

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10:00 Coffee / Today In History 11:00 Word Grid 12:00 Lunch 1:00 Art – Mixed Media 2:30 Opposites
4 10:00 Coffee / Today In History 11:00 EXERCISE WITH MIKE 12:00 Lunch 1:00 Hangman 2:00 Card Bingo / Uno	5 10:00 Coffee / Today In History 11:00 BLISSFIT WITH KIM 12:00 Lunch 1:00 Famous Symbols 2:00 Bingo	6 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 Family Feud	7 10:00 Coffee / Today In History 11:00 Famous Places 12:00 Lunch 1:00 PROGRAM WITH SOCIAL WORK INTERN HANNAH 2:00 Table Games and Puzzles	8 10:00 Coffee / Today In History 11:00 YOGA WITH CHRISSY 12:00 Lunch 1:00 MUSIC WITH SETH 2:00 Concentration
11 10:00 Coffee / Today In History 11:00 EXERCISE WITH MIKE 12:00 Lunch 1:00 Famous Faces 2:00 Bingo	12 10:00 Coffee / Today In History 11:00 YOGA WITH NATALIE 12:00 Lunch 1:00 You Be The Judge 2:00 Trivia	13 10:00 Coffee / Today In History 11:00 PROGRAM WITH COLUMBIA OT STUDENTS 12:00 Lunch 1:00 Wii Music and Dance 2:00 Wii Wheel of Fortune	14 <i>Valentine's Day</i> 10:00 Coffee / Today In History 11:00 Name 10 If We Can 12:00 Lunch 1:00 Stay Well Exercise / Ball Toss 2:00 Conversation Starters	15 10:00 Coffee / Today In History 11:00 BLISSFIT WITH KIM 12:00 Lunch 1:00 Sing-Along 2:00 PAINTING WITH DONNA
18 RSS CLOSED PRESIDENTS DAY	19 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	20 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	21 10:00 Coffee / Today In History 11:00 This or That? 12:00 Lunch 1:00 PROGRAM WITH SOCIAL WORK INTERN HANNAH 2:00 Bingo	22 10:00 Coffee / Today In History 11:00 YOGA WITH NATALIE 12:00 Lunch 1:00 Documentary Film and Talk – George Washington 2:00 Trivia
25 10:00 Coffee / Today In History 11:00 EXERCISE WITH MIKE 12:00 Lunch 1:00 Name That Tune 2:00 Bingo	26 10:00 Coffee / Today In History 11:00 Hangman 12:00 Lunch 1:00 MUSIC WITH SETH 2:00 Concentration	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 20 Questions	28 10:00 Coffee / Today In History 11:00 Famous Faces 12:00 Lunch 1:00 Dice – First to Fifty 2:00 Ring Toss / Bean Bag Toss	

Other activities:

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