



January 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Monthly Series  Coffee & Conversation Coffee and Conversation with New York State Senator Shelley Mayer	1 NEW YEAR'S DAY 10:15 Catholic Mass (Father Ferdinand)-L 10:15 Sentimental Sing Along (JF)-LR 11:00 Exercise (Gloria, Certified Exercise Instructor, American Fitness Association)-SR 11:15 Travel Talk (JF)-C 2:15 Discussion Group: The Year Ahead (JF)-C 2:15 BINGO (JF)-SR 3:30 Women's Club (JF)-CR 3:30 Famous Actors of the 1950s Series (JF)-C 3:30 TED Talks (JF)-C 7:15 Movie (Concierge)-C	2 RESIDENT ACTIVITY MEETING 10:15 Current Events (JF)-C 10:15 Music Appreciation (DK)-RR 11:15 Tai Chi (Arnold, Certified Tai Chi Instructor)-SR 11:15 New York Times Spelling Bee (JF)-C 2:15 Bridge (George, Willow Towers Resident)-RR 2:30 Resident Activity Meeting (DK)-SR 2:30-4:30 Massage Therapy (Verna, Licensed Massage Therapist, Tender Touch for All)-AR 3:30 Men's Club (JF)-PDR 3:30 Book Club (DK)-CR 7:15 Movie (Concierge)-LR	3 TRIP 10:15 Trivia: Classic Movies (DK)-LR 10:30 Gourmet Cooking Class (Chef David & JF)-C 11:15 Health and Wellness (Gloria, Willow Towers Resident & DK)-L 11:15 Musical Morning (SH)-SR 2:15 Current Events (Maggie)-CR 2:15 National Public Radio Selected Short Stories (DK)-RR 3:30 TRIP: CVS (JF)-FD 3:30 Holy Communion (Carol, Eucharistic Minister)-PDR 3:45 Holy Rosary (DK)-L 4:00 Fitness for Life (Jerome, Certified Personal Trainer)-L 7:15 Movie (Concierge)-LR	4 10:15 Coffee and Conversation (JF)-C 10:15 Science Series (JF)-CR 11:00 Fitness for Life (Jerome)-SR 11:15 Reminiscing Group (JF)-C 2:00 Matinee Movie (JF)-CR 2:15 Poker (Anita, Willow Towers Resident)-L 2:15 Current Events (JF)-C 3:15 Current Events (JF)-C 3:45 Shabbat Service (Cantor Alcott)-SR 3:45 Stations of the Cross (JF)-PDR 4:00 New York Times Crossword Puzzle (JF)-C 7:15 Movie (Concierge)-LR	5 10:00 Music Together (Jean, Music Facilitator, Sounds Good Westchester)-CR 10:15 Coffee and Conversation (JF)-C 11:15 A Mixed Bag of Trivia (JF)-C 11:15 Science Series (JF)-CR 2:15 New York Times Crossword Puzzle (JF)-C 2:15 Music Appreciation (JF)-RR 3:30 Great Courses (JF)-C 3:30 Happy Hour (JF)-SR 3:45 BINGO (JF)-SR 7:15 Movie (Concierge)-C
6 CONCERT 10:15 Catholic Mass (Televised)-CR 10:15 BIG Word Game (DK)-L 11:00 Tai Chi (Arnold)-SR 11:15 iPad Academy (DK)-Library 2:15 Poker (Louise, Willow Towers Resident)-L 2:15 Ice Cream Social (DK)-C 2:15 Fitness for Life (Victoria, Certified Personal Trainer)-SR 3:30 Concert: The Binghamton Vibrations (DK)-SR A Capella Group. Old time favorite songs. 4:30 TED Talks (DK)-C 7:15 Movie (Concierge)-LR	7 10:15 Coffee and Conversation (DK)-C 10:15 History Series (DK)-CR 11:00 Tai Chi (Arnold)-SR 11:15 Creative Arts: Vase Designs (DK)-C 2:15 Poker (Anita)-L 2:15 iPad Academy (DK)-Library 2:15 Current Events (Maggie, Publisher the Pelham Plus)-C 3:15 Riddles and Laughter (DK)-C 3:15 Famous Artists Series (DK)-CR 4:00 Fitness for Life (Jerome)-SR 7:15 Movie (Concierge)-LR	8 WILLOW TOWERS UNIVERSITY 10:15 Catholic Mass (Father Ferdinand)-L 10:15 Sing Along (SH)-LR 11:00 Exercise (Gloria)-SR 11:15 Travel Talk (DK)-C 2:15 Willow Towers University. Word War II (Patrick Hardiman, Assistant Professor, Iona College)-SR 3:30 Women's Club (JF)-CR 3:30 The Science Times (DK)-C 4:00 TED Talks (DK)-C 7:15 Movie (Concierge)-LR	9 10:15 Current Events (JF)-C 10:15 All Around Fitness (DK)-SR 11:15 Tai Chi (Arnold)-SR 11:15 New York Times Spelling Bee (JF)-C 2:15 Bridge (George, Willow Towers Resident)-L 2:15 Afternoon Stretch and Meditation (DK)-L 3:30 Book Club (DK)-CR 3:30 Men's Club (JF)-PDR 7:15 Movie (Concierge)-LR	10 10:15 Trivia: Famous Authors (DK)-LR 10:30 Gourmet Cooking Class (JF)-C 11:15 Breathing and Meditation (Gloria & DK)-L 11:15 Musical Morning (SH)-SR 2:15 Current Events (Maggie)-CR 2:15 National Public Radio Selected Short Stories (DK)-RR 3:30 TRIP: CVS (JF)-FD 3:30 Holy Communion (Carol)-L 3:45 Holy Rosary (DK)-L 4:00 Fitness for Life (Jerome)-L 7:15 Movie (Concierge)-LR	11 10:15 Coffee and Conversation (JF)-C 10:15 Science Series (JF)-CR 11:00 Fitness for Life (Jerome)-SR 11:15 Reminiscing Group (JF)-C 2:15 Drumming (David, Certified Group Drumming Facilitator) -SR 2:15 Poker (Anita)-L 3:15 Current Events (JF)-C 3:45 Shabbat Service (Cantor Alcott)-SR 3:45 Stations of the Cross (JF)-PDR 4:00 New York Times Crossword Puzzle (JF)-C 7:15 Movie (Concierge)-LR	12 10:00 Music Together (Jean)-CR 10:15 Coffee and Conversation (JF)-C 11:15 A Mixed Bag of Trivia (JF)-C 11:15 Science Series (JF)-CR 2:15 New York Times Crossword Puzzle (JF)-C 2:15 Music Appreciation (JF)-RR 3:30 Great Courses (JF)-CR 3:30 Happy Hour (JF)-SR 3:45 BINGO (JF)-SR 7:15 Movie (Concierge)-C
13 CONCERT 10:15 Catholic Mass (Televised)-CR 10:15 BIG Word Game (DK)-C 11:00 Tai Chi (Arnold)-L 11:15 iPad Academy (DK)-Library 2:15 Ice Cream Social (DK)-C 2:15 Fitness for Life (Victoria)-SR 3:30 Concert: Gary Novikoff (DK)-SR Vocals, Guitar. Old Time Favorites and Popular Songs. 4:30 TED Talks (DK)-C 7:15 Movie (Concierge)-LR	14 10:15 Belly Dancing (Shayna)-SR 10:15 Coffee and Conversation (DK)-C 11:00 Tai Chi (Arnold)-SR 11:15 Travel Trivia (DK)-CA 2:15 Poker (Anita)-L 2:15 iPad Academy (DK)-Library 2:15 Current Events (Maggie)-C 3:15 Riddles and Laughter (DK)-C 3:15 Famous Artists Series (DK)-CR 4:00 Fitness for Life (Jerome)-SR 7:15 Movie (Concierge)-LR	15 10:15 Catholic Mass (Father Ferdinand)-L 10:15 Sing Along (SH)-C 11:00 Exercise (Gloria)-SR 11:15 Travel Talk (SH)-SR 2:15 Riddles and Laughter (JF)-C 2:15 Yiddish (Rena)-CR 3:30 Women's Club (JF)-L 3:30 Discussion Group: Adventures in Travel (DK)-C 4:00 TED Talks (DK)-CR 7:15 Movie (Concierge)-LR	16 10:15 Current Events (JF)-C 10:15 All Around Fitness (DK)-SR 11:00 Tai Chi (Arnold)-SR 11:15 New York Times Spelling Bee (JF)-C 2:15 Bridge (George)-L 2:15 Afternoon Stretch and Meditation (DK)-L 2:30-4:30 Massage Therapy (Verna)-AR 3:30 TRIP: CVS (JF)-FD 3:30 Book Club (DK)-L 3:30 Men's Club (JF)-PDR 7:15 Movie (Concierge)-LR	17 TRIP 10:15 Trivia: United States Presidents (DK)-C 10:15 Music Appreciation (DK)-RR 11:15 Health and Wellness (Gloria & DK)-L 11:15 New York Times Crossword Puzzle (JF)-C 2:15 Drumming (David)-SR 3:30 Current Events (Maggie)-CR 3:30 TRIP: CVS (JF)-FD 3:30 Holy Communion (Carol)-L 3:45 Holy Rosary (DK)-L 4:00 Fitness for Life (Jerome)-L 7:15 Movie (Concierge)-LR	18 10:15 Coffee and Conversation (JF)-C 10:15 Science Series (JF)-CR 11:00 Fitness for Life (Jerome)-SR 11:15 Reminiscing Group (JF)-C 2:00 Matinee Movie (JF)-CR 2:15 Poker (Anita)-L 2:15 Coffee and Conversation with New York State Senator Shelley Mayer (JF)-CR 3:15 Riddles and Laughter (JF)-C 3:45 Shabbat Service (Cantor Alcott)-SR 3:45 Stations of the Cross (JF)-PDR 4:00 New York Times Crossword Puzzle (JF)-C 7:15 Movie (Concierge)-LR	19 10:00 Music Together (Jean)-CR 10:15 Coffee and Conversation (JF)-C 11:15 A Mixed Bag of Trivia (JF)-C 11:15 Science Series (JF)-CR 2:15 New York Times Crossword Puzzle (JF)-C 2:15 Music Appreciation (JF)-RR 3:30 Great Courses (DK)-CR 3:30 Happy Hour (JF)-SR 3:45 BINGO (JF)-SR 7:15 Movie (Concierge)-C
20 CONCERT 10:15 Catholic Mass (Televised)-CR 10:15 Coffee and Conversation (DK)-C 11:00 Tai Chi (Arnold) - SR 11:15 iPad Academy (DK)-L 2:15 Ice Cream Social (DK)-C 2:15 Fitness for Life (Victoria)-SR 2:45 Trivial Pursuit (DK)-C 3:30 Concert: A concert of classical music. Carmen Forte, Cello, Rafa Forte, Tenor, Regina Possavino, Soprano and Marianna Khazanova-Salzman, Piano. (DK)-SR 4:30 TED Talks (DK)-C 7:15 Movie (Concierge)-LR	21 MARTIN LUTHER KING JR. BIRTHDAY 10:15 Coffee and Conversation (DK)-C 10:15 History Series (DK)-CR 11:00 Tai Chi (Arnold)-SR 11:15 Discussion Group: Martin Luther King Jr. (DK)-CR 2:15 Poker (Anita)-L 2:15 iPad Academy (DK)-Library 2:15 Current Events (Maggie)-C 3:15 Riddles and Laughter (DK)-C 3:15 Documentary: Martin Luther King Jr. (DK)-C 4:00 Fitness for Life (Jerome)-SR 7:15 Movie (Concierge)-LR	22 10:15 Catholic Mass (Father Ferdinand)-L 10:15 Sing Along (SH)-LR 11:00 Exercise (Gloria)-SR 11:15 Travel Talk (DK)-C 2:15 Riddles and Laughter (DK)-C 2:15 BINGO (JF)-SR 3:30 Women's Club (JF)-CR 3:30 The Science Times (DK)-C 4:00 TED Talks (DK)-CR 7:15 Movie (Concierge)-LR	23 10:15 Coffee and Conversation (DK)-C 11:15 Tai Chi (Arnold)-SR 11:15 New York Times Spelling Bee (JF)-LR 2:15 Bridge (George)-L 2:15 Afternoon Stretch Exercises (DK)-CR 2:15 This Day in History (JF)-C 3:30 Book Club (DK)-CR 3:30 Men's Club (JF)-PDR 7:15 Movie (Concierge)-LR	24 TRIP 10:15 Gourmet Cooking Class (JF)-C 10:15 Great Courses (JF)-L 11:15 Musical Morning (SH)-LR 11:15 Health and Wellness (Gloria & DK)-L 2:15 Music Appreciation (JF)-RR 2:15 New York Times Crossword Puzzle (JF)-C 3:30 TRIP: CVS (JF)-FD 3:30 Holy Communion (Carol)-L 3:45 Holy Rosary (JF)-L 4:00 Fitness for Life (Jerome)-SR 7:15 Movie (Concierge)-LR	25 10:15 Coffee and Conversation (JF)-C 10:15 Science Series (JF)-CR 11:00 Fitness for Life (Jerome)-SR 11:15 Reminiscing Group (JF)-C 2:15 Current Events (JF)-C 2:15 Poker (Anita)-L 3:15 Current Events (JF)-C 3:45 Shabbat Service (Cantor Alcott)-SR 3:45 Stations of the Cross (JF) - PDR 4:00 New York Times Crossword Puzzle (JF)-C 7:15 Movie (Concierge)-LR	26 10:00 Music Together (Jean)-CR 10:15 Coffee and Conversation (JF)-C 11:15 A Mixed Bag of Trivia (JF)-C 11:15 Science Series (JF)-CR 2:15 New York Times Crossword Puzzle (JF)-C 2:15 Music Appreciation (JF)-RR 3:30 Great Courses (DK)-CR 3:30 Happy Hour (JF)-SR 3:45 BINGO (JF)-SR 7:15 Movie (Concierge)-C
27 CONCERT 10:15 Catholic Mass (Televised)-CR 10:15 BIG Word Game (DK)-L 11:00 Tai Chi (Arnold)-L 11:15 iPad Academy (DK)-Library 2:15 Ice Cream Social (DK)-C 2:15 Fitness for Life (Victoria)-SR 3:30 Concert: Gary Preston (DK)-SR Vocals and Guitar. Popular music. 4:30 TED Talks (DK)-C 7:15 Movie (Concierge)-LR	28 10:15 Coffee and Conversation (DK)-C 10:15 History Series (DK)-CR 11:00 Tai Chi (Arnold)-SR 11:15 Travel Series (DK)-C 2:15 Poker (Anita)-L 2:15 iPad Academy (DK)-Library 2:15 Current Events (Maggie)-C 3:15 Riddles and Laughter (DK)-C 3:15 Famous Artists Series (DK)-C 4:00 Fitness for Life (Jerome)-SR 7:15 Movie (Concierge)-LR	29 10:15 Catholic Mass (Father Ferdinand)-L 10:15 Sing Along (SH)-LR 11:00 Exercise (Gloria)-SR 11:15 Travel Talk (DK)-C 2:15 Riddles and Laughter (JF)-C 2:15 Yiddish (Rena)-CR 3:30 Women's Club (JF)-CR 3:30 Discussion Group: Health and Wellness (DK)-C 4:00 TED Talks (DK)-CR 7:15 Movie (Concierge)-LR	30 RESIDENT COUNCIL MEETING 10:15 Current Events (JF)-C 10:15 Music Appreciation (DK)-RR 11:15 Tai Chi (Arnold)-L 11:15 New York Times Spelling Bee (DK)-C 2:30 Resident Council Meeting (Gloria, Anita and Bert)-SR 2:30-4:30 Massage Therapy (Verna)-AR 2:15 Bridge (George)-RR 3:30 Book Club (DK)-CR 3:30 Men's Club (JF)-PDR 7:15 Movie (Concierge)-LR	31 10:15 Trivia: Broadway Showtunes (DK)-LR 10:30 Gourmet Cooking Class (Chef David & JF)-C 11:15 Health and Wellness (Gloria & DK)-L 11:15 Musical Morning (SH)-SR 2:15 Current Events (Maggie)-CR 2:15 National Public Radio Selected Short Stories (DK)-RR 3:30 TRIP: CVS (JF)-FD 3:30 Holy Communion (Carol)-L 3:45 Holy Rosary (DK)-L 4:00 Fitness for Life (Jerome)-L 7:15 Movie (Concierge)-LR	<p style="text-align: center;">Room Abbreviation Key:</p> <p>AR 2nd Floor Art Room C Café CA Card Alley CR Cypress Room CTYD Courtyard</p> <p>FD Front Desk L 2nd Floor Lounge LR Living Room PDR 2nd Floor Private Dining Room RR 1st Floor Recreation Room SR Sycamore Room</p> <p>Staff: DK Deborah King JF Joanne Ferrara SH Sarah Hood Activities are Subject to Change For questions contact Deborah King, Director of Activities x119</p>	<p style="text-align: center;">Willow Towers Salon Open every Wednesday & Friday 9:00 am – 3:00 pm</p>  <p style="text-align: center;">Barber Shop Open every Wednesday 9:00 am – 3:00 pm</p>