

# AUGUST 2017

## REFLECTIONS ACTIVITIES CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please see Anne, the Recreation Director, with any questions regarding the Recreation Calendar</p> <p><b>Our Talented Staff:</b></p> <p>Amanda—Mn Rosana—R Sherby—Sh Martha—M Desiree—D Pura—P Tracy—T Michelle—MC Natalie—N</p> <p>Zaira—Z Lola—Lo Cheryl—Ch Catrina—Ca Jaison—J Anne—A Carol—C Chris—H Elizabeth—E</p> <p>Bianca—B</p>	<p><b>ACTIVITY ROOM KEY</b></p> <p>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><b>Beauty Salon and Manicure Day</b> 1</p> <p>9:30 Wake Up and Stretch (AR) Mn 10:00 <b>Communion and Prayers (QR) Sh</b> 10:30 Stirring Up Memories in Kitchen (DR) Mn 11:00 Let's Bake Cupcakes (DR) Mn 11:30 Cupcake Decorating (DR) Mn 1:45 Party Preparation (DR) Mn 2:30 Birthday Cupcakes Social (DR) Mn 3:00 <b>Birthday Party with Joe D (DR) Mn</b> 3:30 Dance Contest (DR) Mn 4:00 I Spy Game with Chris (DR) 4:30 Ladder Ball Game (DR) H 6:30 Brain Bender Puzzles (AR) E</p>	<p>9:30 Sittercise Program (AR) Mn 9:30 <b>Golden Tone Orchestra Dance H</b> 2 10:30 Garden Club Memories (P) Mn 11:15 Local Bird Spotting (P) Mn</p> <p><b>Sandwiches and Iced Tea on the Patio</b></p> <p>1:45 Reminisce: Swimming on Long Island (DR) Mn 2:30 Social Time and Fun Snacks (DR) Mn 3:00 Humor Corner with Chris (AR) 3:15 Ping Pong Target Practice (AR) Mn 3:30 Catalog Shopping (AR) H 4:15 Things That Go Together (AR) Mn 4:30 Body Percussion with Chris (AR) 6:30 Wednesday Night Trivia (AR) T</p>	<p>9:30 Moving and Grooving (AR) Mn 10:00 Entertain Your Brain (AR) H 10:30 Gameshow Video: Let's Make a Trivial Deal with Chris (AR) 11:00 Royal Trivia (AR) H 11:30 Petopoly Game (AR) H 1:45 Daily Dose of Nostalgia (AR) Mn 2:30 Social Snacks and Chats (AR) Mn 3:00 <b>Sight Seeing Tour of Garden City H</b> 3:30 Zen Coloring to Music (AR) M 4:00 Old Maid Card Game (AR) M 4:30 Soccer Circle (AR) H 6:30 Pokeno Games (AR) E</p>	<p>9:30 Light and Lively (AR) Mn 10:30 Guess the Music with Anne (AC) 11:00 Tabletop Games (AR) M 11:15 Origami Project with Amanda (AR) 1:45 <b>Shabbat Service w/Rabbi Altman (CI) M</b> 2:30 Social and Friendship Circle (DR) Mn 3:00 Friday Feature Film (AR) Mn 3:45 Fluff and Fold Fun (QR) D 4:00 Color Sorting Game (AR) Mn 4:30 Thunderball Game (AR) Mn 6:30 Group Riddle Solving (AR) T</p>	<p>9:30 Let's Get Physical! (AR) Mn 10:30 Balloon Volleyball (AC) Mn 10:30 Giant Cat's in the Cradle Toss (AR) D 11:15 Add and Subtract Game (AR) D 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 <b>Mass At St. Brigid's Chapel (LL) Sh</b> 6 10:00 Huff and Puff Exercise (AR) H 10:30 Alphabetic Trivia Video (AR) H 11:00 Contemplative Music with Chris (DR) 11:15 Direct Along with Chris (DR) H 1:45 National Forgiveness Day (AR) H 2:00 <b>Protestant Services (CI) Sh</b> 2:30 Sunday Social and Snacks (DR) Sh 3:15 Domino Math (AR) H 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) 7 10:15 Mysteries &amp; Famous Scandals (AR) H 11:00 Reminiscing on You Tube (AR) H 11:30 Program Discussion (AR) H 1:45 Tenzie Dice Game (DR) H 2:00 Chat Pack Card Game (DR) H 2:30 Snacks and Friendship Circle (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><b>Beauty Salon and Manicure Day</b> 8 8:45 <b>Assumption Day Mass at St. Brigid's</b> 9:30 Rise and Shine Stretch (AR) Mn 10:00 <b>Communion and Prayers (QR) Sh</b> 10:30 Stirring Up Memories in Kitchen (DR) Mn 11:00 Baking: Pretzel Cookies (DR) Mn 1:45 Power -Up Your Brain Game (P) Mn 2:30 Social Time &amp; Home Made Treats (P) Mn 3:15 Jig Saw Tree Painting Project (AR) Mn 3:45 Pattern Arranging (AR) Mn 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 10:30 Let's Make Silly Putty (AR) Mn 10:45 <b>Picnic &amp; Show at Eisenhower Park H</b> 9 11:15 Shape Molding (AR) Mn 1:45 Dice Addition Challenge (AR) Mn 2:30 Social Time and Snacks (DR) Mn 3:00 Popcorn Tree Art (AR) Mn 3:15 Tree Leaf Painting (AR) Mn 3:30 Picture Composition (AR) Mn 4:15 Catch Phrase Quiz (AR) Mn 4:30 Balloon Tennis (AR) Mn 6:30 Card Shark Tournament (AR) T</p>	<p><b>SPA DAY MORNING</b></p> <p>9:30 <b>Body, Mind &amp; Spirit Workout (AR) H</b> 10 10:00 <b>Tranquil Music (AR) H</b> 10:30 <b>Massage Therapy Relaxation by Fran (AR)</b> 10:30 Juice Bar with Chris (AR) 11:00 <b>Aroma Therapy (AR) H</b> 11:30 <b>Gentle Hand Massage w/ Chris (AR)</b></p> <p><b>GREAT AMERICAN PICNIC AT LUNCHTIME</b></p> <p>2:00 <b>Root Beer Floats at Social Time (DR) H</b> 3:00 <b>Creative Writing: Summer Memories (DR) H</b> 3:15 <b>Summertime Festival w/Banjo Rascals (AC) H</b> 3:30 Zen Painting (AR) H 4:30 Beach Ball Toss (AR) H 6:30 Jingo Games (AR) E</p>	<p>9:30 Seated Tai Chi (AR) Mn 10:00 Deep Breathing Exercise (AR) Mn 10:15 Pixie Stix Painting (AR) Mn 10:30 Pattern Making (AR) Mn 11:15 Conversation Cards (AR) Mn 1:45 <b>Shabbat Services w/Rabbi Altman (CI) M</b> 2:30 Social Time and Movie Snacks (AR) Mn 3:00 Friday Feature Film (AR) M 3:15 Puzzle Party Time (AR) Mn 3:45 Giant Spoons Game (AR) 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 10:00 <b>Pet Therapy Dog Gilly &amp; Joan Visit (AR) Mn</b> 12 10:30 Dare to Doodle (AR) D 11:15 Drawing to Music (AR) D 1:45 It's A-mazing (AR) Mn 2:30 Social and Snack Time (DR) Mn 3:15 Art Project: Bubble Wrap Aquarium (AR) Mn 3:45 Craft: Making Fish Stencils (AR) Mn 4:15 Composite Picture Constructing (AR) Mn 4:30 Bristol Stroll (AR) Mn 6:30 Saturday Night Pot Luck Games (AR) T</p>
<p><b>FAMILY DAY</b></p> <p>8:45 <b>Mass At St. Brigid's Chapel (LL) Sh</b> 13 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</p> <p><b>2:00 Until 4:00 Family Visits</b></p> <p>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) 14 10:00 Greet the Day (AR) H 10:30 Artist of the Month: Michelangelo (AR) H 11:15 Create Your Own Masterpiece (AR) H 1:45 Deck Match Game with Chris (AR) 2:30 Social, Snacks and Chats (DR) M 3:15 Rhythm Band with Instruments (AR) H 3:45 Keep the Beat with You Feet (AR) H 4:00 Musical Instrument Memories (AR) H 4:30 Let's Shoot Pool with Chris (BR) 6:30 Brain Teasers (AR) T</p>	<p><b>Beauty Salon and Manicure Day</b> 15 9:30 Wake Up and Stretch (AR) Mn 10:00 <b>Communion and Prayers (QR) Sh</b> 10:30 Baking Mini Pizzas (DR) Mn 11:15 Kitchen Clean-up Detail (DR) Mn 12:00 Sandwiches Pizza &amp; Iced Tea on Patio Mn 1:45 Garden Watering and Tending (P) Mn 2:30 Social Time and Fun Snacks (P) Mn 3:15 Birdhouse Painting (AR) Mn 4:00 Migratory Bird Quiz (AR) Mn 4:30 Mouse and Cheese Toss Game (AR) Mn 6:30 Bananagrams Challenge (AR) E</p>	<p>9:30 Rise and Shine Stretch! (AR) Mn 10:00 <b>Puppies From the North Shore Animal League Visit (AR) Mn</b> 16 10:30 Pom-Pom Painting Project (AR) Mn 11:00 Pattern Making (AR) Mn 1:45 Is Justice Served? (AR) Mn 2:30 Social Time and Fun Snacks (DR) Mn 3:00 Old Wives Tales (AR) Mn 3:15 <b>Party Time With Sweet Lorraine (AC) Mn</b> 4:15 Music and Mandalas (AR) H 4:30 Rhyming Ball Toss (AR) Mn 6:30 Bananagrams Word Game (AR) T</p>	<p>9:30 Greet the Day with Chris (AR) 10:00 Octaband Pull (AR) H 10:30 Reading Roundtable (AR) H 11:00 Catalog Shopping (AR) H 11:30 <b>Lunch at the Outback H</b> 1:45 Circle the Word (AR) H 2:30 Social Time and Fun Snacks (DR) H 3:00 Video Program: Famous Bridges of New York with Chris (AR) 3:30 Construct Your Own Bridge (DR) H 4:00 Chair Volleyball (AR) 4:30 Keep the Beat in Your Seat (AR) H 6:30 Domino Tournament (AR) E</p>	<p>9:30 Stretch it Out (AR) Mn 10:00 Greet the Day (AR) Mn 10:30 <b>Veteran to Veteran's Program (AC) D</b> 10:30 Pot Luck Game Day (AR) Mn 11:00 Gummy Worm Stretch Contest (AR) Mn 1:45 <b>Shabbat Service w/ Rabbi Altman (CI) M</b> 1:45 Word Chain Game (AR) Mn 2:30 Social Time and Movie 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) 19 10:15 <b>Long Island Conservatory Children's Chorus Presents Show Tunes (AC) Mn</b> 10:30 Math Problem Challenge (AR) D 11:00 <b>Children's Chamber Orchestra (AC) Mn</b> 1:45 Fairy Tale Book Quiz (AR) D 2:30 Chicken Wing &amp; Soda Social (DR) D 3:15 Garden Watering and Tending (P) D 3:45 Swipe Art Picture Making (AR) Mn 4:15 Bean Bag Toss (P) Mn 6:30 Puzzle Party (AR) T</p>
<p>8:45 <b>Mass At St. Brigid's Chapel (LL) Sh</b> 20 10:00 Sunday Morning Stretch (AR) H 10:30 Rhymes w/ Sail Riddles Program (AR) H 11:00 Astrology and Horoscopes (AR) H 11:30 CARS Scattergories (AR) H 1:45 Chicken Soup Story (AR) H 2:00 <b>Protestant Services in the Cinema Sh</b> 2:30 <b>Lemonade &amp; Cookie Social on Patio H</b> 3:00 The Birthday of Lemonade (P) H 3:30 Lemonade Through the Ages (P) H 4:15 Shooting Hoops with Chris (AR) 6:30 Sunday Quiz Party (AR) N</p>	<p>9:30 Chair Dancing (AR) H 10:00 Who Am I Biography (AR) H 10:30 Discussion Group (AR) H 11:00 Go Fish Card Game (AR) H 11:30 Golf Putting (AR) H 1:45 Things That Go Together (DR) H 2:30 Social Time and Snacks (DR) H 3:15 Total Eclipse of the Sun Info (AR) H 3:45 Video: Eclipse Sighting (AR) H 4:15 Keep it Up Balloon Volley (AR) H 6:30 Brain Crunchers (AR) T</p>	<p><b>Beauty Salon and Manicure Day</b> 22 9:30 Rise and Shine Stretch (AR) Mn 10:00 <b>Communion and Prayers (QR) Sh</b> 10:30 Seahorse Art Project (AR) Mn 11:15 Cats in the Cradle Yarn Toss (AR) Mn 11:30 <b>Lunch Out at Vincent's Clam Bar H</b> 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 <b>Classical Piano Performance by I Heung Lee (AC)</b> 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>9:30 Movin' and Groovin' (AR) Mn 10:30 Make Kinetic Sand (AR) H 11:15 Shape Molding (AR) H 12:00 <b>Fine Dining in Private Dining Room Mn</b> 1:45 Penny Pitch Competition (AR) Mn 2:15 <b>Lazy Summer Social on the Patio (Mn)</b> 3:00 Men's Club with Chris (QR) 3:00 Women's Club with Amanda (AR) Mn 3:45 Let's Play Go Fish! (AR) Mn 4:15 Body Percussion with Chris (AR) 6:00 <b>Concert at the Library A</b> 6:30 Parlor Scrabble (AR) T</p>	<p>9:30 Wake Up and Stretch (AR) H 10:00 Greet the Day (AR) H 10:30 <b>Balance and Agility Program (AC) H</b> 10:30 Word Sorts (AR) M 11:15 Fill in the Missing Letters (AR) M <b>SUMMER BARBECUE AT LUNCHTIME (DR)</b> 2:30 Drinks and Hors d'oeuvres (DR) H 3:00 <b>Cabaret Afternoon With Lynn Portas at the Piano in the Dining Room H</b> 3:15 Sing Along with Lynn (DR) H 3:45 Dance Contest (DR) H 4:15 Fun with the Letter 'Z' (AR) H 6:30 Black Jack Card Tournament (AR) E</p>	<p>9:30 Bodies in Motion (AR) Mn 10:00 Today's Headlines (AR) Mn 10:30 A Minute to Win It-Cup Stacking Competition (AR) Mn 11:00 Shell Game with Amanda (AR) 1:45 <b>Shabbat Services w/ Rabbi Altman (C) M</b> 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) Mn 4:15 Bristol Stroll (AR) Mn 6:30 Trivia Tease (AR) T</p>	<p>9:30 Sunshine Stretch (AR) Mn 10:15 Balloon Volleyball Practice (AC) D 10:30 Erector Set Construction (AR) Mn 11:00 Pipe Buddy Fittings (AR) Mn 1:30 Party Preparation (AR) Mn 1:45 <b>Zumba Workout with Millie (DR) Mn</b> 2:45 Cool Down Social with Iced Tea &amp; Cookies (P) 3:30 Let's Make Balloon Shooters (AR) Mn 4:00 Shooter Target Practice (AR) Mn 4:30 Simon Says (AR) Mn 6:30 Saturday Night Pot Luck Games (AR) T</p>
<p>8:45 <b>Mass At St. Brigid's Chapel (LL) Sh</b> 27 10:00 Sunday Morning Stretch (AR) H 10:30 Really Bad Jokes (AR) H 11:00 Let's Make Our Own Bubbles! (AR) H 11:30 Name Ten Things (AR) H 1:45 Reminiscing Story (AR) P 2:30 <b>Ice Cream Soda Social (P) H</b> 3:00 Let's Blow Bubbles (P) H 3:30 Bubble Flipping Contest (P) H 4:00 Garden Frisbee Toss with Chris (P) 6:30 Sunday Night Board Games (AR) N</p>	<p>9:30 Fitness Fun (AR) H 10:00 Breathing Exercises (AR) H 10:30 Game Show Video: The Price is Left (AR) H 11:15 Five Minute Phrase Game (AR) H 1:45 Party Preparation (DR) H 2:30 Party Snack Social (DR) H 3:00 <b>Music Therapy w/ Theresa Morale (DR)</b> 3:30 Keeping Body Rhythm to the Beat (AR) H 4:15 Mind Bending Math Riddles (AR) H 4:30 Adventure Story (AR) H 6:30 Brain Games (AR) T</p>	<p><b>Beauty Salon and Manicure Day</b> 29 9:30 Movin and Grooving (AR) Mn 10:00 <b>Communion and Prayers (QR) Sh</b> 10:30 Baking Mickey Mouse Waffles (DR) Mn 11:15 Kitchen K P Duty! (DR) Mn 11:30 <b>Lunch Out at Popeis H</b> 2:30 Waffles and Ice Cream Treats (DR) Mn 3:00 Reading Round Table (AR) Mn 3:30 Word Power Questions Mn (AR) 4:00 Indoor Croquet Game (AR) Mn 6:30 Tuesday Night Trivia with a Twist (AR) E</p>	<p>9:30 Sittercise Program (AR) Mn 10:00 Greet the Day (AR) Mn 10:30 Collage Project (AR) Mn 11:00 Just Make A Face (AR) Mn 11:30 Relaxing to Old Time Music (AR) Mn 1:45 English Homework (AR) Mn 2:30 Social time and Special Snacks (AR) H 3:00 Program: From Garbage to Glory (AR) H 3:15 <b>Party Time with the Nostalgics (AC) Mn</b> 3:45 Zeros In Quiz (AR) H 4:15 Mudra Hand Yoga (AR) H 6:30 Bananagrams Challenge (AR) T</p>	<p>9:30 Sittercise Program (AR) Mn 10:00 Egg Shell Art (AR) Mn 10:30 Dying Eggshells (AR) Mn 11:15 Picture Composition (AR) Mn 1:45 Fairytale Story (AR) Mn 2:30 Social Hour and Snacks (AR) Mn 3:00 <b>Scenic Ride to the North Shore Mn</b> 3:15 Puzzle Party (AR) M 3:45 Sing Along with Martha (AR) M 4:30 Riddle Solving (AR) Mn 6:30 Pokeno Card Game (AR) E 6:30 <b>Caregiver Conversations Support Group In the Sunroom on First Floor</b></p>	<p>Programs are subject to change with notice Independent Leisure Activities Available Outdoor programs are weather permitting Meals are served at the following times:</p> <p style="text-align: center;">☪</p> <p>Breakfast 8:30 Lunch 12:00 Dinner 5:00</p>	<p><b>DATES TO REMEMBER:</b></p> <p><b>AUGUST 13, 2:00 to 4:00</b> Family Day Ice Cream Cone Social Piano Performance by Chris</p> <p><b>AUGUST 31 at 6:30</b> Caregiver Conversations Support Group In the Sunroom on the First Floor Meet Sabrina Germain</p>