

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Physical Exercise</u> underlined in green</p>  <p>Scan with phone to access Newsletter</p> <p>Contact Recreational Coordinator, Jennifer Deror, for any questions or concerns about activities/events. 718-626-1500</p> 	<p>Health Management/Promotion underlined in Purple</p>	<p><i>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</i></p>	<p>1</p> <p>9:00 Word Scramble w/Michael S. 10:30 Indoor Gardening w/Jen D. <u>10:30 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ Joe M.</p>	<p>2</p> <p>9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa C. <u>10:30 Hybrid Zumba w/ Ability B.</u> 11:00 Seniors Trivia w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D.</p>
<p>5</p>  <p>9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing</u> <u>10:30 Line Dancing w/Wen T.</u> 11:00 Scams &amp; Fraud Info w/Michael S. 12:00 Lunch <u>1:00 Valentine's Day Celebration w/ VillageCare Max DJ (Raffle)</u></p> <p>Party</p>	<p>6</p> <p>9:00 Word Search w/ Michael S. 10:00 Adult Coloring w/Rosa C. <u>10:30 BJs Trip</u> <u>10:00 Hybrid Gentle Stretching. w/Carl S.</u> 11:00 Guided Meditation w/Nilcee 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/ Helen D.</p>	<p>7</p> <p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Smart Devices Discussion w/Michael S.</u> <u>10:00 - 12:00 MLTC Info &amp; 11:00 Salsa Class w/ VNSNY</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.</p>	<p>8</p> <p><b>Black History Month</b></p> <p>9:00 Word Scramble w/Michael S. <u>10:30 Yoga w/Ability B.</u> <u>10:00 Black History Month Poetry Reading w/Jen D.</u> <u>11:00 * Managing Blood Pressure w/ DFTA</u> 11:15 Vocal Chorus w/Jen D. 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/J.M.</p>	<p>9</p> <p>9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa C. <u>10:30 Hybrid Zumba w/ Ability B.</u> 11:00 Vocal Chorus w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D.</p>
<p>12</p> <p>9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing</u> <u>10:30 Line Dancing w/Wen T.</u> <u>11:00 Costco Trip</u> 11:00 Scams &amp; Fraud Info w/Michael S. 12:00 Lunch <u>1:00 Chinese (Lunar) New Year Celebration w/ DJ Valentin O. (Raffle)</u></p>	<p>13</p> <p>9:00 Word Search w/Michael S. 10:00 Adult Coloring w/Rosa C. <u>10:00 Hybrid Gentle Stretching. w/Carl S.</u> <u>10:30 Trader Joe's Trip</u> 11:00 Guided Meditation w/Nilcee 12:00 Lunch 2:30 Watercolor Painting w/ H. D.</p>	<p>14</p> <p><b>Valentine's Day</b></p> <p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Valentine's Friending Game w/ Miriam</u> 11:15 Valentine's Day Singalong w/ Dellamonica Vocal Chorus 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ Joe M.</p>	<p>15</p> <p>9:00 Word Scramble w/Michael S. 10:30 Indoor Gardening w/Jen D. <u>10:30 Target Trip</u> <u>10:30 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ J.M.</p>	<p>16</p> <p>9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa C. <u>10:30 Hybrid Zumba w/ Ability B.</u> 11:00 Seniors Trivia w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D.</p>
<p>19</p>  <p>9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing</u> 11:00 Scams &amp; Fraud Info w/ Michael S. <u>10:30 Line Dancing w/Wen T.</u> 12:00 Lunch <u>1:00 Movie Day: Casablanca (free movie and snacks)</u></p>	<p>20</p> <p>9:00 Word Search w/Michael S. 10:00 Adult Coloring w/Rosa C. <u>10:00 Stay Active &amp; Independent for Life exercise w/Madhavi M.</u> <u>11:00 Hybrid Gentle Stretching. w/Carl S.</u> <u>11:30 *Health Literacy &amp; Medication Errors</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/ H. D.</p>	<p>21</p> <p>9:00 Word fill in Puzzle w/ Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Smart Devices Discussion w/Michael S.</u> <u>11:00 *Nutrition w/ HealthFirst</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.</p>	<p>22</p> <p>9:00 Word Scramble w/ Michael S. <u>10:00 *A Condition of the Heart w/ DFTA</u> 11:00 Indoor Gardening w/Jen D. <u>10:00 Stay Active &amp; Independent for Life (SAIL) exercise w/Madhavi M.</u> <u>11:00 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ J.M.</p>	<p>23</p> <p>9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa C. <u>10:30 Hybrid Zumba w/ Ability B.</u> 11:00 Seniors Trivia w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D.</p>
<p>26</p> <p>9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing</u> <u>10:00 Financial Literacy w/Regina-Chase Bank</u> <u>10:30 Line Dancing w/Wen T.</u> 11:00 Costco Trip 12:00 Lunch <u>1:00 February Birthday Party w/ DJ Valentin O. (Gifts &amp; Cake)</u></p> <p>Birthday</p>	<p>27</p> <p>9:00 Word Search w/Michael S. 10:00 Adult Coloring w/Rosa C. <u>10:00 SAIL exercise w/Madhavi M.</u> <u>11:00 Hybrid Gentle Stretching. w/Carl S.</u> <u>11:00 *Operation Safe Travel w/ Lighthouse Guild</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/ H. D.</p>	<p>28</p> <p>9:00 Word fill in Puzzle w/ Michael S. <u>10:00 Queens Center Mall Trip</u> <u>10:00 Tai Chi w/Wen T.</u> <u>10:30 *Art Deco Presentation w/ Art Deco Society.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.</p>	<p>29</p> <p>9:00 Word Scramble w/ Michael S. <u>10:00 Jewelry Making w/Miriam S.</u> 10:30 Indoor Gardening w/JD <u>10:00 SAIL exercise w/Madhavi M.</u> <u>11:00 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ J.M.</p>	 <p><b>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</b></p>