


<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays</p> <p><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays</p> <p><b>PROGRAMS MARKED WITH AN ASTERISK (*)</b> are also offered via Zoom! Please reach out if you would like the link!</p>	<p><b>COMMUNITY ACTIVITIES</b> - 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.</p> <p><b>PREFER ANOTHER ACTIVITY?</b> - You may choose your own activities at any time.</p>	<p><b>1</b></p>  <p><b>CENTER CLOSED</b></p>	<p><b>2</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Finish the Phrase 12:00 Lunch 12:30 Balloon Toss 1:00 Animal Bingo 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>3</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 State Trivia 12:00 Lunch 12:30 Ring Toss 1:00 Fill in the Blanks 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>6</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 What's That Symbol 1:00 Music &amp; Dance 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>7</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Coloring Pencils 1:00 Sing Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>8</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 12:00 Lunch 12:30 Charades 1:00 Bingo 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>9</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 20 Questions 12:00 Lunch 12:30 Riddles 1:00 Basketball 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>10</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling 12:00 Lunch 12:30 Name 10 If We Can 1:00 Sing Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>13</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Charades 1:00 Time Slips with Photos 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>14</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Current Events 12:00 Lunch 12:30 Balloon Toss 1:00 Sing Along 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>15</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 11:00 Target Ball 12:00 Lunch 12:30 Collage 1:00 Name That Flag 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>16</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 STORIES WITHIN with the INTREPID MUSEUM 12:00 Lunch 12:30 Call Out the Answer 1:00 Craft Projects 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>17</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Ring Toss 12:00 Lunch 12:30 Poetry Appreciation 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>20</b></p>  <p><b>MLK JR DAY CENTER CLOSED</b></p>	<p><b>21</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Riddles 12:00 Lunch 12:30 Animal Bingo 1:00 Games and arts 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>22</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Guess the famous person 12:00 Lunch 12:30 Logos 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>23</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Current events 12:00 Lunch 12:30 Ring toss 1:00 Poetry reading 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>24</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Dance therapy 12:00 Lunch 12:30 Sing Along 1:00 AMERICAN FOLK-ART MUSEUM REFLECTIONS 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p><b>27</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 Balloon Toss 12:00 Lunch 12:30 Sing Along 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>28</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Arts &amp; Crafts 1:00 Game Day 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>29</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 10:45 STORIES IN THE MOMENT WITH MAGDA 12:00 Lunch 12:30 Current events 1:00 Bingo 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>30</b></p> <p>9:30 Coffee &amp; Conversation 10:30 Stretch and Move Exercise 11:00 STORIES WITHIN with the INTREPID MUSEUM 12:00 Lunch 12:30 Bingo 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p><b>31</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Time slips with photos 12:00 Lunch 12:30 Guess what I am 1:00 Fill in the blanks 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>

