

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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 Fill in the Blank 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	4 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Finish the Phrase 1:00 Table Games and Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	5 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Name 10 If We Can 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	6 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Parachute 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	7 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 20 Questions 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
10 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 Anagrams 1:00 Sing-Along Songbooks 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	11 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 Bean Bag Toss 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	12 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Would You Rather? 12:00 Lunch 12:30 Basketball 1:00 Name That Tune 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	13 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Balloon Volleyball 1:00 Art Activity - Painting 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	14 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 What Would You Do? 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
17 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch - PIANO MUSIC 12:30 A to Z 1:00 ART CONVERSATIONS (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	18 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Word Grid 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	19 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Charades 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	20 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 Ring Toss 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	21 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 Trivia 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
24 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 Bean Bag Toss 1:00 Family Feud 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	25 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:30 Fill in the Blank 1:00 Art Activity - Mixed Media 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	26 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 Finish the Phrase 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	27 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Opposites 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	28 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Rhyme Time 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
31 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 Trivia 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox		 EARLY-STAGE LOTUS CLUB Programs marked by "LC" Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation	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.	PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays

