOOGLE TALKS 2:00 NATIONAL FRIED CLAM DAY 3:00 CHAIR EXERCISE 4:00 GLOBAL FOOD TOUR 6:00 50\$ MUSIC 7:00 VISITING THE ZOO 8:00 RELAXING MUSIC	110:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 4 TH OF JULY 1:00 JEWISH SERVICES 2:00 VISITING A COUNTRY 3:00 CHAIR EXERCISE 4:00 MOVIE: THUNDER IN THE CITY 6:00 ARTS AND CRAFTS 7:00 JACKFRUIT DAY 8:00 NIGHT MOVIE (4PM REPLAY) 9:00 MONTHLY MEETING PRE RECORDED	10:00 DANCE WORKOUT 11:00 MEDITATION 12:00 APPLE TURN OVER DAY 1:00 CROCHET LESSON 2:00 WEEKLY NEWS 3:00 CHAIR EXERCISE 4:00 SPORTS HIGHLIGHTS 6:00 TRIVIA 7:00 COOKING JAMAICAN 8:00 RELAXING MUSIC
2:00 DOCUMENTARY 3:00 PROTESTANT SERVICES 4:00 LUTHERAN SERVICES 6:00 MOVIE: CALIFORNIA DREAMING 8:00 RELAXING MUSIC	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL KOI DAY 1:00 NATIONAL MACARONI 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 11:00 MEDITATION 12:00 NATIONAL BLUEBERRY DAY 1:00 NATIONAL FREEZER POP DAY 2:00 GOOGLE TALKS 3:00 CHAIR EXERCISE 4:00 MOVIE: EXIT STRATEGY 6:00 ANTIQUE SHOPPING	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL SUGAR COOKIE DAY 1:00 NATIONAL OMELET DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: TONY BENNETT 6:00 ANIMAL CLIPS 7:00 ARTS& CRAFT 8:00 RELAXING MUSIC	O:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL PINA COLADA DAY 1:00 GOOGLE TALKS 2:00 NATIONAL PIZZA DAY IN BRAZIL 3:00 CHAIR EXERCISE 4:00 GLOBAL FOOD TOUR 6:00 60S MUSIC 7:00 VISITING THE ZOO 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL FRENCH FRY DAY 1:00 JEWISH SERVICES 2:00 VISITING A COUNTRY 3:00 CHAIR EXERCISE 4:00 MOVIE: ANGELS IN THE OUTFIELD 6:00 ARTS AND CRAFTS 7:00 NATIONAL MOJITO DAY 8:00 MOVIE NIGHT (4PM REPLAY) 9:00 MONTHLY MEETING PRE RECORDED	OO:OO DANCE WORKOUT 11:OO MEDICATION 12:OO EAT YOUR JELLO DAY 1:OO CROTCHET LESSON 2:OO WEEKLY NEWS 3:OO CHAIR EXERCISE 4:OO SPORTS HIGHLIGHTS 6:OO TRIVIA 7:OO COOKING DOMINICAN FOOD 8:OORELAXING MUSIC
11:00 CATHOLIC COMMUNION 12:00 BARN 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	3:00 CHAIR EXERCISE 4:00 EXPLORING NYC 6:00 COMEDY	11:00 MEDITATION 12:00 ORANGE CHICKEN DAY 1:00 NATIONAL GUMMI WORM DAY 2:00 GOOGLE TALKS 3:00 CHAIR EXERCISE 4:00 MOVIE: A WOMAN OF DISTINCTION 6:00 ANTIQUE SHOPPING 7:00 DOCUMENTARY	11:00 MEDITATION 12:00 FRESH SPINACH DAY 1:00 NATIONAL CHERRY DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: JENNIFER LOPEZ 6:00 ANIMAL CLIPS 7:00 ARTS& CRAFTS	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL LOTTERY DAY 1:00 GOOGLE TALKS 2:00 NATIONAL TATTOO DAY 3:00 CHAIR EXERCISE 4:00 GLOBAL FOOD TOUR 6:00 70S MUSIC 7:00 VISITING THE ZOO 8:00 RELAXING MUSIC		10:00 DANCE WORKOUT 11:00 MEDITATION 12:00 NATIONAL FOOTBALL DAY 1:00 CROTCHET LESSON 2:00 WEEKLY NEWS 3:00 CHAIR EXERCISE 4:00 SPORTS HIGHLIGHTS 6:00 TRIVIA 7:00 COOKING PERUVIAN FOOD
12:00 LAKE SUPERIOR 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	110:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 COMIC CON 1:00 CORAL REEF AWARENESS WEEK 2:00 TED TALKS 3:00 CHAIR EXERCISE 4:00 EXPLORING NYC 6:00 COMEDY 7:00 COOKING WITH JAMIE OLIVER 8:00RELAXING MUSIC	11:00 MEDITATION 12:00 MANGO DAY 1:00 NATIONAL PENUCHE FUDGE DAY 2:00 GOOGLE TALKS 3:00 CHAIR EXERCISE 4:00 MOVIE: EAST SIDE OF HEAVEN 6:00 ANTIQUE SHOPPING 7:00 DOCUMENTARY 8:00 NIGHT MOVIE (4PM REPLAY)	110:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL SPRINKLE DAY 1:00 NATIONAL VANILLA ICE CREAM DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: WHITNEY HOUSTON 6:00 ANIMAL CLIPS 7:00 ARTS & CRAFTS 8:00 RELAXING MUSIC	110:00 ZUMBA EXERCISE (11:00 MEDITATION (12:00 NATIONAL TEQUILA DAY (1:00 VISITING THE MUSEUM (2:00 AMELIA EARHART DAY (3:00 CHAIR EXERCISE (4:00 GLOBAL FOOD TOUR (6:00 80'S MUSIC (7:00 VISITING THE ZOO (8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 CAROUSEL 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 NATIONAL WINE AND CHEESE DAY 8:00 MOVIE NIGHT (4PM REPLAY) 9:00 MONTHLY MEETING PRE RECORDED	10:00 DANCE WORKOUT 11:00 MEDITATION 12:00 NATIONAL BAGELFEST DAY 1:00 CROTCHET LESSON 2:00 WEEKLY NEWS 3:00 CHAIR EXERCISE 4:00 SPORTS HIGHLIGHTS 6:00 TRIVIA 7:00 COOKING KOREAN FOOD 8:00 RELAXING MUSIC
11:00 CATHOLIC COMMUNION 12:00 NATIONAL CHICKEN FINGER 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	11:00 MEDITATION 12:00 MILK CHOCOLATE DAY 1:00 NATIONAL SOCCER DAY 2:00 TED TALKS 3:00 CHAIR EXERCISE 4:00 EXPLORING NYC 6:00 COMEDY	11:00 MEDITATION 12:00 INTERNATIONAL TIGER DAY 1:00 NATIONAL LASAGNA DAY 2:00 GOOGLE TALK 3:00 CHAIR EXERCISE 4:00 MOVIE: HERE COMES MR. J 6:00 ANTIQUE SHOPPING 7:00 DOCUMENTARY	10:00 CHAIR EXERCISE 11:00 MEDITATION 12:00 NATIONAL CHEESECAKE DAY 1:00 WORLD SNORKELING DAY 2:00 TED TALK 3:00 CHAIR EXERCISE 4:00 LIVE CONCERT: PAUL DESMOND 6:00 ANIMAL CLIPS 7:00 ARTS CRAFTS 8:00 RELAXING MUSIC	10:00 ZUMBA EXERCISE 11:00 MEDITATION 12:00 NATIONAL AVOCADO DAY 1:00 VISITING THE MUSEUM 2:00 NATIONAL RASPBERRY CAKE DAY 3:00 CHAIR EXERCISE 4:00 GLOBAL FOOD TOUR 6:00 80'S MUSIC 7:00 VISITING THE ZOO 8:00 RELAXING MUSIC		
LOCATION KEY: (DR) DINING ROOM (LG) LARGE GAME ROOM (CH) CHAPEL (PL) PARKING LOT (SL) SPORTS LOUNGE (AC) ACTIVITIES CENTER (RT) ROOFTOP (LB) LIBRARY (CF) CONFERENCE ROOM 229						
"HOT JULY BRINGS COOLING SHOWERS, APRICOTS AND GILLYFLOWERS." -SARA COLERIDGE						