

**ACTIVITY SHEET - WEEK OF 1/10/21 – 1/17/21**



**MONDAY- FRIDAY**

**Morning Exercise and Stretch**

Channel 3

11:00 AM

*Tune in every morning and stay active - right from your living room!*

**Recreation Programs on Individual Floors**

See Schedule

(Tenants can sit or stand in their apartment doorway to participate)

**Daily Movie (see movie schedule)**

Channel 3

2:00 PM & 7:00 PM

**Recreation Groups (see schedule)**

Participate Via Telephone

3:00 PM

**Wednesday Concert Series (Dean Martin)**

Channel 3

4:00 PM

**SATURDAY- SUNDAY**

**Morning Exercise and Stretch**

Channel 3

11:00 AM

*Tune in every morning and stay active - right from your living room!*

**Daily Movie (see movie schedule)**

Channel 3

2:00 PM & 7:00 PM

**RECREATION PROGRAMS:****THESE PROGRAMS WILL BE HELD ON INDIVIDUAL FLOORS - OPEN TO TENANTS RESIDING ON THAT FLOOR****TENANTS WHO RESIDE ON THAT FLOOR CAN SIT OR STAND IN THEIR APARTMENT DOORWAY****(DANCING PERMITTED WITH SOCIAL DISTANCING) OR IN SMALL, OFF-FLOOR GROUPS (SEE BELOW)**

DAY	PROGRAM	FLOOR	TIME
MONDAY (1/11)	GENTLE STRETCH & TRIVIA CHALLENGE	5	11:15 AM
MONDAY (1/11)	ROLLING CART WITH REFRESHING DRINKS AND SNACKS	ALL FLOORS	AFTERNOON
MONDAY (1/11)	JANUARY THEMED MOVIE: <i>THE HELP</i> (Sign Up In Advance)	AUDITORIUM	2:30 PM
TUESDAY (1/12)	GENTLE STRETCH & TRIVIA CHALLENGE	2	11:30 AM
TUESDAY (1/12)	GENTLE STRETCH & MIXED BINGO GAMES	7	2:15 PM
TUESDAY (1/12)	KITTAY CHOIR REHEARSAL WITH CHRISTINA (Sign Up In Advance)	FOX AUDITORIUM	2:00 – 2:45 PM <u>or</u> 3:00 – 3:45 PM
TUESDAY (1/12)	GOOD NEWS – HUMAN INTEREST STORIES (Sign Up In Advance)	A&C Room	2:30 PM
WEDNESDAY (1/13)	OPEN ART STUDIO WITH VICTORIA (Sign Up In Advance)	FOX AUDITORIUM	9:30-10:15 AM <u>or</u> 10:30-11:15 AM
WEDNESDAY (1/13)	GENTLE STRETCH & MIXED BINGO GAMES	6	11:30 AM
WEDNESDAY (1/13)	MOVEMENT / EXERCISE CLASS WITH RUTH (Sign Up In Advance)	FOX AUDITORIUM	2:00 – 2:45 PM <u>or</u> 3:00 – 3:45 PM
THURSDAY (1/14)	GENTLE STRETCH & MIXED BINGO GAMES	3	11:30 AM
FRIDAY (1/15)	OPEN ART STUDIOS WITH VICTORIA (Sign Up In Advance)	FOX AUDITORIUM	9:30-10:15 AM <u>or</u> 10:30-11:15 AM
FRIDAY (1/15)	GENTLE STRETCH & MIXED BINGO GAMES	8	11:30 AM
FRIDAY (1/15)	LOW VISION MEETING (Sign Up In Advance)	A&C Room	2:00 PM
FRIDAY (1/15)	JANUARY THEMED MOVIE: <i>THE HELP</i> (Sign Up In Advance)	FOX AUDITORIUM	2:30 PM
FRIDAY (1/15)	CONVERSATION VISITS	9	AFTERNOON

**\*\* REMINDER: SMALL GROUP, OFF FLOOR PROGRAMS REQUIRE SIGNING UP IN ADVANCE (CALL 718-410-1420),**

**SOCIAL DISTANCING AND ARE LIMITED TO A MAXIMUM OF 8 PEOPLE.\*\***

**SHABBAT SERVICE FRIDAY, JANUARY 15<sup>th</sup> AT 3:30 PM**

**ZOOM MEETING ID: 441 375 7064**

**IF BY PHONE: #646-558-8656 MEETING ID: 441 375 7064**

**MOVIE SCHEDULE**

<b>DAY</b>	<b>TIME</b>	<b>MOVIE</b>
<b>SUNDAY, JANUARY 10</b>	<b>2PM</b>	<b>HIGH ANXIETY</b>
	<b>7PM</b>	<b>ANNIE</b>
<b>MONDAY, JANUARY 11</b>	<b>2PM</b>	<b>THE JACK BENNY SHOW: EPISODES 3, 4</b>
	<b>7PM</b>	<b>THE CROWN: EPISODE 3</b>
<b>TUESDAY, JANUARY 12</b>	<b>2PM</b>	<b>MURDER SHE WROTE; EPISODE 19</b>
	<b>7PM</b>	<b>A DOG'S JOURNEY</b>
<b>WEDNESDAY, JANUARY 13</b>	<b>2PM</b>	<b>THE OTHER SIDE OF HISTORY: EPISODES 19, 20</b>
	<b>7PM</b>	<b>THE THREE MUSKETEERS OF THE WEST</b>
<b>THURSDAY, JANUARY 14</b>	<b>2PM</b>	<b>MR. MONK GOES TO THE CARNIVAL</b>
	<b>7PM</b>	<b>MANSFIELD PARK</b>
<b>FRIDAY, JANUARY 15</b>	<b>2PM</b>	<b>I LOVE LUCY: EPISODES 6, 7</b>
	<b>7PM</b>	<b>TO BE OR NOT TO BE</b>
<b>SATURDAY, JANUARY 16</b>	<b>2PM</b>	<b>THE OTHER SIDE OF HISTORY: EPISODES 21, 22</b>
	<b>7PM</b>	<b>THE BOLSHOI BALLET: SLEEPING BEAUTY</b>
<b>SUNDAY, JANUARY 17</b>	<b>2PM</b>	<b>I LOVE LUCY: EPISODES 8, 9</b>
	<b>7PM</b>	<b>FAITHFUL UNTO DEATH</b>

**PLEASE BE AVAILABLE FOR ON FLOOR MEAL DELIVERIES:**

<b>BREAKFAST:</b>	<b>8:00 AM - 9:30 AM</b>
<b>LUNCH:</b>	<b>11:30 AM – 1:30 PM</b>
<b>DINNER:</b>	<b>4:30 PM – 6:00 PM</b>

**GARDEN LEVEL PATIO:** OPEN, WEATHER PERMITTING, WITH SOCIAL DISTANCING

**RECREATIONAL SUPPLIES:** ADULT COLORING/ART SUPPLIES, CROSSWORD/WORD SEARCH/SUDOKU PUZZLES ARE AVAILABLE IN THE LIBRARY OR ON THE NEW “TRAIN YOUR BRAIN” BULLETIN BOARD LOCATED ON THE GARDEN LEVEL. TO REQUEST DELIVERY TO YOUR DOOR, PLEASE CALL 718-410-1416.

**LIBRARY & COMPUTER ROOM:** THESE ROOMS REMAIN OPEN & AVAILABLE WITH RESTRICTIONS ON OCCUPANCY

**SUNDRY SHOP:** MON. WED. & FRI. FROM 12PM TO 1:45PM, NOW SELLING HAND SANITZER!

**STAMPS:** SOLD IN THE SUNDRY SHOP

**NOTARY SERVICES:** CALL 718-410- 1420 TO SCHEDULE APPT. WITH MAJESCE SEA

**ELEVATOR USAGE:** EVERYONE MUST WEAR A FACE COVERING WHILE ON THE ELEVATOR. PLEASE LIMIT USAGE TO NO MORE THAN 4 PEOPLE PER ELEVATOR. LEAVE SUFFICIENT TIME, AS YOU MAY NEED TO WAIT FOR THE NEXT ELEVATOR.

**HAIR SALON OPEN** - SIGN UP ON THE 5<sup>TH</sup> FLOOR HAIR SALON DOOR TO REQUEST AN APPOINTMENT OR CALL 347-418-4777 TO REQUEST AN APPOINTMENT. **PLEASE SEE BULLETIN BOARD FOR DATES.**

**REMINDER:** TENANTS ARE ASKED TO WEAR MASKS/FACE COVERINGS WHEN LEAVING THEIR APARTMENTS & IN PUBLIC AREAS, INCLUDING ELEVATORS

**TO REQUEST A WASHABLE MASK, PLEASE CALL 718-410-1388**