



2023 Life Enrichment In-house Events Calendar

LOCATION KEY: *1STFL (DR) Dining Room (LG) Large Game Room (SG) Small Game Room (SLG) Small & Large Game Room (LIB) Library (CH) Chapel (TR) Theatre Rm (LB) Lobby ***LOWER LEVEL:** (SL) Sports Lounge (AC) Activities Center (FC) Fitness Center /*(RT) Rooftop *(PL) Parking Lot

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"FOR LIFE ENRICHMENT VAN TRIPS, EVENTS & FOR INFORMATION CALL LIFE ENRICHMENT @ 347-532-3012" "FOR DINING, PLEASE CALL THE DINING ROOM @ 718-762-7186" SIGN UP SHEETS FOR VAN TRIPS, COMPUTER & SMART DEVICE ASSISTANCE ARE LOCATED IN THE BACK OF THE SMALL GAME ROOM						
10:00 Lutheran Service Mandarin (CH) 1:00 Prayer & Meditation (CH) 2:00 Protestant Services (CH) 3:00 Documentary: ELLA FITZGERALD (LG) 7:00 Movie Night: THE IMITATION GAME (LG) Starring: Benedict Cumberbatch	10:00 STAY FIT w/ Jason (LG) 2:30 Knitting Club (RT) 3:00 Joyful Singing (CH) 4:00 Bible Study (Mandarin)(CH) 7:00 GAME NIGHT - Rummikub, Scrabble, Mexican train (LG) HAPPY Labor Day	10:00 MORNING BRAIN TRIVIA (LG) 10:00 Garden Club (RT) 11:00 PILATES EXERCISE (LG) 2:00 Afternoon BINGO (LG) 3:00 ART & CRAFTS (AC) 7:00 GAME NIGHT - Rummikub Mahjong, Bridge & more games (LG)	10:00 FOX Rehab Exercise (LG) 1:30 Creative Writing (AC) 2:30 FOOD TASTING FROM AROUND THE WORLD (LG) 6:30 Opera Experience (SL) VAN TRIP TO RITE AID 20% SENIOR DISCOUNT 11AM	10:00 St. Michael's Cath Mass (Ch) 10:00 STAY FIT w/ Jason (LG) 1:00 VETERANS CLUB (LG) 1:30 NEWS & VIEWS (SL) 1:30 JEWISH SERVICE (CH) 2:00 Anxiety with Aging: Queens Long Island Community Services (SLG) 3:30 SPANISH CLUB (LG) 6:30 Evening MOVIE: COMING TO AMERICA (LG) Starring: Eddie Murphy, Arsenio Hall VAN TRIP DOLLAR TREE 10:45AM (PL)	10:00 FOX REHAB Exercise (LG) 10:00-12:00 Computer and Smart Device Assistance (SL) 1:30 BOOK CLUB (LG) 2:30 Happy Hour (DR) 6:30 The Duprees Live In Concert (LG)	10:00 Walking Exercise (RT) 10:45 Brain Teasers (LG) 11-1 LABOR DAY LUAU (DR) 1:30 Sign Language- For Beginners (LG) 2:30 BINGO (LG) 3:30 Saturday Series: "The Lincoln Lawyer" Season 1. Episode 4.
10:00 Lutheran Service Mandarin (CH) 1:00 Prayer & Meditation (CH) 2:00 Protestant Services (CH) 3:00 Documentary: The Diagnosis Ep.3 (LG) 7:00 Movie Night: It's Complicated (LG) Starring: Meryl Streep, Steve Martin, Alec Baldwin	10:00 STAY FIT w/ Jason (LG) 1:00 MEN'S CLUB (SL) 2:00 POKENO (LG) 2:30 Knitting Club (RT) 3:00 Joyful Singing (CH) 3:00 KARAOKE & Dance (LG) 4:00 Bible Study (Mandarin)(CH) 7:00 GAME NIGHT - Rummikub, Scrabble, Mexican train (LG)	10:00 VOLLEYBALL RESIDENTS VS STAFF (LG) 10:00 Garden Club (RT) 2:30 Afternoon BINGO (LG) 3:30 JEWELRY MAKING (AC) 7:00 GAME NIGHT - Rummikub Mahjong, Bridge & more games (LG)	10:00 FOX Rehab Exercise (LG) 11:00 FAMILY FUED (LG) 1:30 Creative Writing (AC) 2:30 ADDUS JEOPARDY (LG) 3:30 WINE, CHEESE AND KEYS (LG) 6:30 Opera Experience (SL)	10:00 St. Michael's Cath Mass (Ch) 10:00 STAY FIT w/ Jason (LG) 1:00 VETERANS CLUB (LG) 1:30 NEWS & VIEWS (SL) 1:30 JEWISH SERVICE (CH) 2:00 FLUSHING HOUSE VOICE (AC) 2:30 Holistic Living: Managing Diabetes Wholistically (SLG) 3:30 SPANISH CLUB (LG) 6:30 ROSH HASHANAH CELEBRATION in the LG VAN TRIP TO STOP AND SHOP 11:00AM (PL)	10:00 FOX REHAB Exercise (LG) 10:00-12:00 Computer and Smart Device Assistance (SL) 1:30 BOOK CLUB (LG) 2:30 Happy Hour w/ Live Entertainment (DR) 6:30 Old time Rock n' Roll Legends in Concert (LG) Rosh Hashanah	10:00 Walking Exercise (RT) 10:45 Brain Teasers (LG) 1:30 Sign Language- For Beginners (LG) 2:30 BINGO (LG) 3:30 Saturday Series: "The Lincoln Lawyer" Season 1. Episode 6. 6:30 COMEDY NIGHT (LG)
10:00 Lutheran Service Mandarin (CH) 1:00 Prayer & Meditation (CH) 2:00 Protestant Services (CH) 3:00 Documentary: WHAM (George Michael) (LG) 7:00 Movie: REPLICAS (LG) Starring: Keanu Reeves	10:00 STAY FIT w/ Jason (LG) 1:00 WOMEN'S CLUB (SL) 2:00 POKENO (LG) 2:30 Knitting Club (RT) 3:00 Joyful Singing (CH) 3:00 KARAOKE & Dance (LG) 4:00 Bible Study (Mandarin)(CH) 7:00 GAME NIGHT - Rummikub, Scrabble, Mexican train (LG) Fall Sale 11-3pm in the (SG)	10:00 MORNING BRAIN TRIVIA (LG) 10:00 Garden Club (RT) 11:00 TAI CHI w/ Elaine (RT) 2:00 Afternoon BINGO (LG) 3:00 JEWELRY DESIGN (AC) 7:00 GAME NIGHT - Rummikub Mahjong, Bridge & more games (LG) Fall Sale 11-3pm in the (SG)	10:00 FOX Rehab Exercise (LG) 11:00 INTRO TO CHESS (LG) 1:30 Creative Writing (AC) 2:30 JUDGE FOR YOURSELF: "COURT CASES" (LG) 3:30 JEOPARDY (LG) 6:30 Opera Experience (SL) VAN TRIP TO TRIANGLE PLAZA/ COLLEGE POINT CENTER 10:45AM (PL) Fall Sale 11-3pm in the (SG)	10:00 St. Michael's Cath Mass (Ch) 10:00 STAY FIT w/ Jason (LG) 1:00 VETERANS CLUB (LG) 1:30 NEWS & VIEWS (SL) 1:30 JEWISH SERVICE (CH) 2:30 Holistic Living: Zestful Living (SLG) 3:30 SPANISH CLUB (LG) 6:30 Evening MOVIE: The Monuments Men (LG) Starring: George Clooney, Matt Damon RESTAURANT TRIP TO CITY ISLAND 10:00AM (PL) Fall Sale 11-3pm in the (SG)	10:00 FOX REHAB Exercise (LG) 10:00-12:00 Computer and Smart Device Assistance (SL) 1:30 BOOK CLUB (LG) 2:30 Happy Hour (DR) 6:30 The Rat Pac Live And Swingin' On Stage 1965 Live In Concert (LG) - Fall Sale 11-3pm in the (SG)	FALL BEGINS 10:00 Dance Workout (LG) 10:45 Brain Teasers (LG) 1:30 Sign Language- For Beginners (LG) 2:30 BINGO (LG) 3:30 Saturday Series: "The Lincoln Lawyer" Season 1. Episode 6. 6:30 COMEDY NIGHT (LG)
10:00 Lutheran Service Mandarin (CH) 1:00 Prayer & Meditation (CH) 2:00 Protestant Services (CH) 3:00 Documentary: EMERGENCY NYC EP3 (LG) 7:00 Movie Night: TITANIC (LG) Starring: Leonardo DiCaprio, Kate Winslet	10:00 STAY FIT w/ Jason (LG) 1:30 POKENO (LG) 2:30 Knitting Club (RT) 2:30 FALL FESTIVAL IN THE LARGE GAME ROOM 3:30 KARAOKE & Dance (LG) 7:00 GAME NIGHT - Rummikub, Scrabble, Mexican train (LG)	10:00 MORNING BRAIN TRIVIA (LG) 10:00 Garden Club (RT) 11:00 TAI CHI w/ Elaine (RT) 2:00 Afternoon BINGO (LG) 3:00 SIP & PAINT (RT) 7:00 GAME NIGHT - Rummikub Mahjong, Bridge & more games (LG)	10:00 FOX Rehab Exercise (LG) 11:00 FAMILY FUED (LG) 1:30 Creative Writing (AC) 2:00 FIRESIDE CHAT w/ REV. DOUGLAS KURTZ (LG) 2:30 RESIDENT COUNCIL MEETING (LG) 3:00 Dining Room Meeting (LG) 3:30 Activities Meeting (LG) 6:30 Opera Experience (SL)	10:00 St. Michael's Cath Mass (Ch) 10:00 STAY FIT w/ Jason (LG) 1:00 VETERANS CLUB (LG) 1:30 NEWS & VIEWS (SL) 1:30 JEWISH SERVICE (CH) 2:00 FLUSHING HOUSE VOICE (AC) 2:30 Newcomers Club All Residents Welcomed (LG) 3:30 SPANISH CLUB (LG) 6:30 Evening MOVIE: THIE WHIZ (LG) Starring: Michael Jackson, Diana Ross VAN TRIP TO TRADER'S JOE 10:00AM (PL)	10:00 FOX REHAB Exercise (LG) 10:00-12:00 Computer and Smart Device Assistance (SL) 1:30 BOOK CLUB (LG) 2:30 Birthday Happy Hour W/ LIVE Entertainment (DR) 6:00 70's Soul Jam Live in Concert (LG)	10-11 Special Service for "Robert Garner" in the Dining Room 1:30 Sign Language-For Beginners (LG) 2:30 BINGO (LG) 3:30 Saturday Series: "The Lincoln Lawyer" Season 1. Episode 8. 6:30 COMEDY NIGHT (LG)

Welcome, September! May this new month and new season be full of promise!

FH CHANNEL KEY:

*FT TV SERVICES – CHANNEL 3

* SPECTRUM – CHANNEL 994



2023 Life Enrichment Digital Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TAKE A LOOK AT YOUR FLOOR BULLETIN BOARD BY THE ELEVATORS & LARGE GAMEROOM WHITE BOARD DAILY FOR UPCOMING EVENTS AND TRIPS					1 10:00 Zumba Exercise 11:00 Meditation 12:00 Hispanic Heritage Month 1:00 Jewish Services 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: In the Age of AI 6:00 Arts& Crafts 7:00 Trivia 8:00 Night Movie (4pm Replay) 9:00 MONTHLY MEETING PRE RECORDED	2 10:00 Dance Workout 11:00 Meditation 12:00 World Coconut Day 1:00 Crochet Lesson 2:00 Weekly News 3:00 Chair Exercise 4:00 Sports Highlights 6:00 NPR Tiny Desk 7:00 Cooking Spanish Style 8:00 Relaxing Music
3 10:00 Chair Exercise 11:00 Catholic Communion 12:00 National Cinema Day 2:00 Documentary 3:00 Protestant Services 4:00 Lutheran Services 6:00 Movie: Suddenly 8:00 Relaxing Music 9:00 MONTHLY MEETING PRE RECORDED	4 10:00 Chair Exercise 11:00 Meditation 12:00 Labor Day 2:00 TED Talk 3:00 Chair Exercise 4:00 Explore NYC 6:00 Animal Clips 7:00 Cooking with Ramsey 8:00 Relaxing Music	5 10:00 Chair Exercise 11:00 Meditation 12:00 National Cheese Pizza Day 1:00 Telephone Tuesday 2:00 TED Talk 3:00 Chair Exercise 4:00 Movie: The League of Denial 6:00 Trivia 7:00 Science Lesson 8:00 Night Movie (4pm Replay)	6 10:00 Chair Exercise 11:00 Meditation 12:00 National Read A Book Day 1:00 National Coffee Ice Cream 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Horse Racing 7:00 History Lesson 8:00 Relaxing Music	7 10:00 Zumba Exercise 11:00 Meditation 12:00 National Acorn Squash Day 1:00 National Beer Lover 2:00 Visiting the Museum 3:00 Chair Exercise 4:00 Global Food Tour 6:00 50s Music 7:00 Visiting the Zoo 8:00 Relaxing Music	8 10:00 Zumba Exercise 11:00 Meditation 12:00 Star Trek Day 1:00 Jewish Service 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: Amazon Empire: Jeff Bezos 6:00 Arts& Crafts 7:00 Trivia 8:00 Night Movie (4pm Replay) 9:00 MONTHLY MEETING PRE RECORDED	9 10:00 Dance Workout 11:00 Meditation 12:00 Wiener Schnitzel Day 1:00 Crotchet Lesson 2:00 Weekly News 3:00 Chair Exercise 4:00 Sports Highlights 6:00 NPR Tiny Desk 7:00 Cooking Guatemalan 8:00 Relaxing Music
10 10:00 Chair Exercise 11:00 Catholic Communion 12:00 National Grandparents Day 2:00 Documentary 3:00 Protestant Services 4:00 Lutheran Services 6:00 Movie: One Rainy Afternoon 8:00 Relaxing Music 9:00 MONTHLY MEETING PRE RECORDED	11 10:00 Chair Exercise 11:00 Meditation 12:00 Patriot Day 2:00 TED Talk 3:00 Chair Exercise 4:00 Explore NYC 6:00 Animal Clips 7:00 Cooking with Ramsey 8:00 Relaxing Music	12 10:00 Chair Exercise 11:00 Meditation 12:00 Day of Encouragement 1:00 National Video Game 2:00 TED Talk 3:00 Chair Exercise 4:00 Movie: The Fish on My Plate 6:00 Trivia 7:00 Science Lesson 8:00 Night Movie (4pm Replay)	13 10:00 Chair Exercise 11:00 Meditation 12:00 Celiac Diseases Awareness 1:00 Kids take over the Kitchen Day 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Horse Racing 7:00 History Lesson 8:00 Relaxing Music	14 10:00 Zumba Exercise 11:00 Meditation 12:00 National Sober Day 1:00 national Virgina Day 2:00 Visiting the Museum 3:00 Chair Exercise 4:00 Global Food Tour 6:00 60s Music 7:00 Visiting the Zoo 8:00 Relaxing Music	15 10:00 Zumba Exercise 11:00 Meditation 12:00 National Online Learning Day 1:00 Jewish Services 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: Choice 2022: Trump vs Biden 6:00 Arts & Crafts 7:00 Trivia 8:00 Night Movie (4pm Replay) 9:00 MONTHLY MEETING PRE RECORDED	16 10:00 Dance Workout 11:00 Meditation 12:00 National Guacamole Day 1:00 Crochet Lesson 2:00 Weekly News 3:00 Chair Exercise 4:00 Sports Highlights 6:00 NPR Tiny Desk 7:00 Cooking Peruvian 8:00 Relaxing Music
17 10:00 Chair Exercise 11:00 Catholic Communion 12:00 Constitution and Citizenship Day 2:00 Documentary 3:00 Protestant Services 4:00 Lutheran Services 6:00 Movie: Detour 8:00 Relaxing Music 9:00 MONTHLY MEETING PRE RECORDED	18 10:00 Chair Exercise 11:00 Meditation 12:00 World Bamboo Day 2:00 TED Talk 3:00 Chair Exercise 4:00 Sports Highlights 6:00 Explore NYC 7:00 Cooking with Ramsey 8:00 Relaxing Music	19 10:00 Chair Exercise 11:00 Meditation 12:00 Butterscotch Pudding Day 1:00 IT Professionals Day 2:00 TED Talk 3:00 Chair Exercise 4:00 Movie: The Mecca Mystery: Are Muslims praying in the wrong Direction 6:00 Trivia 7:00 Science Lesson 8:00 Night Movie (4pm Replay)	20 10:00 Chair Exercise 11:00 Meditation 12:00 National Fried Rice Day 1:00 String Cheese Day 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Horse Racing 7:00 History of China 8:00 Relaxing Music	21 10:00 Zumba Exercise 11:00 Meditation 12:00 National New York 1:00 National Chai Day 2:00 Visiting the Museum 3:00 Chair Exercise 4:00 Global Food Tour 6:00 70s Music 7:00 Visiting the Zoo 8:00 Relaxing Music	22 10:00 Zumba Exercise 11:00 Meditation 12:00 National Centenarian's Day 1:00 Jewish Services 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: The Prince of Saudi Arabia 6:00 arts & Crafts 7:00 Trivia 8:00 Night Movie (4pm Replay) 9:00 MONTHLY MEETING PRE RECORDED	23 10:00 Dance Workout 11:00 Meditation 12:00 Autumnal Equinox 1:00 Crochet lesson 2:00 Weekly News 3:00 Chair Exercise 4:00 Sports Highlights 6:00 NPR Tiny Desk 7:00 Cooking Puerto Rican 8:00 Relaxing Music
24 10:00 Chair Exercise 11:00 Catholic Communion 12:00 National Public Lands Day 2:00 Documentary 3:00 Protestant Services 4:00 Lutheran Services 6:00 Movie: The Man Who Knew 8:00 Relaxing Music 9:00 MONTHLY MEETING PRE RECORDED	25 10:00 Chair Exercise 11:00 Meditation 12:00 National Family Day 2:00 TED Talk 3:00 Chair Exercise 4:00 Explore NYC 6:00 Animal Clips 7:00 Cooking with Ramsey 8:00 Relaxing Music	26 10:00 Chair Exercise 11:00 Meditation 12:00 National Shamu the Whale 1:00 National Voter Registration 2:00 TED Talk 3:00 Chair Exercise 4:00 Movie: American Depression 6:00 Trivia 7:00 Science Lesson 8:00 Night Movie (4pm Replay)	27 10:00 Chair Exercise 11:00 Meditation 12:00 National Scarf Day 1:00 National Day of Forgiveness 2:00 TED Talk 3:00 Chair Exercise 4:00 Live Concert 6:00 Horse Racing 7:00 History Lesson 8:00 Relaxing Music	28 10:00 Zumba Exercise 11:00 Meditation 12:00 Good Neighbor Day 1:00 Women's Health and Fitness Day 2:00 Visiting the Museum 3:00 Chair Exercise 4:00 Global Food Tour 6:00 80s Music 7:00 Visiting the Zoo 8:00 Relaxing Music	29 10:00 Zumba Exercise 11:00 Meditation 12:00 Coffee Day 1:00 Jewish Services 2:00 Visiting a Country 3:00 Chair Exercise 4:00 Movie: Jan.6 Insurrection 6:00 Arts& Crafts 7:00 Trivia 8:00 Night Movie (4pm Replay) 9:00 MONTHLY MEETING PRE RECORDED	30 10:00 Dance Workout 11:00 Meditation 12:00 National Chewing Gum Day 1:00 Crochet Lesson 2:00 Weekly News 3:00 Chair Exercise 4:00 Sports Highlights 6:00 NPR Tiny Desk 7:00 Cooking Mexican 8:00 Relaxing Music

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