

DECEMBER 2021

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

ATRIA WEST 86

PROGRAMS + EVENTS

- HEALTH AND PHYSICAL FITNESS
- LIFELONG LEARNING AND INTELLECTUAL STIMULATION
- CREATIVE EXPRESSION AND THE ARTS
- SOCIAL CONNECTION AND ENTERTAINMENT
- CIVIC AND PROFESSIONAL INVOLVEMENT
- RELIGIOUS AND SPIRITUAL FELLOWSHIP

ROOM LOCATION KEY

- Media Room ... MR
- Lobby LOB
- Café C
- Piano Room PR
- Library LIB
- Art Room AR
- Penthouse PH
- In Room IR
- Dining Room ... DR
- In-Room IR

STAFF KEY

- Mercedes Agramonte MA
- Resident led RL
- Outside Leader OL
- Bruni Garcia BG
- Leslie Schatzer LS
- Simi Ragnauth SR
- Juan Mendoza JM
- Justin Joseph JJ
- Driver D
- Engage Life® Program Instructor ... ELP
- Ryann Bieber RB

<p>9:30 This Week in History (LIB) (MA)</p> <p>9:30 Local Shopping (LOB) (BG)</p> <p>10:00 Flexibility and Movement (MR) (MA)</p> <p>11:00 Atlantic City Poker (LIB) (MA)</p> <p>1:30 Strength Training (MR) (JM)</p> <p>2:30 Piano Music (MR) (OL)</p> <p>3:30 The Story of Hanukkah (MR) (JM)</p> <p>4:00 Happy Hour (C) (JM)</p> <p>7:30 Movie - (MR) (RL)</p>	5	<p>9:30 Headline News (C) (MA)</p> <p>10:00 Bliss Fit (MR) (OL)</p> <p>11:15 Acrylic Painters Workshop (AR) (LS)</p> <p>1:30 Upper Body Conditioning (MR) (JM)</p> <p>2:30 Mahjong Lesson (LIB) (LS)</p> <p>3:00 Mahjong Game (LIB) (LS)</p> <p>3:30 Technology Solutions (C) (JM)</p> <p>4:00 Happy Hour (C) (MA)</p> <p>7:30 Movie - Eight Crazy Nights (MR) (JM)</p>	6	<p>Media Room Closed 11 am - 1:30 pm</p> <p>10:00 Stretching and Strengthening (MR) (OL)</p> <p>10:00 Trip to New York Public Library (LOB) (D)</p> <p>11:15 Pearl Harbor Remembrance (LIB) (MA)</p> <p>12:00 Walmart Shopping Trip (LOB) (JM)</p> <p>1:30 Total Body Fitness (MR) (MA)</p> <p>2:00 Art History Lecture (MR) (OL)</p> <p>3:00 Ambassador Meeting (LIB) (MA)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (RL)</p>	7	<p>9:30 Coffee, News and Schmooze (C) (MA)</p> <p>10:00 Theradynamics Fitness (MR) (OL)</p> <p>11:00 Poetry Workshop (MR) (OL)</p> <p>12:30 Restaurant Trip - Rolf's (LOB) (D)</p> <p>1:30 Strength and Balance Program (MR) (SR)</p> <p>2:00 Art Presentation - Chagall (MR) (LS)</p> <p>4:00 Winter Wonderland Happy Hour (C) (MA)</p> <p>4:30 New York City Holiday Light Tour (LOB) (JM)</p> <p>7:30 Movie - (MR) (RB)</p>	8	<p>9:30 Scenic Drive Through Times Square (LOB) (SR)</p> <p>9:30 World News in Review (C) (MA)</p> <p>10:00 Yoga (MR) (OL)</p> <p>11:15 Knitting/Crocheting for a Cause (AR) (MA)</p> <p>12:30 Cooper Hewitt Museum (LOB) (D)</p> <p>1:30 Tai Chi (MR) (SR)</p> <p>2:00 One Day University (MR) (SR)</p> <p>2:00 Holiday Art Class (AR) (MA)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (SR)</p>	9	<p>9:30 Round Table News Discussion (C) (RB)</p> <p>10:00 Dynamic Warm Up (MR) (OL)</p> <p>11:00 The Noguchi Museum in Queens (LOB) (D)</p> <p>11:00 Writer's Workshop (LIB) (OL)</p> <p>1:30 Mindfulness and Meditation (MR) (SR)</p> <p>2:00 Politics and Current Events (MR) (OL)</p> <p>3:00 Shabbat Services (LIB) (OL)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (RL)</p>	10	<p>10:00 Yoga (MR) (JM)</p> <p>11:15 New York Times Crossword Puzzle (IR) (RB)</p> <p>12:00 Lunch at Industry Kitchen (LOB) (D)</p> <p>1:30 Lower Body Conditioning (MR) (JM)</p> <p>2:30 Pub Trivia (C) (JM)</p> <p>4:00 Happy Hour (C) (RB)</p> <p>7:30 Movie - (PH) (OL)</p>	11
<p>9:30 Local Shopping (LOB) (BG)</p> <p>10:00 Flexibility and Movement (MR) (MA)</p> <p>11:15 Knitting/Crocheting for a Cause (AR) (MA)</p> <p>1:30 Strength Training (MR) (JM)</p> <p>2:30 Piano Music (MR) (OL)</p> <p>3:30 You Be the Judge - Real Cold Cases (LIB) (MA)</p> <p>4:00 Happy Hour (C) (JM)</p> <p>7:30 Movie - (MR) (RL)</p>	12	<p>10:00 Blissfit (MR) (OL)</p> <p>11:15 Japanese Brush Painting (AR) (LS)</p> <p>1:30 Upper Body Conditioning (MR) (MA)</p> <p>2:00 Holiday Gift Wrap Showdown (MR) (MA)</p> <p>2:30 Mahjong Lesson (LIB) (LS)</p> <p>3:00 Mahjong Game (LIB) (LS)</p> <p>3:30 Technology Solutions (C) (JM)</p> <p>4:00 Happy Hour Art Show (C) (LS)</p> <p>7:30 Movie - (MR) (JM)</p>	13	<p>9:30 Coffee and Schmoozing (C)</p> <p>10:00 Stretch and Strengthening (MR) (OL)</p> <p>10:00 Trip to New York Public Library (LOB) (D)</p> <p>12:00 American Dream Shopping Mall (LOB) (D)</p> <p>1:30 Total Body Conditioning (MR) (MA)</p> <p>2:00 Engage Life® Planning Meeting (MR) (SR)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (SR)</p>	14	<p>Private Event in Media Room 5 pm - 8 pm</p> <p>9:30 Coffee, News and Schmooze (LIB) (MA)</p> <p>10:00 Theradynamics Fitness (MR) (OL)</p> <p>11:00 Poetry Workshop (LIB) (OL)</p> <p>1:00 Scenic Drive Around the City (LOB) (D)</p> <p>1:30 Strength and Balance Program (MR) (SR)</p> <p>2:00 Cuba: From Capitalism to Castro (MR) (LS)</p> <p>4:00 Candy Land Happy Hour (C) (SR)</p> <p>4:00 Dyker Heights Holiday Lights (LOB) (JM)</p> <p>7:30 Movie - (MR) (RL)</p>	15	<p>9:00 FDR Estate and Hyde Park (LOB) (SR)</p> <p>10:00 Yoga (MR) (OL)</p> <p>11:15 Knitting/Crocheting for a Cause (AR) (MA)</p> <p>1:30 Tai Chi (MR) (MA)</p> <p>1:30 Holiday Gift Wrapping (AR) (MA)</p> <p>2:00 Gingerbread House Making (C) (SR)</p> <p>3:00 Special Performance (MR) (JM)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (PH) (SR)</p>	16	<p>9:30 Round Table News Discussion (C) (RB)</p> <p>9:30 Scenic Drive to Columbia Univ. Quad (LOB) (D)</p> <p>10:00 Dynamic Warm Up (MR) (OL)</p> <p>11:00 Writer's Workshop with Ari (LIB) (OL)</p> <p>12:30 New York Historical Society</p> <p>1:30 Mindfulness and Meditation (MR) (SR)</p> <p>2:00 Politics and Current Events (MR) (OL)</p> <p>3:00 Shabbat Services (LIB) (OL)</p> <p>4:00 Happy Hour (C) (JM)</p> <p>7:30 Movie - (MR) (RL)</p>	17	<p>10:00 Yoga (MR) (OL)</p> <p>11:15 Jeopardy® (MR) (SR)</p> <p>12:00 Brunch at Mermaid Inn (LOB) (D)</p> <p>1:30 Lower Body Conditioning (MR) (JM)</p> <p>2:00 Pub Trivia (C) (JM)</p> <p>2:00 Rosh Hashanah: "Head of the Year" (IR) (ELP)</p> <p>3:00 Music Performance (MR) (JM)</p> <p>4:00 Happy Hour (C) (RB)</p> <p>7:30 Movie - (MR) (RL)</p>	18
<p>9:30 Local Shopping (LOB) (JJ)</p> <p>10:00 Flexibility and Movement (MR) (MA)</p> <p>11:00 Atlantic City Poker (LIB) (MA)</p> <p>11:15 Knitting/Crocheting for a Cause (AR) (MA)</p> <p>1:00 Zoom Holiday Performance (MR) (OL)</p> <p>1:30 Strength Training (LIB) (JM)</p> <p>2:30 Piano Performance (MR) (OL)</p> <p>3:30 Music History: Christmas Carols (C) (MA)</p> <p>4:00 Happy Hour (C) (JM)</p> <p>7:30 Movie - (MR) (RL)</p>	19	<p>10:00 Blissfit (MR) (OL)</p> <p>11:15 Acrylic Painters Workshop (AR) (LS)</p> <p>1:30 Upper Body Conditioning (MR) (MA)</p> <p>2:30 Mahjong Lesson (MR) (LS)</p> <p>3:00 Mahjong Game (LIB) (LS)</p> <p>3:30 Technology Solutions (LIB) (JM)</p> <p>4:00 Happy Hour (C) (JM)</p> <p>7:30 Movie - (MR) (JM)</p>	20	<p>10:00 Stretch and Strengthening (MR) (OL)</p> <p>10:00 Trip to New York Public Library (LOB) (D)</p> <p>11:15 Jewelry and Craft Workshop (AR) (MA)</p> <p>1:30 Total Body Conditioning (MR) (SR)</p> <p>2:00 Art History Lecture with Helene (MR) (OL)</p> <p>5:00 Pianist and Saxophonist Duo Performance (MR) (OL)</p> <p>5:00 Atria West 86 Holiday Celebration (LOB) (SR)</p> <p>5:00 Harp Music (LIB) (OL)</p> <p>7:30 Movie - (MR) (SR)</p>	21	<p>9:30 Coffee, News and Schmooze (LIB) (MA)</p> <p>10:00 Theradynamics Fitness (MR) (OL)</p> <p>10:30 International Center of Photography (LOB) (D)</p> <p>11:00 Poetry Workshop (LIB) (OL)</p> <p>1:30 Strength and Balance Program (MR) (MA)</p> <p>2:00 Snowflake Workshop (AR) (RB)</p> <p>3:00 Book Club (LIB) (OL)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (RB)</p>	22	<p>9:30 Scenic Drive Around the City (LOB) (D)</p> <p>9:30 World News in Review (MR) (MA)</p> <p>10:00 Yoga (MR) (MA)</p> <p>11:00 Documentary Series (MR) (SR)</p> <p>1:00 Museum Trip - Jewish Heritage Museum (LOB) (D)</p> <p>1:30 Tai Chi (MR) (MA)</p> <p>2:00 Resident Council (MR) (RL)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (SR)</p>	23	<p>9:30 World News in Review (LIB) (RB)</p> <p>10:00 Dynamic Warm Up (MR) (OL)</p> <p>11:00 Writer's Workshop with Ari (LIB) (OL)</p> <p>11:00 Holiday Window Displays of NYC (LOB) (D)</p> <p>1:30 Mindfulness and Meditation (MR) (SR)</p> <p>2:00 Convo and Cocktails with Sheridan (MR) (RB)</p> <p>3:00 Shabbat Services (LIB) (OL)</p> <p>4:00 Santa's Workshop Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (RL)</p>	24	<p>10:00 Yoga (MR) (OL)</p> <p>11:00 Holiday Carriage Ride (LOB) (D)</p> <p>11:15 Meaning and Tradition of Christmas (LIB) (SR)</p> <p>11:30 Christmas Meal (DR) (JM)</p> <p>1:30 Lower Body Conditioning (MR) (SR)</p> <p>2:30 Music History: Christmas Carols (LIB) (JM)</p> <p>4:00 Christmas Day Egg Nog Happy Hour (C) (RB)</p> <p>4:30 Christmas Meal (DR) (JM)</p> <p>7:30 Movie - (MR) (SR)</p>	25
<p>9:30 Local Shopping (LOB) (JJ)</p> <p>10:00 Flexibility and Movement (MR) (MA)</p> <p>11:15 Knitting/Crocheting for a Cause (AR) (MA)</p> <p>1:30 Strength Training (MR) (JM)</p> <p>2:30 Piano Music (MR) (OL)</p> <p>3:30 History of Boxing Day (C) (JM)</p> <p>4:00 Happy Hour (C) (JM)</p> <p>7:30 Movie - (MR) (RL)</p>	26	<p>10:00 Blissfit (MR) (OL)</p> <p>11:15 Acrylic Painters Workshop (AR) (LS)</p> <p>1:30 Upper Body Conditioning (MR) (JM)</p> <p>2:30 Yom Kippur: "The Day of Atonement" (MR) (ELP)</p> <p>2:30 Mahjong Lesson (LIB) (LS)</p> <p>3:00 Mahjong Game (LIB) (LS)</p> <p>3:30 Technology Solutions (LIB) (JM)</p> <p>4:00 Happy Hour (C) (JM)</p> <p>7:30 Movie - (MR) (MA)</p>	27	<p>10:00 Rockette's Christmas Spectacular (LOB) (D)</p> <p>10:00 Stretch & Strengthening (MR) (OL)</p> <p>1:30 Total Body Conditioning (MR) (MA)</p> <p>2:30 Live Musical Performance (MR) (OL)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (SR)</p>	28	<p>9:30 Coffee, News and Schmooze (LIB) (MA)</p> <p>10:00 Theradynamics Fitness (MR) (OL)</p> <p>11:00 Poetry Workshop with Ari (LIB) (OL)</p> <p>11:00 Tour of Harlem and Lunch Outing (LOB) (D)</p> <p>11:15 Polymer Clay Workshop (AR) (MA)</p> <p>1:30 Total Body Condition - Beginner (MR) (MA)</p> <p>3:00 Book Club (LIB) (OL)</p> <p>4:00 Bubbly and Bow Ties Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (RB)</p>	29	<p>9:30 Scenic Drive to Palisades (LOB) (D)</p> <p>9:30 World News in Review (MR) (MA)</p> <p>10:00 Yoga (MR) (MA)</p> <p>11:15 Knitting/Crocheting for a Cause (AR) (MA)</p> <p>11:30 Museum Trip - Frick Museum (LOB) (D)</p> <p>1:30 Tai Chi (MR) (SR)</p> <p>3:00 New Year's Celebrations Around the World (MR) (LS)</p> <p>4:00 Happy Hour (C) (SR)</p> <p>7:30 Movie - (MR) (RL)</p>	30	<p>9:30 World News in Review (LIB) (RB)</p> <p>10:00 Culinary Institute Three-Course Meal (LOB) (D)</p> <p>10:00 Dynamic Warm Up (MR) (OL)</p> <p>11:00 Writer's Workshop (LIB) (OL)</p> <p>1:30 Mindfulness and Meditation (MR) (SR)</p> <p>2:00 The Best of 2021 (LIB) (SR)</p> <p>3:00 Shabbat Services with Andrew (MR) (OL)</p> <p>4:00 New Year's Eve Happy Hour (C) (SR)</p> <p>7:00 New Year's Eve Celebration (MR) (OL)</p> <p>8:00 Movie - (MR) (RL)</p>	31		

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