

FEBRUARY 2018

REFLECTIONS ACTIVITIES CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																	
<p>Our Talented Staff</p> <table border="0"> <tr><td>Marianna</td><td>Recreation Director</td><td>M</td></tr> <tr><td>Amanda</td><td>Recreation Assistant</td><td>A</td></tr> <tr><td>Chris</td><td>Recreation Assistant</td><td>C</td></tr> <tr><td>Elizabeth</td><td>Recreation Assistant</td><td>E</td></tr> <tr><td>Katie</td><td>Recreation Assistant</td><td>K</td></tr> <tr><td>Lillian</td><td>Recreation Assistant</td><td>L</td></tr> <tr><td>Henri</td><td>Bus Driver, CDL</td><td>H</td></tr> <tr><td>Tracy</td><td>Recreation Assistant</td><td>T</td></tr> <tr><td>Resident Led</td><td>Resident Run Activity</td><td>RL</td></tr> <tr><td>Martha</td><td>Resident Care Aide</td><td>Ma</td></tr> <tr><td>Shirby</td><td>Resident Care Aide</td><td>Sh</td></tr> </table>	Marianna	Recreation Director	M	Amanda	Recreation Assistant	A	Chris	Recreation Assistant	C	Elizabeth	Recreation Assistant	E	Katie	Recreation Assistant	K	Lillian	Recreation Assistant	L	Henri	Bus Driver, CDL	H	Tracy	Recreation Assistant	T	Resident Led	Resident Run Activity	RL	Martha	Resident Care Aide	Ma	Shirby	Resident Care Aide	Sh	<p>ACTIVITY ROOM KEY</p> <p>Sun Room—SR The Bistro Café—BC Activity Room—AR Quiet Room—QR Billiard Room—BR Dining Room—DR Cinema—CI Activity Center Lower Level—AC Patio—P <u>Bus Trip</u></p>	<p>ALL TRIPS ARE WEATHER PERMITTING</p> <p>PROGRAMS ARE SUBJECT TO CHANGE WITH NOTICE. PLEASE REFER TO THE DAILY ACTIVITY SHEET LOCATED OUTSIDE OF OUR DINING ROOM FOR ANY UPDATES</p> <p><i>*Parallel Programing is offered Daily.</i></p> <p>Please Contact Marianna Triolo, Recreation Director, with any questions regarding activities 516.918.4010</p>	<p>Please join us every last Thursday of the month for our Care Giver Support at 6pm</p> <p>Contact Sabrina Germain, Reflections Director with any questions regarding Support Group</p>	<p>Spa Morning</p> <p>9:30 Massage Therapy with Fran (AR) C 1 10:00 Tai Chi with Chris (AR) C 10:30 POWER Juice Bar Station (AR) C 11:00 Sensory Aroma Therapy (AR) C 1:30 Rhythm and Drum Circle (AR) CH 2:30 Afternoon Social (DR) C 3:00 News Currents (AR) C 3:45 Remember When (AR) C 3:45 <i>*Classical Music Serenades (DR) Sh</i> 6:30 XL Dominos Tournament (AR) E 7:00 A Night at the Movies (AR) E</p>	<p>GROUNDHOG DAY</p> <p>9:30 The Today Show (AR) Ma 2 10:00 Friday Fit Express (AR) Ma 11:00 Well Grounded: The Story of Groundhog Day (AR) Ma 1:30 Keep it Up! (AR) Ma 1:45 Shabbat Service w/Rabbi Altman (CI) M 2:00 Therapy Dog Visit with Rosie and Dana (LI) M 2:30 Popcorn Social (DR) A 3:00 Friday's Feature Film: Groundhog Day (AR) A 4:15 Movie Review and Recap (AC) A 6:30 The Naming Game (AR) T 7:00 Music and Relaxation (AR) T</p>	<p>9:30 Good Morning Conversation (AR) Ma 3 10:00 Morning Warm Up (AR) Ma 10:30 Balloon Volleyball (AC) RSA 10:30 <i>*Sing a Long (AR) RSA</i> 1:30 BINGO BLAST! (AR) Ma 2:00 Early Social Hour (AR) Ma 2:30 Remembering Buddy Holly, Richie Valens and Big Popper (AC) Ma 3:45 Travelogue: South Korea (AR) Ma 6:30 Mindful Meditation (AR) T 7:00 Saturday's Classic Movies (AR) T</p>
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Resident Led	Resident Run Activity	RL																																					
Martha	Resident Care Aide	Ma																																					
Shirby	Resident Care Aide	Sh																																					
<p>SUPER BOWL SUNDAY</p> <p>8:45 Mass At St. Brigid's Chapel (LL) H 4 9:30 What's New in the News? (AR) C 10:00 Sunday Stretch (AR) C 10:30 Early Morning Brain Exercises (QR) C 11:00 <i>*Sunday Bristol Stroll with Chris</i> 11:00 Televised Mass (AR) RCA 1:30 Afternoon Stretch (AR) C 2:00 Christian Services (CI) Sh 2:30 Conversations and Snack (AR) C 3:00 Music and Mandala's (AR) C 3:00 <i>*Musical Masterpieces (DR) RSA</i> 4:00 Armchair Travel (AR) C 6:30 Super Bowl Party! (AR) K 7:00 Sunday Evening Movie (AR) K</p>	<p>9:30 Good Morning Conversations (AR) L 5 10:00 Sittercise with Lillian (AR) L 10:30 Pictionary (AR) L 11:00 Memory Match Game (AR) L 1:30 Painting Class (AR) 2:30 Fresh Fruit Cocktail Social Hour (AR) L 3:00 Balloon Toss and Keep it Up! (AR) L 3:30 Blockbuster Movie in the Cinema (CI) L 3:30 <i>*Independent Leisure (AR) Sh</i> 4:45 Movie Review and Refreshments (BI) L 6:30 Evening BINGO! (AC) K 7:00 Music and Meditation (AR) K</p>	<p>BEAUTY SALON AND MANICURE DAY 6 9:30 Good Morning America (AR) Ma 10:00 Parachute and Fun (AR) Ma 10:00 Communion and Prayers (QR) 10:30 *Hofstra BBU: Valentines Day (CI) M 10:30 Words Beginning with... (AR) L 1:30 <i>*Men's Club (QR) H</i> 1:30 Women's Club (AR) M 2:30 Afternoon Social (DR) M 3:00 Reading Round Table (AR) L 3:00 <i>*Afternoon Scenic Drive H</i> 6:30 Sing A Long with Liz (AR) E 7:00 Movie Night! (AR) E</p>	<p>*Trip to the Golden Tone Orchestra H 7 9:30 Greet the Morning (AR) E 10:00 Wednesday Workout (AR) E 10:30 On this Day in History (AR) E 11:00 Decky Match Card Game (AR) E 1:30 Making Valentines Day Cards (AR) E 2:30 Afternoon Social (AC) E 3:00 <i>*BBU: Learn About African American History Month (AC) E</i> 3:45 Afternoon Wind Down with Tunes (AC) E 6:30 Evening BINGO Games (AR) T 7:00 Classical Music and Meditation (AR) T</p>	<p>9:30 Greet the Day! (AR) C 8 10:00 Early Bird Workout (AR) C 10:30 News Currents Sr. (AR) C 11:00 Remember When (AR) C 1:30 Rhythm and Drum Circle (AR) C 2:30 Afternoon Social (DR) C 3:00 Noodling Around with Chris (AR) C 3:45 <i>*BBU: Learn About the Winter Olympics XXIII (AR) C</i> 3:45 <i>*Finish the Nurse Rhymes (DR) Sh</i> 6:30 Evening Card Games (AR) E 7:00 A Night at the Movies (AR) E</p>	<p>9:30 What's the Good Word? (AR) Ma 9 10:30 Movement and Dance Therapy with Lisa! (AR) Ma 11:15 I Hear Memories (AR) Ma 1:30 Keep it Up! (AR) Ma 1:45 Shabbat Service w/Rabbi Altman (CI) M 2:00 <i>*Independent Leisure Groups (AR) Ma</i> 2:00 Therapy Dog Visit with Rosie and Dana (LI) M 2:30 Chips and Dip Social (DR) A 3:00 Friday's Feature Film (AR) A 4:15 Movie Review and Recap (AC) A 6:30 Opera in the Evening (AR) T 7:00 Music and Relaxation (AR) T</p>	<p>9:30 Good Morning Conversation (AR) Ma 10 10:00 Morning Warm Up (AR) Ma 10:30 Balloon Volleyball (AC) RSA 10:30 <i>*JINGO! Games (AR) Ma</i> 11:15 Therapeutic Rest and Piano Serenades (AR) Ma 1:30 Music and Movement (AR) Ma 2:30 Afternoon Social (DR) Ma 3:00 BINGO BLAST! (AR) Ma 3:45 Today in History (AR) Ma 6:30 Our Day in Review (AR) T 7:00 Saturday's Classic Movies (AR) T</p>																																	
<p>8:45 Mass At St. Brigid's Chapel (LL) H 11 9:30 News and Views (AR) C 10:00 Sunday Strength Class (AR) C 10:30 Morning Mind Stretch (QR) C 11:00 <i>*Sunday Bristol Stroll with Chris</i> 11:00 Televised Mass (AR) RCA 1:30 Noodling Around (AR) C 2:00 Horse Racing (AR) C 2:30 Afternoon Social and Snacks (DR) C 3:00 <i>*Sensory Station (AR) C</i> 3:00 Sunday's Scenic Drive H 4:00 Armchair Travel (AR) C 6:30 Sunday Night Board Games (AR) K 7:00 Sunday Evening Movie (AR) K</p>	<p>9:30 Greet the Day! (AR) L 12 10:00 Sittercise (AR) L 10:30 Name 5 Things (AR) L 11:00 Dot to Dot Doodles (AR) L 1:30 Music Therapy with Patty Kaiser (AR) L 2:30 PB & J Finger Sandwich Social (AR) L 3:00 Easy Does it Random Trivia (AR) L 3:30 Blockbuster Movie in the Cinema (CI) L 3:30 <i>*Color By Numbers (DR) Sh</i> 4:45 Movie Review and Refreshments (BI) L 6:30 Card Games with Katie (AR) K 7:00 Music and Meditation (AR) K</p>	<p>SHROVE TUESDAY/MARDI GRAS BEAUTY SALON AND MANICURE DAY 13 9:30 Good Day New York (AR) L 10:00 Octoband Stretch (AR) L 10:00 Communion and Prayers (QR) D 10:30 Rhyming Words (AR) L 11:30 Lunch at IHOP! H 1:30 <i>*Making Mardi Gras Beads (AC) RSA</i> 1:30 <i>*BBU: Learn About Mardi Gras (AR) L</i> 2:30 Pancake and Mardi Gras Social (DR) L 3:00 Reading Round Table (AR) L 3:00 <i>*Listening to Jazz and the Blues (DR) Ma</i> 6:30 Songs from the Homefront (AR) E 7:00 Movie Night! (AR) E</p>	<p>VALENTINES DAY—WEAR RED OR PINK! ASH WEDNESDAY/LENT BEGINS 14 9:30 Let's Review Our Day! (AR) L 10:00 Visit from Birch Elementary School Valentines Day Show! (AC) M 10:00 Work it Out Wednesday (AR) L 11:00 Word Searching for Dessert (AR) L 1:30 Love Is In The Air Mad Libs (AR) L 2:30 Pucker Up Party (DR) L 3:00 Classic Love Movie (AR) RSA 3:00 <i>*Tactile and Texture Boxes (DR) Ma</i> 3:30 Violin Performance by Albert Mulad (AC) L 6:30 Evening BINGO Games (AR) T 7:00 Classical Music and Meditation (AR) T</p>	<p>9:30 Morning Conversations (AR) C 15 10:00 Music in Motion (AR) C 10:30 News Currents Sr. (AR) C 11:00 Remember When (AR) C 11:45 Fine Dining in the Private Dining Room C 1:30 Rhythm and Drum Circle (AR) C 2:30 Afternoon Social (DR) C 3:00 Famous Mysteries and Scandals (AR) C 3:45 Reminiscing on YouTube (AR) C 3:45 <i>*Table Topics (DR) RSA</i> 6:30 This was the Year... (AR) E 7:00 A Night at the Movies (AR) E</p>	<p>9:30 Coffee and Chit Chats (AR) Ma 16 10:00 Fitness 101 (AR) Ma 11:00 Go Togethers (AR) Ma 1:30 Keep it Up! (AR) Ma 1:45 Shabbat Service w/Rabbi Altman (CI) M 2:00 <i>*February In History (AR) Ma</i> 2:00 Therapy Dog Visit with Rosie and Dana (LI) M 2:30 Kettle Corn Social (DR) Ma 3:00 Friday's Feature Film (AR) Ma 4:15 Movie Review and Recap (AC) Ma 6:30 The High-Low Game (AR) T 7:00 Music and Relaxation (AR) T</p>	<p>9:30 Good Morning Conversation (AR) Ma 17 10:00 Morning Warm Up (AR) Ma 10:30 Pet Therapy with Dallas and Marianna (AC) RSA 10:30 <i>*Freestyle Drawing (AR) Ma</i> 11:15 Wordy Word Games (AR) Ma 1:45 ZUMBA with Millie (AR) Ma 2:30 Afternoon Social (DR) Ma 3:00 BINGO BLAST! (AR) Ma 3:45 You Can Puzzle Too (AR) Ma 6:30 Music and Mandalas (AR) T 7:00 Saturday's Classic Movies (AR) T</p>																																	
<p>8:45 Mass At St. Brigid's Chapel (LL) H 18 9:30 Today's News Highlights (AR) C 10:00 Morning Music and Movement (AR) C 10:30 Deck Match Card Game (AC) C 11:00 <i>*Sunday Bristol Stroll with Chris</i> 11:00 Televised Mass (AR) RCA 1:30 Simon Says Exercise (AR) C 2:00 Christian Services (CI) Sh 2:30 Cocoa and Cookie Social (DR) C 3:00 Humor Club (AR) C 3:00 <i>*Therapeutic Kinetic Sand Search and Find (DR) RSA</i> 4:00 Armchair Travel (AR) C 6:30 Sunday Night Board Games (AR) K 7:00 Sunday Evening Movie (AR) K</p>	<p>PRESIDENT'S DAY 19 9:30 Morning Review (AR) L 10:00 Sittercise with Lillian (AR) L 10:30 First Lady Who Am I? (AR) L 11:00 Table Topics (AR) L 2:30 Ice Cream Social (AR) L 3:00 US Presidents J I N G O ! (AR) L 3:45 Presidential Pets (AR) L 3:45 <i>*Giant Puzzle Challenge (DR) Sh</i> 6:30 Words With Friends (AR) K 7:00 Music and Meditation (AR) K</p>	<p>CHINESE NEW YEAR CELEBRATION BEAUTY SALON AND MANICURE DAY 20 9:30 Today Is... (AR) L 10:00 Parachute and Fun (AR) L 10:00 Morning Ride to Jones Beach H 10:00 Communion and Prayers (QR) D 10:30 Learn About Chinese New Year (AR) L 1:30 <i>*Men's Club (QR) H</i> 1:30 Women's Club (AR) M 2:30 Afternoon Social (DR) M 3:00 *Reading Round Table (AR) L 3:00 Chinese New Year Celebration with Olivia Lu on the Harp (AC) H 6:00 Evening Concert with Vance! (AR) K 7:00 Movie Night! (AR) E</p>	<p>9:30 Working Out with Liz (AR) E 21 10:00 Morning Mingle (AR) E 10:00 Puppies Visit from North Shore (QR) RCA 11:00 You Be The Judge (AR) E 1:30 Balloon Volleyball Practice (AR) E 2:30 Afternoon Social and Snacks (AR) E 3:00 Hangman Challenge: US Presidents (AR) E 3:00 <i>*Helping Out in the Kitchen (AR) Ma</i> 6:30 Evening BINGO Games (AR) T 7:00 Classical Music and Meditation (AR) T</p>	<p>9:30 Morning Meet and Greet (AR) C 22 10:00 Moving to Music (AR) C 10:30 News Currents (AR) C 11:00 Remember When (AR) C 1:30 Trip to Nassau County Firefighters Museum H 1:30 <i>*Rhythm and Drum Circle (AR) C</i> 2:30 Afternoon Social (DR) C 3:00 The Biography of Frank Sinatra (AR) C 3:45 Timeless Trivia (AR) C 3:45 <i>*Building and Sorting (DR) Sh</i> 6:30 Words Ending In (AR) E 7:00 A Night at the Movies (AR) E Conversations with Caregivers Support Group With Sabrina at 6:00pm</p>	<p>HAPPY BIRTHDAY FEBRUARY BABIES! 23 9:30 What's the Good Word? (AR) Ma 10:00 Fit Express (AR) Ma 11:00 Table Topics (AR) Ma 1:30 Keep it Up! (AR) Ma 1:45 Shabbat Service w/Rabbi Altman (CI) M 2:00 <i>*Spelling Bee Challenge (AR) Ma</i> 2:00 Therapy Dog Visit with Rosie and Dana (LI) M 2:30 Birthdays Party with Alex Alexander! (DR) Ma 3:00 Friday's Feature Film (AR) Ma 4:15 Movie Review and Recap (AC) Ma 6:30 Friday's Daily Chronicle (AR) T 7:00 Music and Relaxation (AR) T</p>	<p>9:30 Good Morning Conversation (AR) Ma 24 10:00 Morning Warm Up (AR) Ma 10:30 Balloon Volleyball (AC) RSA 10:30 <i>*Mindful Meditations (AR) Ma</i> 11:15 Words with Friends (AR) Ma 1:30 Moving and Grooving (AR) Ma 2:00 Name 5 Things (AR) Ma 2:30 Afternoon Social (DR) Ma 3:00 BINGO BLAST! (AR) Ma 3:45 Words Ending in "ING" (AR) Ma 6:30 Hand Massages and Classical Music (AR) T 7:00 Saturday's Classic Movies (AR) T</p>																																	
<p>8:45 Mass At St. Brigid's Chapel (LL) BD 25 9:30 News Headlines (AR) C 10:00 Early Bird Workout (AR) C 10:30 Fun With the IPAD (AR) C 11:00 <i>*Sunday Bristol Stroll with Chris</i> 11:00 Televised Mass (AR) RCA 1:30 Parachute Palooza (AR) C 2:30 Brownies and Coffee Social (DR) C 3:00 <i>*Can You Picture This Discussion (AR) C</i> 3:00 Sunday Scenic Drive H 4:00 Armchair Travel (AR) C 6:30 Sunday Night Board Games (AR) K 7:00 Sunday Evening Movie (AR) K</p>	<p>9:30 Monday Morning Mingle (AR) L 26 10:00 Sittercise with Lillian (AR) L 10:30 Category Word Game (AR) L 11:00 Which Word Doesn't Belong (AR) L 1:30 Music Therapy with Patty Kaiser (AR) L 2:30 Cheese Platter Social Hour (AR) L 3:00 Listening to Frankie Blue Eyes (AR) L 3:30 Blockbuster Movie in the Cinema (CI) L 3:30 <i>*Soothing Hand Massages (DR) Sh</i> 4:45 Movie Review and Refreshments (BI) L 6:30 Reminiscing with Photos (AR) K 7:00 Music and Meditation (AR) K</p>	<p>BEAUTY SALON AND MANICURE DAY 27 9:30 Greet the Day! (AR) L 10:00 Octoband Stretch (AR) L 10:00 Communion and Prayers (QR) D 10:30 Missing Last Letter (AR) L 1:30 <i>*Men's Club (QR) H</i> 1:30 Women's Club (AR) M 2:15 Trip to Dunkin' Donuts H 2:30 Afternoon Social (DR) M 3:00 Reading Round Table (AR) L 3:00 <i>*Reminiscing with Vintage Photos (DR) Ma</i> 6:30 Songs We Know and Love (AR) E 7:00 Movie Night! (AR) E</p>	<p>9:30 Our Day in Review (AR) L 28 10:00 Feel Good Exercises (AR) L 10:30 Cooking and Baking Club (AR) L 11:00 Kitchen Clean-up Detail (AR) L 1:30 Making Crazy Party Hats (AR) L 2:00 January Birthday Quiz (AR) L 2:30 Birthdays Party Social (AR) L 2:30 Performance By Glenn Miller (AR) L 3:45 After Party Wind Down (AR) L 6:30 Evening BINGO Games (AR) T 7:00 Classical Music and Meditation (AR) T</p>																																				