

MAY 2019

REFLECTIONS ACTIVITIES CALENDAR



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please see Maureen Keane, M.P.H., Recreation Director with any questions regarding the Activities Calendar.</p> <p><i>Programs subject to change with notice. Please see daily schedule.</i></p> <p>Outdoor programming is weather permitting.</p> <p>Beauty Salon with Paulette Hours: Tuesday & Friday (9AM – 5PM)</p>	<p>Recreation Team Maureen (M) Garth (G) Jessica (J) Kasey (K) Patricia (PA) Patsy (P) Sara (SH) Shawn (S) Sherry (SL)</p>	<p>Activity Location Key R Reflections Activity Room RDR Reflections Dining Room RP Reflections Patio RLR Reflections Living Room BR Bingo Room B Bistro MDR Main Dining Room C Community CI Cinema K Kitchen AS Art Studio CR Conference Room BC Business Center L Library BS Beauty Salon PP Pool Patio</p>	<p>9:30 Conversation Ball (R) PA 10:00 Healthy Heart Fitness: Noodles (R) PA 1 10:30 Let's Explore: Muscote Farm G 11:15 Name 10? (R) PA 1:15 Things That Are? (R) K 2:00 The Sounds Of The Soundettes (R) K 2:45 Fur Get Me Not Pet Therapy: Leslie & Stella (C) M 3:00 Mindful Meditation & Stretch (R) K 4:00 Alive & Kicking Seated Soccer (RP) K 6:00 Words In Words (R) S</p>	<p>9:30 Apples To Apples (R) K 10:00 What Would You Do? (R) K 2 11:00 Balance & Step — Ruben (R) K 1:15 The Mighty Ducks Floor Hockey (R) K 1:15 Red Hot Chili Steppers Walking Club (C) S 2:15 Words That Start With? (R) K 2:15 Paws To Help Pet Therapy: Mariana & Nelson (C) M 3:00 Seated Yoga Meditation (R) K 4:00 Finishing Lyrics (RP) K 4:00 In The Pocket Billiard Crew (BL) S 6:00 Win, Place, Show Horseracing (R) SH</p>	<p>9:30 History.com: Marilyn Monroe (R) K 10:00 Heart Healthy Fitness (R) K 3 10:15 Friday Movie (CI) S 10:30 Famous Pairs (R) K 11:15 Table Topics (R) K 1:15 Light My Choir Choral Group (RP) K 2:15 Fast Too Furious Ping Pong (R) K 2:30 Shabbat Service: Rabbi Crystal (AS) J 3:00 Seated Yoga Meditation (R) K 3:00 Love On A Leash: Leo & Shirley (C) J 4:00 What's My Secret? (R) K 4:00 In The Pocket Men's Billiard Crew (BL) S 6:00 Tallyoop Tossing Target (R) J</p>	<p>9:30 Big White Book Of Trivia (R) K 10:00 Sit & Be Fit Fitness (R) K 4 11:15 Mind Joggers (RP) K 1:15 Jenga Giant (R) K 2:15 One Shot Wonders Basketball (R) K 4:00 Hangman: Picnics (R) K 4:45 Before Dinner Stretch & Meditation (R) K 6:00 Spare Me Bowling Team (R) SL</p>
<p>CINCO DE MAYO 5 9:30 Fun Facts & Trivia: Mexican Independence Day (R) SH 10:00 Cinco De Mayo Cardio Workout (R) SH 10:00 Mass at St. Anthony's Church G 11:00 Poetry Corner (RP) SH 1:15 Dream Team Basketball Stars (R) SH 1:15 Furry Tails Pet Therapy: Karlie/Olivia (R) SH 2:15 Beaded Creations (R) SH 3:00 Seated Poses: Chair Yoga (R) SH 3:15 Viva Mexico Appetizer Social (R) SH 4:00 Categories: Mexico (R) SH</p>	<p>9:30 Name 5? (R) SH 6 10:00 Workout With Noodles (R) SH 11:00 Catholic Communion Service (BR) SH 11:15 Family Talks (R) SH 1:15 Kick Tease Seated Soccer (RP) SH 2:15 Your Inner Artist: Pastels (AS) PA 2:15 Reading Roundtable (R) SH 3:00 Guided Stretch & Meditation (R) SH 4:00 What Would You Do? (R) SH</p>	<p>9:30 Rhythm Sticks / Rings (R) K 10:00 Lifetime Fitness (R) K 7 10:00 Board Of Elections Voting (R) K 11:15 Poetry In Motion (R) K 1:15 Aim, Toss & Stick: Target Toss (RP) K 2:15 Cooking Club (CK) SH 2:15 Finishing Lines & Lyrics (R) K 2:15 Beading Buddies (R) PA 3:00 Stretch & Unwind (R) K 4:00 King Pins Bowling League (R) K 4:00 The Page Turners (R) SL 4:00 Generations United: WP High School Honor Society String Ensemble (BR) 6:00 Cleats On Fire Seated Soccer (R) S</p>	<p>9:30 Word Jumbles (R) PA 8 10:00 Total Body Workout Challenge (R) PA 11:15 Let's Get Ready To Fumble Football (R) PA 11:45 Out To Lunch: Cheesecake Factory \$\$ G 1:15 The Volley Llamas Volleyball (RP) K 2:15 Here Comes Treble Chorus (R) PA 2:45 Hug A Pet Therapy: Leslie & Stella (C) M 2:45 Yoga: Breathing Through Movement (R) K 4:00 The Dreamers: Creative Writing Club (R) K 6:00 Bean Bag Toss (R) S</p>	<p>9:30 Double Letter Words (R) K 9 10:00 Fun & Fabulous Fitness (R) K 11:00 Zoom In—Zoom Out (CI) M 11:15 Writer's Group: Short Stories (R) K 1:15 Making A Racquet Tennis Clinic (R) K 1:15 Heart & Sole Walking Club (C) S 2:15 House Of Crafts: Mother's Day (AS) PA 2:15 Reminiscing Fishbowl: Vacations (R) K 2:30 Pet Therapy: Mariana & Nelson (C) M 3:00 Stretch & Relax: Chair Yoga (R) SH 4:00 Big White Book Trivia (RP) K 4:00 All Chalked Up Men's Pool Club (BL) S 6:00 Quiz Show: Wii Jeopardy (R) SH</p>	<p>9:30 Opposites Attract (R) K 10 10:00 Lifetime Fitness 101 (R) K 10:15 Meet Me in The Cinema (R) S 10:30 Jokes & Riddles! (R) K 11:15 The Mighty Ducks Floor Hockey (R) K 1:15 Win, Place & Show Horseracing (R) K 2:15 Person, Place Or Thing? (R) K 2:30 Shabbat Service: Rabbi Crystal (AS) J 4:00 Memory Streets (RP) K 4:00 In The Pocket Men's Billiard Crew (BL) S 6:00 Words That Start With? (R) J</p>	<p>9:30 Double Letter Words (R) K 11 10:00 Fitness Fun With Noodles (R) K 11:15 Writers' Anonymous (R) K 11:15 Love On A Leash: Sir Elton & Lorraine (R) J 1:15 I Can't Believe It's Not A Gutter (RP) K 2:15 Synonyms & Anagrams (R) K 4:00 Hangman: Vacations (R) K 4:45 Mindful Meditation & Stretch (R) K 6:00 Beach Ball Seated Soccer (R) SL</p>
<p>MOTHER'S DAY / WEAR PINK DAY 12 9:30 Word Jumbles: Mother's Day (R) SH 10:00 Mass at St. Anthony's Church G 10:00 Total Body Fitness: Noodles (R) SH 11:15 Creative Writing: Moms (RP) SH 12:00 Mother's Day Luncheon (RDR) 1:15 You've Met Your Match Tennis (R) SH 2:15 The Artist Within: Pastels (R) SH 3:15 Hugs & Kisses To Mom Social (R) SH 4:00 Wii Jeopardy (R) SH</p>	<p>9:30 Reminiscing Fishbowl (R) SH 13 10:00 Fun, Fit & Fabulous Workout (R) SH 11:00 Catholic Communion Service (BR) SH 11:15 Creative Writing: Mysteries (R) SH 1:15 Some Spike It Hot Volleyball (RP) SH 2:15 The Artist Within: Watercolors (AS) PA 2:15 Reading Roundtable (R) SH 2:30 Licks Of Love: Rebecca / Bodie (C) SH 3:00 Chair Yoga & Stretch (R) SH 4:00 Aim, Toss & Stick: Target Toss (R) SH</p>	<p>9:30 History.com JFK (R) M 14 10:00 Fitness 4 Life (R) K 11:15 Categories (R) K 12:00 'Just The Boy's' Men's Club Lunch (PDR) S 1:15 The Bristol Walkaholics (C) S 1:15 Therapeutic Music: Donna (R) K 2:15 Beaded Creations (AS) PA 2:15 Downright Smashing! Tennis Clinic (R) K 3:00 Calming Restorative Yoga (R) K 4:00 Voices Blended In Harmony (RP) K 6:00 One Shot Wonders Basketball (R) S</p>	<p>9:30 Famous Pairs (R) PA 15 10:00 Stretch & Strengthen Workout (R) PA 10:30 Explore Bartlett Arboretum & Gardens G 11:15 Bet On Bingo (R) PA 1:15 Bullseye Target Toss Competition (R) K 2:15 Kick Tease Kickball (R) K 3:00 Gentle Yoga & Body Stretch (R) K 4:00 Skits: Humorous Plays (RP) K 4:00 Bristol Helping Hands: Grace Church (R) S 6:00 12 Months Of Trivia: May (R) S</p>	<p>9:30 This & That Trivia (R) K 16 10:00 Work Your Heart Out Fitness (R) K 11:15 Hot Off The Ice Hockey (R) K 1:15 Touchdown Football (RP) K 1:15 Walk This Way Walking Club (C) S 2:15 The Dreamers Journaling Short Stories Group (R) K 2:15 Crafty Corner: Tissue Paper Flowers (AS) PA 3:00 Yoga & Body Stretch (R) SH 4:00 Name Them: States & Capitals (R) K 4:00 Cue Tips Billiard Club (BL) S 6:00 Flyswatter Volleyball (R) SH</p>	<p>9:30 History.com: Florence Nightingale (R) K 17 10:00 Fit For Life Workout (R) K 10:15 Morning Movie Classic (CI) S 10:30 Categories (R) K 11:15 In The Zone Basketball Tournament (R) K 1:15 Table Topics (R) K 2:15 Day At The Races (R) K 2:30 Shabbat Service: Rabbi Crystal (AS) J 3:00 Love On A Leash: Leo & Shirley (C) J 4:00 Getting To Know You? (RP) K 4:00 In The Pocket Men's Billiard Crew (BL) S 6:00 Words In Words (R) J</p>	<p>9:30 News & Views (R) K 18 10:00 iLoveMe Fitness Workout (R) K 11:15 Always Write Journaling (R) K 1:15 Bean Bag Toss Challenge (RP) K 2:15 Red Zone All Stars Football (R) K 4:00 Hangman: Summer Foods (R) K 4:45 Chair Yoga: De-Stress & Unwind (R) K 6:00 Evening Bingo (R) SL</p>
<p>9:30 Math Trees (R) SH 19 10:00 Mass at St. Anthony's Church G 10:00 Chair Fitness Tone & Trim (R) SH 11:15 Poets In Motion (RP) SH 1:15 Pawsitively Purfect: Karlie & Olivia (R) SH 1:15 Touchdown Football (R) SH 2:15 Crafty Corner: Velvet Art (R) SH 4:00 Light My Choir Singing Circle (R) SH</p>	<p>9:30 Make A Word (R) SH 20 11:00 Let's Get Physical Workout (RP) SH 10:30 Catholic Communion Service (BR) PA 11:00 Behind These Eyes (CI) SH 1:15 Goal Diggers Seated Soccer (RP) SH 2:15 The Artful Crafter (AS) PA 2:15 Reading Roundtable (R) SH 3:00 Restorative Yoga (R) SH 4:00 You Be The Judge? (R) SH</p>	<p>9:30 Homophones & Homonyms (R) K 21 10:00 Keep Active / Keep Fit Workout (R) K 11:15 We Will Block You Volleyball (R) K 1:15 As The Page Turns (R) K 1:15 Making Strides Walking Club (C) 2:15 The Beading Gem: Jewelry (AS) PA 2:15 Cooking Club (CK) SH 2:15 Basketball Stars (R) K 3:00 Flow Into Awareness Yoga (R) K 3:15 Chef's Table Presentation: Crepes (R) K 4:00 Seated Kickball (RP) SH 6:00 Late Night Bingo! (R) S</p>	<p>9:30 Person, Place Or Thing? (R) PA 22 10:00 Keep Active & Be Fit Workout (R) PA 11:15 A Day At The Races (R) PA 11:30 Picnic Box Lunch At Kensico Dam G 1:30 In Vibe Creative Music: Eric (R) K 2:15 The Artist Studio (AS) PA 2:30 Hot Off The Ice Noodle Hockey (R) K 3:00 Meditation, Breathing & Stretch (R) K 4:00 Pitch Perfect Glee Club (RP) K 6:00 The Empire Spikes Back Volleyball (R) S</p>	<p>9:30 Walk Down Memory Lane (R) K 23 10:00 Let's Begin & Get Trim Fitness (R) K 11:15 Storytellers Journaling Club (R) K 1:15 Lucky Strikes Bowling League (R) S 1:15 Beauty & Healing Touch (BS) K / SL 2:15 Make A Word (R) K 2:15 Pet Therapy: Mariana & Nelson (C) M 3:00 Energizing Chair Yoga (R) K 4:00 Let's Get Ready To Fumble Football (RP) K 4:00 Cooking Circle (CK) SL 6:00 SWAT: Soccer With Attitude (R) (R) SH</p>	<p>9:30 Opposites Attract (R) M 24 10:00 Let's Begin & Get Trim Fitness (R) K 10:30 Movie Time (CI) K 11:15 What Would You Do? (R) K 1:15 High Notes Chorus (RP) K 2:15 Kickball Challenge (RP) K 2:30 Shabbat Service: Rabbi Crystal (AS) J 4:00 Super Spellrz (R) K 4:00 In The Pocket Men's Billiard Crew (BL) S 6:00 Rhyme Time (R) J</p>	<p>9:30 Wikipedia: The Game Of Everything (R) K 25 10:00 Exercise For Life (R) K 11:15 Too Fast Too Furious Ping Pong (R) K 1:15 Mind Joggers (R) K 2:15 Happy May Birthday Celebration: Lee Perry Gross Productions (R) K 3:15 Happy Birthday Cake Social (R) K 4:00 Hangman: Outdoor Activities (R) K 4:45 Flow Into Awareness Gentle Yoga (R) K 6:00 Center Ice Hockey Challenge (R) SL</p>
<p>9:30 Words That Start With? (R) SH 26 10:00 Mass at St. Anthony's Church G 10:00 Fit & Fabulous Fitness Workout (R) SH 11:15 Creative Writing: Sunrise & Sunset (RP) SH 1:15 One Hit Wonders Ping Pong (R) SH 1:15 Licks Of Love: Karlie & Olivia (C) SH 2:15 Musical Recital: Sophie and Ian (Ambrose Carr's Grandchildren) (BR) PA 2:15 Art Connection: Watercolors (R) SH 4:00 Wii Wheel Of Fortune (R) SH</p>	<p>MEMORIAL DAY / WEAR RED / WHITE & BLUE 27 9:30 Memorial Day Word Jumbles (R) SH 10:00 Move & Groove: It's More Than Just A Workout! (R) SH 11:15 American History Trivia (R) SH 12:00 Memorial Day BBQ Lunch (RDR) 1:15 Make A Word 'Remember & Honor Those Who Served In The Armed Forces' (R) SH 2:15 Art Connection: Red, White & Blue Patriotic Collaging (AS) PA 2:15 Reading Roundtable (R) SH 3:00 Chair Yoga: Rest & Restore (R) SH 3:15 Red, White & Blue Social (RP) SH 4:00 Reminiscing Fishbowl: Summer BBQ's & Favorite Picnic Foods (RP) SH</p>	<p>9:30 Rhyme Time (R) K 28 10:00 Wake Up & Workout (R) K 11:15 Interactive Travel Program: Google Earth (CI) SL 11:15 Short Stories (R) K 1:15 Last Licks: Carvel Outing \$\$ G 1:15 Lucky Strikes Bowling League (R) K 2:15 Bean Bag Target Toss (R) K 2:15 Stone Appeal Jewelry Circle (AS) PA 3:00 Embracing Meditation & Yoga: 15 Minutes To Relaxation (R) K 4:00 Reflections Garden Flower Planting (RP) K 4:00 This Or That Trivia (RP) S 6:00 Too Fast Too Furious Ping Pong (R) S</p>	<p>9:30 History.com: Marilyn Monroe (R) SH 29 10:00 Exercise with Noodles (R) SH 10:30 Experience Scenic Hudson RiverWalk Park (R) PA 11:15 Tar Grip Toss (R) SH 2:15 New Kicks On The Block Kickball (R) K 2:45 Fur Get Me Not Pet Therapy: Leslie & Stella (C) M 3:00 Mindful Meditation & Stretch (R) K 4:00 Laugh-Out-Loud Jokes (RP) K 6:00 Crossword Gang (R) K</p>	<p>9:30 Rhythm Sticks (R) K 30 10:00 Bristol Basic Bootcamp (R) K 11:15 Shadow Knows (CI) K 12:00 Ladies Circle—Women's Club: Private Dining Room (R) SH 1:15 Words That Start With SP...? (RP) K 2:15 Fantasy Football Toss Challenge (RP) K 2:00 Creative Arts: Suncatchers (AS) PA 3:00 Stretch & Unwind (R) K 4:00 Two Tips Trivia (R) K 4:00 Cooking Club (CK) SL 6:00 Crossword Circle (R) SH</p>	<p>9:30 History.com: Elvis Presley (R) K 31 10:00 Body & Mind Workout (R) K 10:30 Morning Movie (CI) K 11:00 Trivial Pursuit (R) K 11:15 Share The Moments: Family (R) K 1:15 Treblemakers Glee Club (R) K 2:15 Called To Serve Tennis League (RP) K 3:00 Paws To Help: Leo & Shirley (C) K 3:00 Guided Stretch & Meditation (RP) K 4:00 Wii Jeopardy Challenge (RLR) K 6:00 Words That Begin With? (R) J</p>	<p>Please join us on Wednesday May 10, 2019 — 6:30 PM Family & Caregivers Support Group R.S.V.P: Teresa Guerrero, R.N., Reflections Director 914.295.5267</p>