MON WED FRI TUE MILOR 9:30 AM Water Aerobics (POOL) 9:15 AM Sunday Church Service LOCATION KEY GUS - Gustoso's PH - Penthouse W&C - Willow & Clark 9:30 AM Mat Yoga with Melia 10:30 AM Washington Weekly (PA) (YOG) 9:30 AM Coffee and Current Events 11:00 AM Judaism Learning with Cafe GAL - Art Gallery GUS - Gustosos PA - Performing Arts 10:30 AM Name that Tune! with Fellow Residents (PH) Rabbi Sarah (LIB) 10:45 AM Yale Open Course (MOV) 1:45 PM Feature Film - American Symphony YOG - Yoga Studio Theater 11:00 AM Sunday Stretch with Akima (YOG) AST - Art Studio LIB - Library 1:15 PM Watercolor with Melia (AST) 1:30 PM Dominos with Fellow Residents (PH) 2:00 PM Resident Writing Group (PH) 1:45 PM Feature Film - Judy Collins LOB - Sitting Room 1:30 PM Tech Help with Akima (GAL) 2:00 PM Library Organization Committee W Room - Main Concert (MOV) GAME - Game Room 1:45 PM Feature Film (MOV) 2:30 PM Bingo (PA) 2:00 PM Needlework & Knitting Group (LOB) 2:30 PM Weights Class with Melia (YOG) **POOL - Swimming** Dining Room **GAME - Game Room** 3:00 PM Tea & Pastries (GUS) 4:00 PM Beginner Drawing with Melia (AST) 3:45 PM Wine O'clock (PA) 4:00 PM Men's Group (LIB) 5:00 PM Trivia Night with Melia (MOV) 7:30 PM Feature Film - The Remains MOV - Movie Theater 4:15 PM Word Games with Akima (PA) 15th Fl :30 PM Feature Film - Women Talking of the Day (MOV) 7:30 PM Feature Film (MOV) 9:30 AM Water Aerobics (POOL) 9:30 AM Art History Video (MOV) 9:30 AM Water Aerobics (POOL) 9:15 AM Sunday Church Service 9:30 AM Morning Meditation with 9:30 AM Chair Yoga (YOG) 9:30 AM Mat Yoga with ιο:15 AM Tai Chi with Akima 10:30 AM Washington Week Akima (MOV) Melia (YOG) 9:30 AM Coffee and Current Events Discussion (PA) 10:00 AM Discussion and :00 AM Billiards with Akima (GAL) (YOG) 0:15 AM Make Your Own Name Tag! (AST) 1:00 AM Judaism Learning with 10:00 AM Hidden History Mindfulness Group with Shanna 1:00 AM Internet Fraud Session with Michael with Fellow Residents (PH) 10:45 AM Doug Brin History Lecture (PA) 10:15 AM Music and Coloring With Melia (AST) Goldberger (PA) 11:00 AM Low Impact Boxing with Alex from StoPD (YOG) Rabbi Sarah (LIB) 10:45 AM Yale Open Course (MOV) 11:00 AM Strength, Balance, and Move with Mark Wicks (YOG) 1:30 PM Jewelry Making with Akima (AST) 12:30 PM Meditation & Breathwork with with Melia (PA) 11:00 AM The Watermark Singers with Denis (PA) 1:45 PM Feature Film (MOV) 11:00 AM Sunday Stretch with Akima (YOG) 10:45 AM Psychology Learning Session (MOV) 1:30 PM Getting to Know You with Akima (LOB) Akima (MOV) 1:15 PM Watercolor with Melia 2:00 PM Resident Writing Group (PH) :45 PM Feature Film (MOV) ::00 PM Rummikub with Melia (GAME) 1:30 PM Dominos with Fellow Residents (PH) 11:00 AM Catholic Communion Service (PA) 1:45 PM Feature Film (MOV) :30 PM Outing: Tour of the New York Transit Museur 2:00 PM Library Organization Committee (LIB) (Lobby) 1:45 PM Feature Film (MOV) 1:30 PM Tech Help with Akima (GAL) 1:15 PM Chess with fellow residents (W&C) (AST) oo PM Cardio & Weights with Akima (YOG) 2:00 PM Town Hall (PA) 2:30 PM Weights Class with Melia (YOG) 1:45 PM Feature Film (MOV) 1:45 PM Feature Film (MOV) :15 PM Mixology (W Room) 2:30 PM Dominos with Akima (PH) 2:00 PM Book Club (LOB) 1:45 PM Feature Film (MOV) 3:45 PM Happy Hour: August Birthday Celebration (W Room) 4:00 PM Brian Rose Movie Lecture: History of 2:00 PM Needlework & Knitting Group (LOB) 2:15 PM Arts & Crafts with Akima (AST) 3:00 PM Chair Exercise & Dance with Melia (YOG) 3:00 PM Tech Help with Melia (AST) 00 PM Rock Voices Community Choir (PA) Singing in the Movies (PA) 3:00 PM Caregiver Support Group Led by Beth Glick (PH) 3:00 PM Checkers with Akima (GAME) 2:30 PM Bingo (PA) 3:00 PM Tea & Pastries (GUS) 3:00 PM Fitness Fusion with Fiona (YOG) 7:30 PM Feature Film (MOV) 7:30 PM Gin Rummy with Fellow Residents (Game Room 13th 5:00 PM Karaoke Singing and Dancing Party! 4:00 PM Jeopardy! with Melia (MOV) 4:00 PM Men's Group (LIB) 3:45 PM Bingo (PA) 3:45 PM Wine O'clock (PA) 3:45 PM Champagne & Charcuterie (W Room 5:00 PM Wheel of Fortune with Akima (MOV 2:30 PM Feature Film (MOV) 7:30 PM Feature Film (MOV) 4:15 PM Word Games with Akima (PA) 7:30 PM Feature Film (MOV) 7:30 PM Feature Film (MOV) 7:30 PM Scrabble Night! (PH) 7:30 PM Feature Film (MOV) 7:30 PM Mahjong Night! (GAME) 7:30 PM Feature Film (MOV) 9:30 AM Water Aerobics (POOL) 9:30 AM Art History Video (MOV) 9:30 AM Morning Meditation with 9:30 AM Chair Yoga (YOG) 9:30 AM Water Aerobics (POOL) 9:15 AM Sunday Church Service 9:30 AM Mat Yoga with 0:00 AM Strength, Balance, & Move with 0:00 AM Chair Exercise & Dance with Akima (MOV) 10:15 AM Tai Chi with Akima :30 AM Washington Week Melia (YOG) Mark (YOG) 9:30 AM Coffee and Current Events 10:45 AM Forever Young: Mindful Melia (YOG) Discussion (PA) (YOG) 0:15 AM Make Your Own Name Tag! (AST) 0:00 AM Billiards with Akima (GAL) 10:30 AM Name that Movement with Yoo-Sun Midgley with Fellow Residents (PH) 11:00 AM Judaism Learning with 10:45 AM Doug Brin History Lecture (PA) 10:15 AM Music and Coloring With Melia (AST) 1:00 AM Yale Class: Roman Architecture (MOV) 11:00 AM The Watermark Singers with Denis (PA) 10:45 AM Yale Open Course (MOV) Rabbi Sarah (LIB) 12:30 PM Meditation & Breathwork with Tune! (PA) :30 PM Jewelry Making with Akima (AST) 1:30 PM Getting to Know You with Akima (LOB) 11:00 AM Sunday Stretch with Akima (YOG) 10:45 AM Psychology Learning Session (MOV) 1:45 PM Feature Film (MOV) Akima (MOV) :45 PM Feature Film (MOV) 1:15 PM Watercolor with Melia 1:45 PM Feature Film (MOV) 1:30 PM Dominos with Fellow Residents (PH) 11:00 AM Catholic Communion Service (PA) 2:00 PM Resident Writing Group (PH) 1:45 PM Feature Film (MOV) 2:00 PM Book Club (LOB) 2:00 PM Scrabble with Melia (GAME) 1:30 PM Tech Help with Akima (GAL) 1:15 PM Chess with fellow residents (W&C) (AST) 3:00 PM Chair Exercise & Dance with Melia (YOG) 2:00 PM Library Organization Committee 3:00 PM Cardio & Weights with Akima (YOG) 2:00 PM Tech Help with Melia (AST) 1:45 PM Feature Film (MOV) 1:45 PM Feature Film (MOV) 3:00 PM Caregiver Support Group (PH) 1:45 PM Feature Film (MOV) 8:15 PM Mixology (W Room) 2:30 PM Dominos with Akima (PH) 3:00 PM Checkers with Akima (GAME) 2:15 PM Arts & Crafts with Akima (AST) 2:00 PM Needlework & Knitting Group (LOB) 2:30 PM Weights Class with Melia (YOG) 3:45 PM Happy Hour (W Room) 3:00 PM Dining Council (PA) 3:30 PM Monthly Restaurant Club: Brooklyn Crab 2:30 PM Bingo (PA) 3:00 PM Tea & Pastries (GUS) 3:00 PM Fitness Fusion with Fiona (YOG) :00 PM Rock Voices Community Choir (PA) 4:00 PM Beginner Drawing with Melia (AST) 4:00 PM Jeopardy! with Melia (MOV) 4:00 PM Men's Group (LIB) 3:45 PM Bingo (PA) 2:30 PM Feature Film (MOV) 3:45 PM Champagne & Charcuterie (W Room) 5:00 PM Wheel of Fortune with Akima (MOV) 3:45 PM Wine O'clock (PA) 5:00 PM Trivia Night with Melia (MOV) :30 PM Feature Film (MOV) 7:30 PM Feature Film (MOV) 4:15 PM Word Games with Akima (PA) :30 PM Gin Rummy with Fellow Residents 7:30 PM Feature Film (MOV) 7:30 PM Feature Film (MOV) 7:30 PM Scrabble Night! 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(GAME) 7:30 PM Feature Film (MOV) (Game Room 13th Floor) 9:15 AM Sunday Church Service 9:30 AM Morning Meditation with 30 AM Water Aerobics (POOL) 9:30 AM Art History Video (MOV) 9:30 AM Water Aerobics (POOL) 9:30 AM Chair Yoga (YOG) 9:30 AM Mat Yoga with 0:00 AM Chair Exercise & Dance with 0:00 AM Strength, Balance, & Move with 10:30 AM Washington Week 10:15 AM Tai Chi with Akima (YOG) Akima (MOV) Melia (YOG) Mark (YOG) 9:30 AM Coffee and Current Events Melia (YOG) Discussion (PA) 10:00 AM Discussion and 10:45 AM Doug Brin History Lecture 0:15 AM Music and Coloring With Melia 10:00 AM Billiards with Akima (GAL) 1:00 AM Judaism Learning with 10:00 AM Hidden History with Fellow Residents (PH) Mindfulness Group with Shanna 1:00 AM Yale Class: Roman Architecture (MOV) 12:30 PM Meditation & Breathwork with Rabbi Sarah (LJB) 10:45 AM Yale Open Course (MOV) Riss (PH) 11:00 AM The Watermark Singers with Denis (PA) with Melia (PA) :30 PM Jewelry Making with Akima (AST) 1:45 PM Feature Film (MOV) 11:00 AM Sunday Stretch with Akima (YOG) 10:45 AM Psychology Learning Session (MOV) Akima (MOV) 11:15 AM Card Making with Melia (AST) :45 PM Feature Film (MOV) 1:15 PM Watercolor with Melia 2:00 PM Resident Writing Group (PH) :45 PM Feature Film (MOV) 1:30 PM Dominos with Fellow Residents (PH) 11:00 AM Catholic Communion Service (PA) 1:30 PM Getting to Know You with Akima (LOB) 2:00 PM Cribbage with Melia (GAME) 2:00 PM Library Organization Committee (LIB) 1:45 PM Feature Film (MOV) 1:30 PM Tech Help with Akima (GAL) 1:15 PM Chess with fellow residents (W&C) 2:00 PM Tech Help with Melia (AST) (AST) 3:00 PM Cardio & Weights with Akima (YOG) 2:30 PM Weights Class with Melia (YOG) 2:00 PM Book Club (LOB) 1:45 PM Feature Film (MOV) 1:45 PM Feature Film (MOV) 2:30 PM Dominos with Akima (PH) 3:15 PM Mixology (W Room) 1:45 PM Feature Film (MOV) 3:00 PM Chair Exercise & Dance with Melia (YOG) 4:00 PM Brian Rose Movie Lecture: Discussion 2:15 PM Arts & Crafts with Akima (AST) 2:00 PM Needlework & Knitting Group (LOB) 3:00 PM Resident Council (PA) 3:45 PM Happy Hour (W Room) 3:00 PM Caregiver Support Group Led by Beth Glick of Meet Me in St. Louis (PA) 2:30 PM Bingo (PA) 3:00 PM Fitness Fusion with Fiona (YOG) 3:45 PM Champagne & Charcuterie (W Room) 3:00 PM Tea & Pastries (GUS) 2:00 PM Rock Voices Community Choir (PA) 5:00 PM Karaoke Singing and Dancing Party! 4:00 PM Men's Group (LIB) 3:45 PM Bingo (PA) 4:00 PM Jeopardy! with Melia (MOV) 2:30 PM Feature Film (MOV) 3:00 PM Checkers with Akima (GAME) 3:45 PM Wine O'clock (PA) 5:00 PM Wheel of Fortune with Akima (MOV) 7:30 PM Feature Film (MOV) 4:15 PM Word Games with Akima (PA) 7:30 PM Feature Film (MOV) 7:30 PM Feature Film (MOV) 30 PM Gin Rummy with Fellow Residents 7:30 PM Feature Film (MOV) 7:30 PM Feature Film (MOV) 7:30 PM Feature Film (MOV) 7:30 PM Mahjong Night! 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(PA) 2:00 PM Tech Help with Melia (AST) 11:15 AM Card Making with Melia (AST) 2:00 PM Resident Writing Group (PH) :45 PM Feature Film (MOV) 1:30 PM Dominos with Fellow Residents (PH) 1:30 PM Getting to Know You with Akima (LOB) 1:45 PM Feature Film (MOV) 2:30 PM Dominos with Akima (PH) 3:00 PM Gratitude Journaling with Melia (AST) 2:00 PM Library Organization Committee (LIB) 1:15 PM Watercolor with Melia (AST) 2:00 PM Uno with Melia (GAME) 1:30 PM Tech Help with Akima (GAL) 1:15 PM Chess with fellow residents (W&C) 2:30 PM Weights Class with Melia (YOG) 3:00 PM Cardio & Weights with Akima (YOG) 1:45 PM Feature Film (MOV) 3:00 PM Resident Council Working Committee 2:00 PM Book Club (LOB) 1:45 PM Feature Film (MOV) 1:45 PM Feature Film (MOV) 3:45 PM Musical Performance by Gary Negbau 3:15 PM Mixology (W Room) 3:00 PM Chair Exercise & Dance with Melia (YOG) Meeting (PA) 2:30 PM Bingo (PA) 2:00 PM Needlework & Knitting Group (LOB) 2:15 PM Arts & Crafts with Akima (AST) 3:45 PM Happy Hour (W Room) 4:00 PM Jeopardy! with Melia (MOV) 3:00 PM Caregiver Support Group (PH) 4:00 PM Beginner Drawing with Melia (AST) 3:00 PM Fitness Fusion with Fiona (YOG) 3:00 PM Tea & Pastries (GUS) 3:45 PM Wine O'clock (PA) 2:00 PM Rock Voices Community Choir (PA) 1:00 PM New Resident Tour (Lobby) 3:00 PM Checkers with Akima (GAME) 5:00 PM Karaoke Singing and Dancing Party! 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