



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DON'T FORGET! DAYLIGHT SAVING TIME BEGINS AT 2:00 AM SUNDAY, MARCH 10, 2019 (set clocks ahead one hour)</p>				<p>1 10:00 Coffee / Today In History 11:00 Name 10 If We Can 12:00 Lunch 1:00 Stretch and Move Exercise / Ball Toss 2:00 Finish The Phrase</p>
<p>4 10:00 Coffee / Today In History 11:00 EXERCISE WITH MIKE 12:00 Lunch 1:00 Hangman 2:00 Card Bingo / Uno</p>	<p>5 10:00 Coffee / Today In History 11:00 BLISSFIT WITH KIM 12:00 Lunch 1:00 Name That Tune 2:00 Trivia</p>	<p>6 <i>Ash Wednesday</i> 10:00 Coffee / Today In History 11:00 PROGRAM WITH COLUMBIA OT STUDENTS 12:00 Lunch 1:00 Wii Wheel of Fortune 2:00 Bingo</p>	<p>7 10:00 Coffee / Today In History 11:00 Rhyme Time 12:00 Lunch 1:00 Documentary Film and Talk 2:00 Conversation Starters</p>	<p>8 10:00 Coffee / Today In History 11:00 EXERCISE WITH CHRISSEY 12:00 Lunch 1:00 MUSIC WITH SETH 2:00 Concentration</p>
<p>11 10:00 Coffee / Today In History 11:00 EXERCISE WITH MIKE 12:00 Lunch 1:00 Pictionary 2:00 Famous Symbols</p>	<p>12 10:00 Coffee / Today In History 11:00 Famous Faces 12:00 Lunch 1:00 TAI CHI WITH BRUCE 2:00 Riddles / Think Twice</p>	<p>13 10:00 Coffee / Today In History 11:00 PROGRAM WITH COLUMBIA OT STUDENTS 12:00 Lunch 1:00 HORTICULTURAL PROGRAM WITH BARBARA 2:00 Finish The Phrase</p>	<p>14 10:00 Coffee / Today In History 11:00 A to Z 12:00 Lunch 1:00 Stay Well Exercise / Ball Toss 2:00 Card Bingo / Uno</p>	<p>15 10:00 Coffee / Today In History 11:00 EXERCISE WITH CHRISSEY 12:00 Lunch 1:00 Sing-Along 2:00 PAINTING WITH DONNA</p>
<p>18 10:00 Coffee / Today In History 11:00 EXERCISE WITH MIKE 12:00 Lunch 1:00 PROGRAM WITH YESHIVA SPEECH STUDENTS</p>	<p>19 10:00 Coffee / Today In History 11:00 Name 10 If We Can 12:00 Lunch 1:00 PROGRAM WITH SW INTERN HANNAH 2:00 Bingo</p>	<p>20 <i>First Day of Spring</i> 10:00 Coffee / Today In History 11:00 Hangman 12:00 Lunch 1:00 Wii Music and Dance 2:00 You Be The Judge</p>	<p>21 10:00 Coffee / Today In History 11:00 Famous Places and Flags 12:00 Lunch 1:00 Art – Mixed Media 2:00 Opposites</p>	<p>22 10:00 Coffee / Today In History 11:00 YOGA WITH NATALIE 12:00 Lunch 1:00 Dice – First to Fifty 2:00 Name That Tune</p>
<p>25 10:00 Coffee / Today In History 11:00 EXERCISE WITH MIKE 12:00 Lunch 1:00 PROGRAM WITH YESHIVA SPEECH STUDENTS</p>	<p>26 10:00 Coffee / Today In History 11:00 Word Grid 12:00 Lunch 1:00 MUSIC WITH SETH 2:00 Card Bingo / Uno</p>	<p>27 10:00 Coffee / Today In History 11:00 PROGRAM WITH COLUMBIA OT STUDENTS 12:00 Lunch 1:00 Stay Well Exercise / Ball Toss 2:00 Trivia</p>	<p>28 10:00 Coffee / Today In History 11:00 This or That? 12:00 Lunch 1:00 PROGRAM WITH MT. ST. VINCENT NURSING STUDENTS 2:30 Finish The Phrase</p>	<p>29 10:00 Coffee / Today In History 11:00 Famous Faces 12:00 Lunch 1:00 ADAP MOVIE 2:30 Bean Bag Toss / Ring Toss</p>

Other activities: Table Games, Dominoes, Anagrams, Before and After, Giant Crossword, Price is Right, Mad Libs.

Funded in part by the New York City Department for the Aging (DFTA). Activities may be subject to change.