

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMUNITY ACTIVITIES - New York Memory Center will support you in planning to attend community activities you may enjoy. Please ask us and see our monthly newsletter and postings in the Center. PREFER ANOTHER ACTIVITY? - You may choose your own individualized activities at any time.	1 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Would You Rather? 12:00 Lunch 12:30 Balloon Volleyball 1:00 Table Games and Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack	2 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 20 Questions 1:00 HORTICULTURE (LC) 1:00 Fill in the blanks 2:00 Gentle Stretching 2:30 Afternoon Snack	3 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Bean Bag Golf 1:00 Art Activity 2:00 Gentle Stretching 2:30 Afternoon Snack	4 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 Anagrams 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack
7 CENTER CLOSED LABOR DAY 	8 CENTER CLOSED	9 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch 12:30 Word Grid 1:00 Mini Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack	10 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Ball Toss 1:00 Poetry appreciation 2:00 Gentle Stretching 2:30 Afternoon Snack	11 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 Famous Places 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack
14 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch + PIANO MUSIC 12:30 Finish the Phrase 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack	15 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 POETRY APPRECIATION (LC) 12:00 Lunch 12:30 Parachute 1:00 Art Activity 2:00 Gentle Stretching 2:30 Afternoon Snack	16 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Opposites 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack	17 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Basketball 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack	18 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:30 Fill in the Blank 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Stretch
21 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch + PIANO MUSIC 12:30 Balloon Volleyball 1:00 Art Activity 2:00 Gentle Stretching 2:30 Afternoon Snack	22 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:30 Charades 1:00 Family Feud 2:00 Gentle Stretching 2:30 Afternoon Snack	23 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 A to Z 1:00 Name That Tune 2:00 Gentle Stretching 2:30 Afternoon Snack	24 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What Would You Do? 12:00 Lunch 12:30 Rhyme Time 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack	25 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 Trivia 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack
28 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch + PIANO MUSIC 12:30 Ring Toss 1:00 Sing Along Songbooks 2:00 Gentle Stretching 2:30 Afternoon Snack	29 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Finish the Phrase 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack	30 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT Students 12:00 Lunch 12:30 Balloon Volleyball 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack	 EARLY-STAGE LOTUS CLUB Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i>	PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Wednesdays and Fridays

