

JUNE 2017

REFLECTIONS ACTIVITIES CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Please Note:</i></p> <p><i>June 11, from 2 to 4</i> <i>Family Social Day</i></p> <p><i>June 18, from 2 to 4</i> <i>Father's Day Social</i></p>	<p><u>ACTIVITY ROOM KEY</u> Sun Room—SR The Bistro Café—BC Activity Room—AR Quiet Room—QR Billiard Room—BR Dining Room—DR Cinema—C Activity Center Lower Level—AC Patio—P</p>	<p>Please see Anne, the Recreation Director, with any questions regarding the Recreation Calendar</p> <p>Our Talented Staff:</p> <p>Amanda—Mn Zaira—Z Rosana—R Lola—Lo Sherby—Sh Cheryl—Ch Martha—M Catrina—Ca Desiree—D Marcia—Ma Pura—P Anne—A Tracy—T Carol—C Michelle—MC Chris—H Natalie—N Elizabeth—E</p>	<p>Programs are subject to change with notice</p> <p>Independent Leisure Activities Available</p> <p>Outdoor programs are weather permitting</p> <p>Meals are served at the following times:</p> <p>Breakfast 8:30 Lunch 12:00 Dinner 5:00</p>	<p>9:30 Moving and Grooving (AR) Mn 1 10:00 Current Events (AR) Mn 10:30 Harmonaires Spring Concert (AC) Mn 10:30 Crafts: Origami Paper Planes (AR) H 11:00 Plane Flying Contest (AR) H 11:30 The Story of Flight (AR) H 1:45 Daily Dose of Nostalgia (AR) Mn 2:30 Social Snacks and Chats (AR) Mn 3:00 Water Coloring: Tree Design (AR) Mn 3:30 Butterfly Stamping (AR) Mn 4:00 Craft: Combining Two Mediums (AR) Mn 4:30 Strut Your Stuff (AR) Mn 6:30 Pokeno Games (AR) E</p>	<p>9:30 Light and Lively (AR) Mn 2 10:30 Guess the Music with Anne (AC) 11:00 Tabletop Games (AR) M 11:15 Origami Project with Amanda (AR) 1:45 Shabbat Service w/Rabbi Altman (CI) M 2:30 Social and Friendship Circle (DR) Mn 3:15 Cheese Sampling and Rating (DR) Mn 3:45 Tutorial: How Cheese is Made (AR) Mn 4:15 Cheese Trivia Information (AR) Mn 4:45 Chatpack Group on the Go (AR) Mn 6:30 Group Riddle Solving (AR) T</p>	<p>9:30 Let's Get Physical! (AR) Mn 3 10:30 Balloon Volleyball (AC) Mn 10:30 Giant Cat's in the Cradle Toss (AR) D 11:15 Add and Subtract Game (AR) Ca 1:45 Word Puzzle Challenge (AR) Mn 2:30 Friendship Circle And Snacks (DR) Mn 3:15 Finger PRINT Art Project (AR) Mn 4:00 Chicken Soup For the Soul Story (AR) Mn 4:30 Anyone for Croquet? (AR) Mn 6:30 Zen Tangles (AR) T</p>
<p>8:45 Mass At St. Brigid's Chapel (LL) Sh 4 10:00 Huff and Puff Exercise (AR) H 10:30 Conversation Cards (AR) H 11:00 Contemplative Music with Chris (DR) 11:15 Direct Along with Chris (DR) H 1:00 Senior Pops Orchestra Concert H 2:00 Protestant Services (CI) Sh 2:30 Sunday Social and Snacks (DR) Sh 3:15 What's in the News (AR) Sh 3:45 Domino Tournament (AR) H 4:15 Shoot Pool with Chris (BR) 6:30 Brain Buster Puzzles (AR) N</p>	<p>9:30 Tai Chi Program with Chris (AR) 5 10:15 Virtual Trip to the Zoo (AR) H 11:00 Water Color Animal Art (AR) H 11:30 Excerpts From the Jungle Book (AR) H 1:45 Party Preparation (DR) H 2:00 Therapeutic Music with Patty (DR) H 2:30 Happy Snacks (DR) H 3:15 Bingo Bash with Chris (AR) 3:45 Humor Corner (AR) H 4:15 Walk and Talk (AR) H 6:30 Card Shark Tournament (AR) T</p>	<p>Beauty Salon and Manicure Day 6 9:30 Rise and Shine Stretch (AR) Mn 10:00 Communion and Prayers (QR) Sh 10:30 Stirring Up Memories in Kitchen (DR) Mn 11:00 Baking: Monster Cookie Treats (DR) Mn 11:30 Lunch at Two Brothers Mn 1:45 Power -Up Your Brain Game (P) Mn 2:30 Social Time & Home Made Treats (P) Mn 3:15 Bubble Blowing Practice (P) H 3:45 Team Challenge-Most Bubbles on One Dip! (P) H 4:15 Courtyard Walk and Ring Toss (P) H 6:30 Sing Along with Liz (AR) E</p>	<p>9:30 Sittercise Program (AR) B 7 9:30 Golden Tone Orchestra Dance H 10:30 Garden Club Organization (P) Mn 11:15 Sensory Garden Planting (P) Mn Sandwiches and Iced Tea on the Patio 1:45 Reminisce: The Year was 1981 (P) Mn 2:30 Social Time and Fun Snacks (DR) Mn 3:00 Humor Corner with Chris (AR) 3:15 Golden Boys of Rock & Roll Show with Everett in the Activity Center Mn 3:30 Catalog Shopping (AR) H 4:15 Things That Go Together (AR) Mn 4:30 Body Percussion with Chris (AC) 6:30 Wednesday Night Trivia (AR) T</p>	<p>SPA DAY MORNING 8 9:30 Body, Mind & Spirit Workout (AR) Mn 8 10:00 Tranquil Music (AR) Mn 10:30 Massage Therapy Relaxation by Fran (AR) 10:30 Juice Bar with Chris (AR) 11:00 Aroma Therapy (AR) Mn 11:30 Gentle Hand Massage w/ Amanda (AR) 1:45 Daily Dose of Nostalgia (AR) M 2:00 Nassau Art Museum-Halston Exhibit 2:30 Social Time and Healthy Snacks (AR) Mn 3:00 World Ocean Day Information (AR) Mn 3:30 Paint Your Own Ocean Environment (AR) Mn 4:30 Beach Ball Toss (AR) Mn 6:30 Pokeno Games (AR) E</p>	<p>9:30 Seated Tai Chi (AR) Mn 9 10:00 Deep Breathing Exercise (AR) Mn 10:15 String Art Painting Project (AR) Mn 10:30 Creating Design Images (AR) Mn 11:15 Conversation Cards (AR) Mn 1:45 Shabbat Services w/Rabbi Altman (CI) M 2:30 Social Time and Snacks (AR) Mn 3:00 Friday Feature Film (AR) M 3:15 Puzzle Party Time (AR) Mn 3:45 Slamwich Game (DR) Mn 4:15 It's All in the Cards with Amanda (AR) 4:30 Bean Bag Target Toss (AR) Mn 6:30 Trivia Tease (AR) T</p>	<p>9:30 Greet the Day! (AR) Mn 10 10:00 Stretch it Out (AR) Mn 10:30 Let's Make a Family Tree (AR) Mn 11:15 Reminiscing Time: Children & Pets (AR) Mn 1:45 It's A-mazing (AR) Mn 2:30 Social and Snack Time (DR) Mn 3:15 Judy Garland Birthday Biography (AR) Mn 3:30 Famous Judy Garland Songs (AR) Mn 4:00 Create Your Own Rainbow Picture (AR) Mn 4:30 Rhyming Game (AR) Mn 4:15 Bristol Stroll (AR) Mn 6:30 Saturday Night Pot Luck Games (AR) T</p>
<p>FAMILY DAY 11 8:45 Mass At St. Brigid's Chapel (LL) Sh 11 10:00 Rise and Shine Stretch (AR) H 10:30 Sunday Morning Documentary (AR) H 11:00 Subject Matter Discussion Group (AR) H 11:30 Riddle Solving Challenge (AR) H 2:00 Until 4:00 Family Visits Make Your Own Ice Cream Sundaes Lemonade and Cookies on the Patio Piano Performance by Chris 4:15 Leg Stretching Hike (AR) H 6:30 Daily Dose of Nostalgia (AR) N</p>	<p>9:30 Moving to the Beat with Chris (AR) 12 10:00 Greet the Day (AR) H 10:30 Artist of the Month: Rembrandt (AR) H 11:15 Create Your Own Masterpiece (AR) H 12:45 Student Concert & Show at Fayet School C 1:45 Chicken Soup For the Soul Story M 2:30 Social, Snacks and Chats (DR) M 3:15 Sing Along with Martha (AR) 4:00 Dare to Doodle (AR) M 4:30 Let's Shoot Pool with Chris (BR) 6:30 Brain Teasers (AR) T</p>	<p>Beauty Salon and Manicure Day 13 9:30 Wake Up and Stretch (AR) Mn 10:00 Communion and Prayers (QR) Sh 10:30 Baking Chocolate Cupcakes (DR) Mn 11:15 Cupcake Decorating (DR) Mn 12:00 Sandwiches and Iced Tea on the Patio Mn 1:45 Garden Watering and Tending (P) Mn 2:30 Home Made Treats Social (P) Mn 3:15 Beach Ball Toss (P) Mn 3:45 Reading Roundtable (P) Mn 4:00 I Spy Game with Chris (P) 4:30 Ladder Ball Game (P) H 6:30 Brain Bender Puzzles (AR) E</p>	<p>FLAG DAY 14 9:30 Rise and Shine Stretch! (AR) Mn 10:00 Science For Seniors: History of Paint (AR) Mn 10:30 Make Your Own Paint! (AR) H 11:00 Sensory Painting (AR) H 1:30 History of the American Flag (AR) Mn 2:30 Social Time and Fun Snacks (DR) Mn 2:30 East Meadow & Salisbury Senior Show (AC) H 3:00 Pledge Of Allegiance (AR) Mn 3:15 Mosaic Flag Art Project (DR) Mn 4:15 Patriotic Sing Along (AR) Mn 4:30 Rhyming Ball Toss (AR) Mn 6:30 Bananagrams Word Game (AR) T</p>	<p>9:30 Greet The Day with Amanda (AR) 15 10:00 Octaband Pull (AR) Mn 10:30 Science Experiment: Elephant Toothpaste (AR) 11:00 Tactile Stimulation: Molding Foam (AR) Mn 11:30 Unwind Your Mind (AR) Mn 1:45 A Minute to Win it: Cup Stacking Competition (AR) Mn 2:30 Social Time and Party Snacks (DR) Mn 2:45 Party Preparation with Amanda (DR) 3:00 Songfest with Lynn at the Piano (DR) Mn 3:30 Dance Contest (DR) Mn 4:00 Sing Along with Lynn (DR) 6:30 Quiz Show Dare (AR) E</p>	<p>9:30 Stretch it Out (AR) Mn 16 10:00 Greet the Day (AR) Mn 10:30 Science Project: Oil, Water, Paint (AR) Mn 11:00 Paper Printing Formulation (AR) Mn 1:45 Shabbat Service w/ Rabbi Altman (CI) M 1:45 Daily Dose of Nostalgia (AR) Mn 2:30 Social Time and Fun Snacks (AR) Mn 3:15 What Would You Do? (AR) Mn 3:30 Match Up: Things in Common (AR) Mn 4:15 Domino Tournament (AR) Mn 4:30 Golf Putting (AR) Mn 6:30 Old Time Favorite Tunes (AR) T</p>	<p>9:30 Exercise Time with Amanda (AR) 17 10:00 Pet Therapy Dog, Gilly, Visits (AR) Mn 10:30 Creative Writing: Summertime Fun (AR) Mn 11:15 Favorite Vacation Spots (AR) Mn 12:30 Veteran's Barbecue, Show and Picnic At Eisenhower Park Mn 1:45 Fairy Tale Book Quiz (AR) D 2:30 Chicken Wing & Soda Social (DR) D 3:15 Garden Watering and Tending (P) D 3:45 Afternoons Story Time (P) Mn 4:15 Bean Bag Toss (P) Mn 6:30 Puzzle Party (AR) T</p>
<p>FATHER'S DAY 18 8:45 Mass At St. Brigid's Chapel (LL) Sh 18 10:00 Sunday Morning Stretch (AR) H 10:30 What's News with Chris (AR) 11:00 Astrology and Horoscopes (AR) H FATHER'S DAY TRIBUTE LUNCHEON 2:00 Protestant Services in the Cinema Sh FATHER'S DAY FAMILY SOCIAL 2:00 TO 4:00 2:30 Hot Dogs, Peanuts, Chips and Beer (DR) H 3:00 The History of Father's Day (DR) H 3:30 Musical Entertainment (DR) H 4:15 Shooting Hoops with Chris (AR) 6:30 Sunday Quiz Party (AR) N</p>	<p>9:30 Chair Dancing (AR) H 19 10:00 Who Am I Biography (AR) H 10:30 Guess the President (AR) H 11:00 Presidential Mansions Tour (AR) H 11:30 Washington DC Armchair Travel (AR) H 1:45 Party Preparation (AR) H 2:00 Music Therapy with Patty (DR) H 2:30 Party Snacks (DR) H 3:45 Wild Card Bingo Games (AR) H 4:30 Golf Putting (AR) H 6:30 Brain Crunchers (AR) T</p>	<p>Beauty Salon and Manicure Day 20 9:30 Rise and Shine Stretch (AR) Mn 10:00 Communion and Prayers (QR) Sh 10:30 Baking: Let's Make Pretzels (DR) Mn 11:15 Cats in the Cradle Yarn Toss (AR) Mn 1:45 Word in A Word Game (AR) Mn 2:30 Home Made Treats Social (DR) Mn 3:00 Clue Trivia (AR) Mn 3:15 Summer Solstice Party Sweet Lorraine In the Activity Center H 3:30 Number Sequence (AR) Mn 3:45 Hidden Circle Counting (AR) B 4:15 Soccer Circle (AR) Mn 6:30 The World of Opposites (AR) E</p>	<p>SUMMER BEGINS 21 9:30 Movin' and Groovin' (AR) Mn 10:00 Creative Writing: Summer Memories (AR) Mn 10:30 Puppies From North Shore Animal League Visit in the Activity Center Mn 10:30 Math Problem Solving (AR) H 12:00 Fine Dining in Private Dining Room H 1:45 Penny Pitch Competition (AR) Mn 2:15 Lazy Summer Social on the Patio (Mn) 2:30 Men's Club with Chris (QR) 3:15 Easy Way Summer Painting (AR) Mn 3:45 Let's Play Go Fish! (AR) Mn 4:15 Body Percussion with Chris (AR) 6:30 Parlor Scrabble (AR) T</p>	<p>9:30 Wake Up and Stretch (AR) Mn 22 10:00 Greet the Day (AR) Mn 10:30 Balance and Agility Program (AC) Mn 10:30 Sailboat Races at Eisenhower Park H 1:30 Refreshments and Friendships (DR) Mn 2:00 Sensory Marine Experience in Cinema H Mysterious Undersea Life of Whales Whale and Dolphin Symphonies Tactile Stimulation: Kinetic Sand & Seashells Seaweed Sampling and Goldfish Tasting 2:30 Pot Luck Games (AR) Mn 3:30 Frisbee Toss Across (AR) Mn 6:30 Black Jack Card Tournament (AR) E</p>	<p>9:30 Bodies in Motion (AR) Mn 23 10:00 Today's Headlines (AR) Mn 10:30 Vet To Vet Program (AC) M 11:00 Dance Along with Amanda (AR) 1:45 Shabbat Services w/ Rabbi Altman (CI) M 1:45 Table Talk with Amanda (AR) 2:30 Movie Snacks Social (AR) Mn 3:00 Friday Feature Film (AR) Mn 3:45 Reminiscent Corner (DR) Ca 4:15 Bristol Stroll (AR) Mn 6:30 Trivia Tease (AR) T</p>	<p>9:30 Sunshine Stretch (AR) Mn 24 10:15 Balloon Volleyball Practice (AC) D 10:30 Erector Set Construction (AR) Mn 1:30 Party Preparation (AR) Mn 1:45 Zumba Workout with Millie (DR) Mn 2:30 Cool Down Social with Iced Tea & Cookies (P) 3:00 Relaxation on the Patio Mn 3:30 Garden Tending and Watering (P) Mn 4:00 Learn About Local Bird Species (P) Mn 4:15 Bird Watching (P) Mn 4:30 Simon Says (P) Mn 6:30 Saturday Night Pot Luck Games (AR) T</p>
<p>8:45 Mass At St. Brigid's Chapel (LL) Sh 25 10:00 Sunday Morning Stretch (AR) H 10:30 Entertain Your Brain (AR) H 11:00 Name Ten Things (AR) H 11:30 Bad Riddles with Chris (AR) 1:30 Reminiscing Story (AR) H 2:00 Creative Writing: Summertime Fun (AR) H 2:30 Ice Cream Soda Social (AR) H 3:00 Sunday Scenic Ride to South Shore C 3:15 Zen Coloring and Meditation (AR) Sh 4:30 Frisbee Toss with Chris (AR) 6:30 Sunday Night Board Games (AR) N</p>	<p>9:30 Fitness Fun (AR) H 26 10:00 Breathing Exercises (AR) H 10:30 Video: Explore the Lives and Times of Famous People with Chris (AR) 1:45 Complete the Phrase (AR) H 2:30 Healthy Snack Social (DR) H 3:15 Tutorial: What is the Theremin? 3:45 Odd Musical Performance Concert (DR) Exhibition: The Theremin (DR) H 4:15 Body Rhythm Making to the Beat (AR) H 4:30 Adventure Story (AR) H 6:30 Brain Teasers (AR) T</p>	<p>Beauty Salon and Manicure Day 27 9:30 Movin and Grooving (AR) Mn 10:00 Communion and Prayers (QR) Sh 10:30 Baking: Let's Make Donuts (DR) Mn 11:15 Kitchen K P Duty! (DR) Mn 1:45 Tram Ride at Norman Levy Park H 2:30 Home Made Treat Social (DR) Mn 3:00 Reading Round Table (AR) Mn 3:30 Word Power Questions (Mn) (AR) 4:00 Magnetic Dart Throwing Contest (AR) Mn 6:30 Tuesday Night Trivia with a Twist (AR) E</p>	<p>9:30 Sittercise Program (AR) Mn 28 10:00 American Folklore Tales (AR) Mn 10:30 Who was Paul Bunyan? (AR) Mn 11:00 Picnic and Show at Lido Beach Mn 11:00 Facts and Fiction, Paul Bunyan (AR) Mn 1:45 Reminiscing Corner (AR) Mn 2:00 Party Preparation (AR) Mn 2:30 Birthday Cake Social (DR) Mn 3:00 Birthday Party with Len Cammalleri (DR) Mn 3:30 Sing Along with Len (DR) Mn 4:15 Dance Circle with Amanda (DR) 6:30 Bananagrams Challenge (AR) T</p>	<p>HAWAIIAN THEME DAY 29 9:30 Sittercise Program (AR) Mn 10:00 Daffy Definitions (AR) Mn 10:30 Hawaiian Travelogue (AR) Mn 11:15 Tropical Island Quiz (AR) Mn HAWAIIAN THEME LUNCHEON IN THE DINING ROOM 2:30 Coconut & Mango Bars for Snack (DR) H 3:00 The Scoop on Hawaiian Life (AR) Mn 3:15 Hawaiian Dance Troupe Performs (AC) H 3:30 Hula Dancing (AR) Mn 4:30 Riddle Solving (AR) Mn 6:30 Pokeno Card Game (AR) E 6:30 Caregiver Conversations Support Group (CK)</p>	<p>9:30 Dancing with Scarves (AR) Mn 30 10:00 Circle Dancing (AR) Mn 10:30 Guess the Music with Anne (AC) Mn 11:30 Uno Game with Amanda (AR) 1:45 Shabbat Service w/Rabbi Altman (CI) M 2:00 Super Power Wish List (AR) Mn 2:30 Friday Feature Film (CI) Mn 2:30 Old Time Radio Favorites (QR) M 3:15 Relaxing to Music (QR) M 3:30 June Birthday Quiz (AR) M 4:15 Stretch Your Legs Out Walk (DR) M 6:30 Pub Trivia (AR) T</p>	<p>Parallel Programming</p> <p>Also Available</p> <p>Patio Opportunities Daily</p> <p>Weather Permitting</p>