

SUN	MON	TUE	WED	THUR	FRI	SAT
9:15 AM Sunday Church Service (Lobby) 9:30 AM Coffee and Current Events with Fellow Residents (PH) 10:45 AM Yale Open Course (MOV) 11:00 AM Sunday Stretch with Akima (YOG) 1:30 PM Dominos with Fellow Residents (PH) 1:30 PM Tech Help with Akima (GAL) 1:45 PM Feature Film (MOV) 2:00 PM Needlework & Knitting Group (LOB) 3:00 PM Tea & Pastries (GUS) 4:00 PM Men's Group (LIB) 4:15 PM Word Games with Akima (PA) 7:30 PM Feature Film (MOV)	<b>31</b> <b>LOCATION KEY</b> GAL - Art Gallery AST - Art Studio GAME - Game Room GAME - Game Room 15th Fl	GUS - Gustoso's GUS - Gustosos LIB - Library W Room - Main Dining Room MOV - Movie Theater	PH - Penthouse PA - Performing Arts Theater LOB - Sitting Room POOL - Swimming Pool	W&C - Willow & Clark Cafe YOG - Yoga Studio	9:30 AM Water Aerobics (POOL) 10:30 AM Washington Weekly (PA) 11:00 AM Judaism Learning with Rabbi Sarah (LIB) 1:45 PM Feature Film - American Symphony (MOV) 2:00 PM Resident Writing Group (PH) 2:00 PM Library Organization Committee (LIB) 2:30 PM Weights Class with Melia (YOG) 4:00 PM Beginner Drawing with Melia (AST) 5:00 PM Trivia Night with Melia (MOV) 7:30 PM Feature Film - Women Talking (MOV)	<b>1</b> 9:30 AM Mat Yoga with Melia (YOG) 10:30 AM Name that Tune! (PA) 1:15 PM Watercolor with Melia (AST) 1:45 PM Feature Film - Judy Collins Concert (MOV) 2:30 PM Bingo (PA) 3:45 PM Wine O'clock (PA) 7:30 PM Feature Film - The Remains of the Day (MOV)
9:15 AM Sunday Church Service (Lobby) 9:30 AM Coffee and Current Events with Fellow Residents (PH) 10:45 AM Yale Open Course (MOV) 11:00 AM Sunday Stretch with Akima (YOG) 1:30 PM Dominos with Fellow Residents (PH) 1:30 PM Tech Help with Akima (GAL) 1:45 PM Feature Film (MOV) 2:00 PM Needlework & Knitting Group (LOB) 3:00 PM Tea & Pastries (GUS) 4:00 PM Men's Group (LIB) 4:15 PM Word Games with Akima (PA) 7:30 PM Feature Film (MOV)	<b>3</b> 9:30 AM Morning Meditation with Akima (MOV) 10:00 AM Discussion and Mindfulness Group with Shanna Riss (PH) 10:45 AM Psychology Learning Session (MOV) 11:00 AM Catholic Communion Service (PA) 1:15 PM Chess with fellow residents (W&C) 1:45 PM Feature Film (MOV) 2:15 PM Arts & Crafts with Akima (AST) 3:00 PM Fitness Fusion with Fiona (YOG) 3:45 PM Bingo (PA) 7:30 PM Feature Film (MOV) 7:30 PM Mahjong Night! (GAME)	<b>4</b> 9:30 AM Water Aerobics (POOL) 10:00 AM Chair Exercise & Dance with Melia (YOG) 10:00 AM Billiards with Akima (GAL) 11:00 AM Internet Fraud Session with Michael Goldberger (PA) 11:00 AM Strength, Balance, and Move with Mark Wicks (YOG) 1:30 PM Jewelry Making with Akima (AST) 1:45 PM Feature Film (MOV) 2:00 PM Rummikub with Melia (GAME) 3:00 PM Cardio & Weights with Akima (YOG) 3:15 PM Mixology (W Room) 3:45 PM Happy Hour: August Birthday Celebration (W Room) 7:00 PM Rock Voices Community Choir (PA) 7:30 PM Feature Film (MOV) 7:30 PM Gin Rummy with Fellow Residents (Game Room 13th Floor)	<b>5</b> 9:30 AM Chair Yoga (YOG) 10:15 AM Tai Chi with Akima (YOG) 10:45 AM Doug Brin History Lecture (PA) 12:30 PM Meditation & Breathwork with Akima (MOV) 1:45 PM Feature Film (MOV) 2:00 PM Town Hall (PA) 2:30 PM Dominos with Akima (PH) 3:00 PM Tech Help with Melia (AST) 4:00 PM Jeopardy! with Melia (MOV) 7:30 PM Feature Film (MOV) 7:30 PM Scrabble Night! (PH)	<b>6</b> 9:30 AM Art History Video (MOV) 10:00 AM Strength, Balance, & Move with Mark (YOG) 10:15 AM Make Your Own Name Tag! (AST) 10:15 AM Music and Coloring With Melia (AST) 11:00 AM Low Impact Boxing with Alex from StoPD (YOG) 11:00 AM The Watermark Singers with Denis (PA) 1:30 PM Getting to Know You with Akima (LOB) 1:30 PM Outing: Tour of the New York Transit Museum (Lobby) 1:45 PM Feature Film (MOV) 2:00 PM Book Club (LOB) 3:00 PM Chair Exercise & Dance with Melia (YOG) 3:00 PM Caregiver Support Group Led by Beth Glick (PH) 3:00 PM Checkers with Akima (GAME) 3:45 PM Champagne & Charcuterie (W Room) 5:00 PM Wheel of Fortune with Akima (MOV) 7:30 PM Feature Film (MOV)	<b>7</b> 9:30 AM Water Aerobics (POOL) 10:30 AM Washington Week Discussion (PA) 11:00 AM Judaism Learning with Rabbi Sarah (LIB) 1:45 PM Feature Film (MOV) 2:00 PM Resident Writing Group (PH) 2:00 PM Library Organization Committee (LIB) 2:30 PM Weights Class with Melia (YOG) 4:00 PM Brian Rose Movie Lecture: History of Singing in the Movies (PA) 5:00 PM Karaoke Singing and Dancing Party! (PA) 7:30 PM Feature Film (MOV)	<b>8</b> 9:30 AM Mat Yoga with Melia (YOG) 10:00 AM Hidden History with Melia (PA) 1:15 PM Watercolor with Melia (AST) 1:45 PM Feature Film (MOV) 2:30 PM Bingo (PA) 3:45 PM Wine O'clock (PA) 7:30 PM Feature Film (MOV)
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# August 2025

Programs may change!