

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>1</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Armchair Travel / Where Is It? 1:00 Art Activity - Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>2</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Ball Toss 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>3</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Flag Making 12:00 Lunch 12:30 Trivia - All About America 1:00 Sing-Along - All-American Favorites 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>4</b></p> <p><b>CENTER CLOSED INDEPENDENCE DAY HOLIDAY</b></p>	<p><b>5</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>8</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 You Be The Judge 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 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 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Trivia - Common Bonds 1:00 Sing-Along - Familiar Favorites 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>10</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Mad Libs 1:00 Art Activity - Group Collage 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>11</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music Appreciation 12:00 Lunch 12:30 Trivia - Finish the Phrase 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>12</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music Appreciation 12:00 Lunch 12:30 What's That Symbol? 1:15 GUITAR WITH DEBBY 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>15</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Printmaking 12:00 Lunch 12:30 Name 10 If We Can 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>16</b></p> <p><b>ALL STAFF IN-SERVICE NO PROGRAM</b></p>	<p><b>17</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE WITH GIULIA 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Name That Tune! 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>18</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Rainbow Stencils 12:00 Lunch 12:30 20 Questions 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>19</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Card Bingo 1:15 GUITAR WITH DEBBY 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>22</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Word Grid 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>23</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 What Would You Do? 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>24</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE WITH GIULIA 12:00 Lunch 12:30 Trivia - Everyday Life 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>25</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Charades 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>26</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Painting 12:00 Lunch 12:30 Conversation Cards 1:00 Sing-Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>29</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 A to Z 1:00 Art Activity - Clay Sculpting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>30</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Would You Rather? 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 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 MAKE SPACE WITH GIULIA 12:00 Lunch 12:30 Rhyme Time 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>COMMUNITY ACTIVITIES -</b> New York Memory Center will support you in making arrangements to attend community activities you may enjoy. Please ask us and see our monthly newsletter and postings in the Center.</p>	<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>

