

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

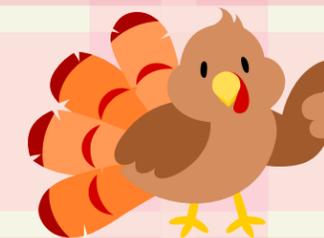
THURSDAY

FRIDAY

SATURDAY

In-House Life Enrichment Calendar

2025 NOVEMBER



10:00...YOGA EXERCISE (LG) **1**
 10:45...BRAIN TEASERS (LG)
 2:00...BINGO (LG)
 2:00...CREATIVE WRITING (SL)
 3:15...KARAOKE (LG)
 7:00...FLASHBACK FLICKS: "SISTER ACT" STARRING WHOPPI GOLDBERG (1992) (LG)

**Resident Council Election:
Nominating Committee
Completes Interviews**

10:00..MANDARIN LUTHERAN SERVICE (CH) **2**
 1:00...PRAYERS & MEDITATION (CH)
 2:00...PROTESTANT SERVICES WITH REV. DR. LINDA BELL (CH)
 3:15...MIDDAY MOVIE: "AUSTIN POWERS: THE SPY WHO SHAGGED ME" (1999) (LG)
 6:30...EVENING MOVIE: "THE LAST LAUGH" STARRING CHEVY CHASE (2019) (LG)

10:00..FOX REHAB EXERCISE (LG) **3**
 11:00...TED TALK DISCUSSION: THE SECRET TRICK TO IMPROVE YOUR SOCIAL CONNECTIONS (LG)
Elder Identity Theft Presentation by East West Bank (LGR) 2 PM (Chinese) 3 PM (English)
 2:30...KNITTING CLUB (RT)
 3:00...JOYFUL SINGING (CH)
 4:00...MANDARIN BIBLE STUDY (CH)
 7:00...GAME NIGHT (LG)

10:00..MORNING TRIVIA (LG) **4**
 11:00...TAI CHI W/ ELAINE (LG)
 2:00...NEWS AND VIEWS (SL)
 2:00...BINGO (LG)
 3:00...JEWELRY MAKING (AC)
 7:00...MARVIN GAYE LIVE CONCERT (LG)
Resident Council Election: Committee Identifies Slate Candidates & Requests Bios

10:30...ARE YOU SMARTER THAN A FIFTH GRADER (LG) **5**
 11:30...STAY FIT W/ JASON (LG)
 2:30...JEOPARDY (LG)
 6:30...SPANISH INTERNATIONAL FILM NIGHT: "THE GREAT SEDUCTION" (2023) (LG)
Resident Council Election: Committee Identifies Slate Candidates & Requests Bios

10:00..CATHOLIC MASS (CH) **6**
 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 (LG)
 3:30...SPANISH CLUB (LG)
 7:00...EVENING COMEDY MOVIE: "10 THINGS I HATE ABOUT YOU" (1999) (LG)
VAN TRIP TO FRESH MEADOWS SHOPPING CENTER AT 10:00 (PL)
VAN TRIP TO WHITEPOINT SHOPPING CENTER AT 10:00 (PL)

10:00..FOX REHAB EXERCISE (LG) **7**
 10:00-12:00...TECH ASSISTANCE (SL)
 2:30.. HAPPY HOUR (DR)
 3:30...VETERANS CLUB (LG)
 7:00...THE MAMAS AND PAPAS LIVE CONCERT (LG)

10:00...YOGA EXERCISE (LG) **8**
 10:45...BRAIN TEASERS (LG)
 2:00...BINGO (LG)
 2:00...CREATIVE WRITING (SL)
 3:15...KARAOKE (LG)
 7:00...FLASHBACK FLICKS: "COMING TO AMERICA" (1988) STARRING EDDIE MURPHY (LG)

10:00..MANDARIN LUTHERAN SERVICE (CH) **9**
 1:00...PRAYERS & MEDITATION (CH)
 2:00...PROTESTANT SERVICES W/ REV. JILL SCHAEFFER (CH)
 3:15...MIDDAY MOVIE: "ABOUT MY FATHER" (2023) (LG)
 6:30...EVENING MOVIE: "THE MASK" (1994) (LG)

10:00..FOX REHAB EXERCISE (LG) **10**
 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)
Resident Council Election: Deadline for Candidate Bios

10:00...VOLLEYBALL STAFF VS. RESIDENTS (LG) **11**
 11:00...TAI CHI W/ ELAINE (LG)
 2:00...NEWS AND VIEWS (SL)
 2:00...BINGO (LG)
 3:00... JEWELRY MAKING (AC)
 7:00... THE DOOBIE BROTHERS LIVE CONCERT (LG)
Happy Veterans Day

10:30...ARE YOU SMARTER THAN A FIFTH GRADER (LG) **12**
 11:30...STAY FIT W/ JASON (LG)
 2:00...ACTIVITIES ROOM MEETING
 2:45...DINING ROOM MEETING (LG)
 3:15...KARAOKE (LG)
 6:30...KOREAN INTERNATIONAL FILM NIGHT: "LOVE UNTANGLED" (2025) (LG)
VAN TRIP TO WHITESTONE EXPWAY CENTER AT 10:00 (PL)

10:00..CATHOLIC MASS (CH) **13**
 10:00...STAY FIT W/ JASON (RT)
 1:30...JEWISH SERVICE (CH)
 2:00...FLUSHING HOUSE VOICE (SL)
 2:30...OPEN MIC (LG)
 3:30...SPANISH CLUB (LB)
 7:00...EVENING COMEDY MOVIE: "SWEET HOME ALABAMA" (2002) (LG)
VAN TRIP TO TRIANGLE PLAZA COLLEGE POINT AT 10:00 (PL)

10:00..FOX REHAB EXERCISE (LG) **14**
 10:00-12:00..TECH ASSISTANCE (SL)
 2:30...HAPPY HOUR (DR)
 3:30...VETERANS CLUB (LG)
 7:00...CHARLIE WILSON LIVE CONCERT(LG)

10:00...YOGA EXERCISE (LG) **15**
 10:45...BRAIN TEASERS (LG)
 2:00...BINGO (LG)
 2:00...CREATIVE WRITING (SL)
MEET THE CANDIDATES: 2026 RESIDENT COUNCIL ELECTIONS 3:15 PM (LGR)
 7:00...FLASHBACK FLICKS: "THE SEDUCTION OF JOE TYNAN" (1997) (LG)

10:00..MANDARIN LUTHERAN SERVICE (CH) **16**
 1:00...PRAYERS & MEDITATION (CH)
 2:00...PROTESTANT SERVICE W/ REV. JILL SCHAEFFER (CH)
 3:15...MIDDAY MOVIE: "THE POLKA KING" (2018) (LG)
 6:30...EVENING MOVIE: "CONCRETE COWBOY" (2021) (LG)

10:00..FOX REHAB EXERCISE (LG) **17**
 11:00...TED TALK: HOW TO NURTURE LONG DISTANCE FRIENDSHIPS (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) **18**
 11:00...TAI CHI W/ ELAINE (LG)
 2:00...NEWS AND VIEWS (SL)
 2:00...BINGO (LG)
 3:00...JEWELRY MAKING (AC)
 7:00...KENNY G LIVE CONCERT (LG)

10:30...ARE YOU SMARTER THAN A FIFTH GRADER (LG) **19**
 11:30...STAY FIT W/ JASON (LG)
Friendsgiving Celebration w/ Musician Mr. Fiz! 2PM (LGR)
 (LG) 6:30...JAPANESE INTERNATIONAL FILM NIGHT: "BULLET TRAIN EXPLOSION" (2025) (LG)
VAN TRIP TO TRADER JOE'S, MICHAEL'S, STAPLES AT 10:00 AM (PL)

10:00..CATHOLIC MASS (CH) **20**
 10:00...STAY FIT W/ JASON (RT)
 1:30...JEWISH SERVICE (CH)
 2:00...FLUSHING HOUSE VOICE (SL)
 2:30...RESIDENT COUNCIL ELECTION & OPEN RESIDENT COUNCIL MEETING (LG)
 3:30...SPANISH CLUB (LB)
 7:00...EVENING MYSTERY MOVIE: "SHIMMER LAKE" (2017) (LG)
BAY TERRACE SHOPPING CENTER AT 10:00 (PL)

10:00..FOX REHAB EXERCISE (LG) **21**
 10:00-12:00..TECH ASSISTANCE (SL)
 2:30... HAPPY HOUR (DR)
 3:30...VETERANS CLUB (LG)
 7:00...AL GREEN LIVE CONCERT (LG)

10:00..YOGA EXERCISE (LG) **22**
 10:45...BRAIN TEASERS (LG)
 2:00...BINGO (LG)
 2:00...CREATIVE WRITING (SL)
 3:15...KARAOKE (LG)
 7:00...FLASHBACK FLICKS: "DIRTY DANCING" (1987) (LG)

10:00..MANDARIN LUTHERAN SERVICE (CH) **23**
 1:00...PRAYERS & MEDITATION (CH)
 2:00...VIRTUAL PROTESTANT SERVICES (CH)
 3:15...MIDDAY MOVIE: "BETWEEN THE TEMPLES" (2024) (LG)
 6:30...EVENING MOVIE: "THE LAND OF STEADY HABITS" (2018) (LG)

10:00..FOX REHAB EXERCISE (LG) **24**
 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)

PIE SALE! 10AM - 12PM (LGR) 25
 11:00...TAI CHI W/ ELAINE (RT)
 2:00...NEWS AND VIEWS (SL)
 2:00...THANKSGIVING BINGO (LG)
 3:00...SIP & PAINT (AC)
 7:00...STEVIE RAY VAUGHAN LIVE CONCERT (LG)

10:30...ARE YOU SMARTER THAN A FIFTH GRADER (LG) **26**
 11:30...STAY FIT W/ JASON (LG)
 2:00...WINE AND CHEESE W/ MISS NABILA THE MIDDLE EASTERN DANCER
 3:15...RUMMIKUB & BOARD GAME HOUR (LG)
 6:30...INDIAN INTERNATIONAL FILM NIGHT: "LUCKY BASKHAR" (2023) (LG)
RESTURANT VAN TRIP TO H CRAB 11:30 AM (PL)

Happy Thanksgiving
 10:00..CATHOLIC MASS (CH) **27**
 10:00...STAY FIT W/ JASON (LG)
 1:30...JEWISH SERVICE (CH)
 2:00...FLUSHING HOUSE VOICE (SL)
 2:30...THANKSGIVING JEOPARDY (LG)
 3:30...SPANISH CLUB (LG)
 7:00...EVENING FEEL GOOD MOVIE: ADAM SANDLER'S "HUSTLE" (2022) (LG)

10:00..FOX REHAB EXERCISE (LG) **28**
 10:00-12:00..TECH ASSISTANCE (SL)
 2:30...BIRTHDAY HAPPY HOUR
 3:30...VETERANS CLUB (LG)
 7:00...RAY CHARLES LIVE CONCERT (LG)
BLACK FRIDAY

10:00..YOGA EXERCISE (LG) **29**
 10:45...BRAIN TEASERS (LG)
 2:00...BINGO (LG)
 2:00...CREATIVE WRITING (SL)
 3:15...KARAOKE (LG)
 7:00...FLASHBACK FLICKS: "THE GOONIES" (1985) (LG)

10:00..MANDARIN LUTHERAN SERVICE (CH) **30**
 1:00...PRAYERS & MEDITATION (CH)
 2:00...VIRTUAL PROTESTANT SERVICES (CH)
 3:15...MIDDAY MOVIE: "ALI'S WEDDING" (2024) (LG)
 6:30...EVENING MOVIE: "THE ROOM NEXT DOOR" (2024) (LG)

For information on Life Enrichment Van Trips, Activities, & Events, please call 347-532-3010/3012

Sign-up sheets for Van Trips & Tech Assistance are located in the back the Large Game Room



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

"That soft autumnal time, the woodland foliage now is gathered by the wild November blast." - John Howard Bryant

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SATURDAY

Digital Life Enrichment Calendar on Channel 3

2025 NOVEMBER



10:00 DANCE WORKOUT
11:00 MEDITATION
12:00 NATIONAL CALZONE DAY
1:00 CROCHET LESSON
2:00 WEEKLY NEWS
3:00 CHAIR EXERCISE
4:00 WEEKLY SPORTS HIGHLIGHTS
6:00 TRIVIA
7:00 COOKING AFRICAN STYLE
8:00 RELAXING MUSIC

2
10:00 CHAIR EXERCISE
11:00 CATHOLIC COMMUNION
12:00 NATIONAL DEVEILED EGG DAY
2:00 DOCUMENTARY
3:00 PROTESTANT SERVICES
4:00 LUTHERAN SERVICES
6:00 MOVIE: STELLA
8:00 RELAXING MUSIC FOR SLEEP
9:00 MONTHLY MEETING RECORDED

3
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 NATIONAL JELLYFISH DAY
1:00 NATIONAL SANDWICH DAY
2:00 TED TALK
3:00 CHAIR EXERCISE
4:00 EXPLORE NYC
6:00 TRIVIA
7:00 COOKING WITH RAMSEY
8:00 RELAXING MUSIC

4
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 NATIONAL CANDY DAY
1:00 ROAST DINNER DAY
2:00 GOOGLE TALKS
3:00 CHAIR EXERCISE
4:00 MOVIE: THESE ARE THE DAMNED
6:00 COMEDY
7:00 DOCUMENTARY
8:00 NIGHT MOVIE (4PM REPLAY)

5
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 AMERICAN FOOTBALL DAY
1:00 NATIONAL CHINESE TAKE OUT DAY
2:00 TED TALK
3:00 CHAIR EXERCISE
4:00 LIVE CONCERT: SELENA QUINTANILLA
6:00 ANIMAL CLIPS
7:00 ARTS AND CRAFTS
8:00 RELAXING MUSIC

6
10:00 ZUMBA EXERCISE
11:00 MEDITATION
12:00 NATIONAL NACHO DAY
1:00 GOOGLE TALKS
2:00 NATIONAL BASKETBALL DAY
3:00 CHAIR EXERCISE
4:00 FOOD TOUR
6:00 60S MUSIC
7:00 VISITING THE ZOO
8:00 RELAXING MUSIC

7
10:00 ZUMBA EXERCISE
11:00 MEDITATION
12:00 NATIONAL RETINOL DAY
1:00 JEWISH SERVICE
2:00 VISITING A COUNTRY
3:00 CHAIR EXERCISE
4:00 MOVIE: THE THIRD SECRET
6:00 ANTIQUE SHOPPING
7:00 NOTARY PUBLIC DAY
8:00 NIGHT MOVIE (4PM REPLAY)
9:00 MONTHLY MEETING RECORDED

8
10:00 DANCE WORKOUT
11:00 MEDITATION
12:00 NATIONAL CAPPUCCINO DAY
1:00 CROCHET LESSON
2:00 WEEKLY NEWS
3:00 CHAIR EXERCISE
4:00 WEEKLY SPORTS HIGHLIGHTS
6:00 TRIVIA
7:00 COOKING PERUVIAN STYLE
8:00 RELAXING MUSIC

9
10:00 CHAIR EXERCISE
11:00 CATHOLIC COMMUNION
12:00 BRITISH PUDDING DAY
2:00 DOCUMENTARY
3:00 PROTESTANT SERVICES
4:00 LUTHERAN SERVICES
6:00 MOVIE: DANGEROUS AFTERNOON
8:00 RELAXING MUSIC FOR SLEEP
9:00 MONTHLY MEETING RECORDED

10
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 SESAME STREET DAY
1:00 NATIONAL VANILLA CUPCAKE DAY
2:00 TED TALK
3:00 CHAIR EXERCISE
4:00 EXPLORING NYC
6:00 TRIVIA
7:00 COOKING WITH RAMSEY
8:00 RELAXING MUSIC

11
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 NATIONAL SUNDAE DAY
1:00 NATIONAL ORIGAMI DAY
2:00 GOOGLE TALKS
3:00 CHAIR EXERCISE
4:00 MOVIE: FROZEN ALIVE
6:00 COMEDY
7:00 DOCUMENTARY
8:00 NIGHT MOVIE (4PM REPLAY)

12
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 WORLD PNEUMONIA DAY
1:00 NATIONAL FRENCH DIP DAY
2:00 TED TALK
3:00 CHAIR EXERCISE
4:00 LIVE CONCERT: BOB DYLAN
6:00 ANIMAL CLIPS
7:00 ARTS AND CRAFTS
8:00 RELAXING MUSIC

13
10:00 ZUMBA EXERCISE
11:00 MEDITATION
12:00 TEMPRANILLO DAY
1:00 GOOGLE TALKS
2:00 NATIONAL INDIAN PUDDING DAY
3:00 CHAIR EXERCISE
4:00 FOOD TOUR
6:00 70S MUSIC
7:00 VISITING THE ZOO
8:00 RELAXING MUSIC

14
10:00 ZUMBA EXERCISE
11:00 MEDITATION
12:00 NATIONAL PICKLE DAY
1:00 JEWISH SERVICES
2:00 VISITING A COUNTRY
3:00 CHAIR EXERCISE
4:00 MOVIE: WHAT A WAY TO GO
6:00 ANTIQUE SHOPPING
7:00 SPICY GUACAMOLE DAY
8:00 NIGHT MOVIE (4PM REPLAY)
9:00 MONTHLY MEETING RECORDED

15
10:00 DANCE WORKOUT
11:00 MEDITATION
12:00 NATIONAL BUNDT DAY
1:00 CROCHET LESSON
2:00 WEEKLY NEWS
3:00 CHAIR EXERCISE
4:00 WEEKLY SPORTS HIGHLIGHTS
6:00 TRIVIA
7:00 COOKING JAMAICAN STYLE
8:00 RELAXING MUSIC

16
10:00 CHAIR EXERCISE
11:00 CATHOLIC COMMUNION
12:00 NATIONAL FAST FOOD DAY
2:00 DOCUMENTARY
3:00 PROTESTANT SERVICES
4:00 LUTHERAN SERVICES
6:00 MOVIE: CASH ON DEMAND
8:00 RELAXING MUSIC FOR SLEEP
9:00 MONTHLY MEETING RECORDED

17
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 NATIONAL BAKLAVA DAY
1:00 HOMEMADE BREAD DAY
2:00 TED TALK
3:00 CHAIR EXERCISE
4:00 EXPLORING NYC
6:00 TRIVIA
7:00 COOKING WITH RAMSEY
8:00 RELAXING MUSIC

18
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 APPLE CIDER DAY
1:00 NATIONAL VICHYSOISE DAY
2:00 GOOGLE TALKS
3:00 CHAIR EXERCISE
4:00 MOVIE: THE SOCIALITE
6:00 COMEDY
7:00 DOCUMENTARY
8:00 NIGHT MOVIE (4PM REPLAY)

19
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 NATIONAL CAMP DAY
1:00 MONACO NATIONAL DAY
2:00 TED TALK
3:00 CHAIR EXERCISE
4:00 LIVE CONCERT: FRANK ZAPPA
6:00 ANIMAL CLIPS
7:00 ARTS AND CRAFTS
8:00 RELAXING MUSIC

20
10:00 ZUMBA EXERCISE
11:00 MEDITATION
12:00 HUG A RUNNER DAY
1:00 GOOGLE TALKS
2:00 PEANUT BUTTER FUDGE DAY
3:00 CHAIR EXERCISE
4:00 FOOD TOUR
6:00 80S MUSIC
7:00 VISITING THE ZOO
8:00 RELAXING MUSIC

21
10:00 ZUMBA EXERCISE
11:00 MEDITATION
12:00 NATIONAL STUFFING DAY
1:00 JEWISH SERVICE
2:00 VISITING A COUNTRY
3:00 CHAIR EXERCISE
4:00 MOVIE: THE INVISIBLE MAN
6:00 ANTIQUE SHOPPING
7:00 GINGERBREAD COOKIE DAY
8:00 NIGHT MOVIE (4PM REPLAY)
9:00 MONTHLY MEETING RECORDED

22
10:00 DANCE WORKOUT
11:00 MEDITATION
12:00 CRANBERRY RELISH DAY
1:00 CROCHET LESSON
2:00 WEEKLY NEWS
3:00 CHAIR EXERCISE
4:00 WEEKLY SPORTS HIGHLIGHTS
6:00 TRIVIA
7:00 COOKING ECUADORIAN STYLE
8:00 RELAXING MUSIC

23
10:00 CHAIR EXERCISE
11:00 CATHOLIC COMMUNION
12:00 EAT A CRANBERRY DAY
2:00 DOCUMENTARY
3:00 PROTESTANT SERVICES
4:00 LUTHERAN SERVICES
6:00 MOVIE: GOODBYE AGAIN
8:00 RELAXING MUSIC FOR SLEEP
9:00 MONTHLY MEETING RECORDED

24
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 NATIONAL SARDINES DAY
1:00 NATIONAL BOOK WEEK
2:00 TED TALK
3:00 CHAIR EXERCISE
4:00 EXPLORING NYC
6:00 TRIVIA
7:00 COOKING WITH RAMSEY
8:00 RELAXING MUSIC

25
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 NATIONAL PARFAIT DAY
1:00 SHOPPING REMINDER DAY
2:00 GOOGLE TALKS
3:00 CHAIR EXERCISE
4:00 MOVIE: HIS AND HERS
6:00 COMEDY
7:00 DOCUMENTARY
8:00 NIGHT MOVIE (4PM REPLAY)

26
10:00 CHAIR EXERCISE
11:00 MEDITATION
12:00 NATIONAL CAKE DAY
1:00 ANTI OBESITY DAY
2:00 TED TALK
3:00 CHAIR EXERCISE
4:00 LIVE CONCERT: RAY CHARLES
6:00 ANIMAL CLIPS
7:00 ARTS AND CRAFTS
8:00 RELAXING MUSIC

27
10:00 ZUMBA EXERCISE
11:00 MEDITATION
12:00 NATIONAL CRAFT JERKY DAY
1:00 GOOGLE TALKS
2:00 BAVARIAN CREAM PIE DAY
3:00 CHAIR EXERCISE
4:00 FOOD TOUR
6:00 90S MUSIC
7:00 VISITING THE ZOO
8:00 RELAXING MUSIC

28
10:00 ZUMBA EXERCISE
11:00 MEDITATION
12:00 MAIZE DAY
1:00 JEWISH SERVICE
2:00 VISITING A COUNTRY
3:00 CHAIR EXERCISE
4:00 MOVIE: NIGHT OF EVIL
6:00 ANTIQUE SHOPPING
7:00 NATIONAL FRENCH TOAST DAY
8:00 NIGHT MOVIE (4PM REPLAY)
9:00 MONTHLY MEETING RECORDED

29
10:00 DANCE WORKOUT
11:00 MEDITATION
12:00 LEMON CREAM PIE DAY
1:00 CROCHET LESSON
2:00 WEEKLY NEWS
3:00 CHAIR EXERCISE
4:00 WEEKLY SPORTS HIGHLIGHTS
6:00 TRIVIA
7:00 COOKING COLOMBIAN STYLE
8:00 RELAXING MUSIC

30
10:00 CHAIR EXERCISE
11:00 CATHOLIC COMMUNION
12:00 NATIONAL MOUSSE DAY
2:00 DOCUMENTARY
3:00 PROTESTANT SERVICES
4:00 LUTHERAN SERVICES
6:00 MOVIE: THE BALCONY
8:00 RELAXING MUSIC FOR SLEEP
9:00 MONTHLY MEETING RECORDED

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Van Trips & Tech
Assistance
are located in the back the
Large Game Room**

CAN YOU SOLVE THESE RIDDLES?

WHAT IS ALWAYS IN FRONT OF YOU BUT CANNOT BE SEEN? _____

WHAT CAN BE SWALLOWED BUT ALSO SWALLOW YOU? _____

TURN ME ON MY SIDE AND I AM EVERYTHING. CUT ME IN HALF AND I AM NOTHING. _____

"COUNT YOUR LIFE BY SMILES, NOT TEARS. COUNT YOUR AGE BY FRIENDS, NOT YEARS" ~ UNKNOWN.

週日

週一

週二

週三

週四

週五

週六

內部生活充實日曆

十月

2025



10:00..國語路德會禮拜 (CH) 5
1:00...祈禱與冥想 (CH)
2:00..新教禮拜 (CH)
3:15..中午電影:《戴安娜王妃:音樂劇》(2021) (LG)
6:30...晚上電影:《超凡蜘蛛人》(2012) (LG)

中秋節 6
10:00..FOX復健訓練 (LG)
11:00...TED TALK 討論:睡眠是你的超能力 (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) 7
11:00...太極拳 (LG)
2:00...新聞與觀點 (SL)
2:00...賓果 (LG)
3:00...珠寶製作 (AC)
7:00...約翰柯川現場音樂會 (LG)

贖罪日 8
10:30...你比五年級學生聰明嗎 (LG)
11:30...跟JASON一起鍛鍊 (LG)
2:30...開放式棋盤遊戲時間 (lg)
6:30...西班牙國際電影之夜:「在她的位置」(2024) (LG)
搭乘廂型車前往皇后縣農場 12:30PM (PL)

2
10:00 天主教彌撒 (CH)
10:00..跟JASON一起鍛鍊 (LG)
1:30...猶太禮拜 (CH)
2:00...法拉盛大廈之聲 (SL)
2:00...皇后區長島社區服務中心 (LG)
3:30..西班牙俱樂部 (LG)
7:00...晚間電影:《樂來樂愛樂城》(2018) (LG)
搭乘麵包車前往白點購物中心 10:00AM (PL)

3
10:00..FOX復健訓練 (LG)
10:00-12:00..技術協助 (SL)
2:30...十月節歡樂時光,現場音樂 (DR)
3:30...退伍軍人俱樂部 (LG)
7:00...東尼班納特現場音樂會 (LG)

10
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 (SL)
3:15...卡拉OK (LG)
7:00...閃回電影:「伴我同行」(1986) (LG)

10:00..國語路德會禮拜 (CH) 12
1:00..祈禱與冥想 (CH)
2:00..新教禮拜 (CH)
3:15..中午電影:《為人父母》(1989) (LG)
晚上 6:30 電影:《冰路復仇》(2025) (LG)

哥倫布日 全國原住民日 13
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...排球隊員對上居民 (LG) 14
11:00...太極拳 (LG)
2:00...新聞與觀點 (SL)
2:00...賓果 (LG)
3:00...珠寶製作 (AC)
7:00...路易斯阿姆斯壯現場音樂會 (LG)

10:30...你比五年級學生聰明嗎 (LG) 15
11:30...跟JASON一起鍛鍊 (LG)
2:00 葡萄酒和乳酪,現場樂隊表演:
DIG WE MUST (LG)
6:30...韓國國際電影之夜:《前世今生》(2023) (LG)
麵包車前往三角廣場大學點 10:00AM (PL)

16
10:00 天主教彌撒 (CH)
10:00..跟JASON一起鍛鍊 (RT)
沃爾格林藥房 10:00AM-2:00PM (LG)
1:30...猶太禮拜 (CH)
2:00...法拉盛大廈之聲 (SL)
2:30...居民委員會會議 (LG)
3:30...西班牙俱樂部 (LB)
7:00...晚間喜劇電影:《星期四謀殺俱樂部》(2025) LG

17
10:00..FOX復健訓練 (LG)
10:00-12:00..技術協助 (SL)
2:30...歡樂時光 (DR)
3:30...退伍軍人俱樂部 (LG)
7:00...西蒙與加芬克爾現場音樂會 (LG)

18
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 (SL)
3:15...卡拉OK (LG)
7:00...閃回電影:「E.T.外星人」(1982) (LG)

10:00..國語路德會禮拜 (CH) 19
1:00..祈禱與冥想 (CH)
2:00..新教復活節禮拜 (CH)
3:15..中午電影:「上帝你在嗎?是我瑪格麗特」(2023) (LG)
6:30..晚上電影:《弗萊奇》(1985) (LG)

排燈節 20
10:00..FOX復健訓練 (LG)
11:00...腦筋急轉彎 (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) 21
11:00...太極拳 (LG)
2:00...新聞與觀點 (SL)
2:00...賓果 (LG)
3:00...排燈節假期珠寶製作 (AC)
7:00...班尼古德曼現場音樂會 (LG)

22
10:30...你比五年級生聰明嗎 (LG)
11:30...跟JASON一起鍛鍊 (LG)
2:00...與牧師KURTZ的爐邊談話 (LG)
2:45...餐廳會議 (LG)
3:15...卡拉OK
6:30...日本國際電影之夜:《ONCE UPON A CRIME》(2023) (LG)
搭乘麵包車前往 TRADER JOE'S, MICHAEL'S 和 STAPLES 10:00AM (PL)

23
10:00 天主教彌撒 (CH)
10:00..跟JASON一起鍛鍊 (RT)
紐約市長選舉 9:00AM-4:00PM (僅限登記選民) (LG)
1:30...猶太禮拜 (CH)
2:00...法拉盛大廈之聲 (SL)
2:30...賓果 (DR)
3:30...西班牙俱樂部 (LB)
7:00...晚間懸疑電影:《福爾摩斯》(2009) (LG)

24
10:00..FOX復健訓練 (LG)
10:00-12:00..技術協助 (SL)
2:30...歡樂時光 (DR)
3:30...退伍軍人俱樂部 (LG)
7:00...查克·巴里現場音樂會 (LG)

25
10:00 瑜珈練習 (LG)
開放參觀! 2:00PM-4:00PM (RT)
2:00...娛樂 (DR)
2:00...創意寫作 (SL)
3:15...卡拉OK (LG)
7:00...閃回電影:《侏羅紀公園:失落的世界》(1997) (LG)

10:00..國語路德會禮拜 (CH) 26
1:00...祈禱與冥想 (CH)
2:00...新教禮拜 (CH)
3:15...中午電影:《橋谷的詛咒》(2022) (LG)
6:30...晚間電影:《騙子騙子》(1997) (LG)

27
10:00..狐狸復健訓練 (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)

28
10:00..早晨瑣事 (LG)
11:00...太極拳 (LG)
2:00...新聞與觀點 (SL)
2:00...賓果 (LG)
3:00...啜飲並繪畫 (AC)
7:00...約翰尼卡什現場音樂會 (LG)

29
10:30...你比五年級生聰明嗎 (LG)
11:30...跟JASON一起鍛鍊 (LG)
2:00...法拉盛之家追悼會 (RT)
6:30...台灣國際電影之夜:「破與復」(2021) (LG)
搭乘麵包車前往海灣露台購物中心 10:00AM (PL)

30
10:00 天主教彌撒 (CH)
10:00..跟JASON一起鍛鍊 (LG)
1:30...猶太禮拜 (CH)
2:00...法拉盛大廈之聲 (SL)
2:00...活動會議 (LG)
2:30...危險 (LG)
3:30...西班牙俱樂部 (LG)
晚上 7:00...萬聖節電影:《甲蟲汁》(2024) (LG)
搭乘麵包車前往Ben的餐館 11:45AM (PL)

HAPPY HALLOWEEN 31
10:00..影片練習 (LG)
10:00-12:00..技術協助 (SL)
萬聖節歡樂時光 2:30PM-3:30PM (DR)
3:30...退伍軍人俱樂部 (LG)
7:00...皇后樂團現場演唱會 (LG)

麵包車旅行和技術援助的報名表位於大型遊戲室後面
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

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 (CF) 會議室 229

「有些夜晚,狼群沉默不語,只有月亮嚎叫。」——喬治卡林