

MAY 2025 ON ROSLYN HARBOR - ENGAGE LIFE



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

PROGRAMS + EVENTS

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

ROOM LOCATION KEY

- Multipurpose Room --- MR
- Card Room --- CR
- Art Studio --- AS
- Queen Mary Room --- QMR
- Theater --- THR
- Library --- LIB
- Captain's Quarters --- CQ
- Outing Bus --- OUT
- Front Lobby --- FL
- Dining Room --- DR

STAFF KEY

- Engage Life Program Instructor --- ELP
- Outside Instructor --- OI
- Entertainer --- ENT
- Concierge --- CON
- Student Volunteer --- SV
- Rabbi --- RI
- Certified Fitness Instructor --- CF
- Driver --- DRV
- Resident --- RES
- Volunteer --- VOL

4 8:45 St. Mary's RC Church (DRV/OUT) 10:00 Strength Training Exercises (OI/MR) 10:45 Better Together (SV/QMR) 12:30 Knit & Crochet (ELP/AS) 1:30 Bingo (ELP/MR) 3:00 Wheel of Fortune (ELP/MR) 4:00 Static vs Dynamic Stretching (ELP/7:30 Evening Movie (CON/THR)	5 10:00 Tai Chi: Balance and Posture (CFI/11:00 Global Politics Discussion (OI/MR) 1:30 Trip (DRV/FL) 1:30 Loteria Bingo (ELP/MR) 2:00 Book Club (OI/QMR) 2:30 Word Power (ELP/MR) 4:00 Posture, Stretch & Balance (RES/MR7:30 Evening Movie (CON/THR)	6 10:00 Silver Sneakers Exercise (CFI/MR) 11:00 Film Analysis w/ Prof. Val (OI/MR) 12:30 Knit & Crochet (ELP/AS) 1:30 Spring Craft Studio (OI/AS) 2:00 Wheel of Fortune (ELP/MR) 3:00 Live Entertainment (ENT/QMR) 4:00 Crosswords (ELP/CR) 6:00 Virtual Bowling (ELP/MR)	7 10:00 St. Francis BP Screening (VOL/QMR) 10:00 Static vs Dynamic Stretching (ELP/11:00 Bible Study (PRI/CR) 11:00 Ambassador Meeting (ELD/THR) 1:30 Bingo (ELP/MR) 2:45 Jeopardy (ELP/MR) 4:00 Total Body Conditioning (ELP/MR) 7:30 Evening Movie (CON/THR)	8 10:00 Posture, Stretch & Balance (ELP/MR11:00 PositivTea (ELP/CR) 1:30 Wearable Art - Studio Time (OI/AS) 1:30 Midday Matinee (ELP/THR) 2:00 May Pub Trivia (ELP/CQ) 3:00 Live Entertainment (ENT/QMR) 4:00 Hand Grip Exercises (ELP/MR) 7:30 Evening Movie (CON/THR)	9 10:00 Silver Sneakers Exercise (ELP/MR) 11:00 PositivTea (ELP/CR) 1:30 Wearable Art - Studio Time (OI/AS) 2:00 Great Courses (ELP/MR) 3:45 Shabbat Candle Lighting (RI/QMR) 4:00 Upper Body Conditioning (ELP/MR) 7:30 Evening Movie (CON/THR)	10 10:00 Yoga Flow (CFI/MR) 10:00 Trip (DRV/FL) 1:15 Bridge Refresher (OI/CR) 1:30 Cinema Classic (ELP/THR) 1:30 Art for Relaxation: Spring (OI/AS) 4:00 Cardio Dance (CFI/MR) 7:00 Live Entertainment (ENT/QMR) 7:30 Cinema Classic (CON/THR)
11 9:45 Trinity Episcopal Church (DRV/OUT) 10:00 Strength Training Exercises (OI/MR) 11:30 Bouquet Station (ELP/QMR) 12:30 Knit & Crochet (ELP/AS) 1:00 Mother's Day Lunch (DCS/DR) 3:00 Wheel of Fortune (ELP/MR) 4:00 Static vs Dynamic Stretching (ELP/7:30 Evening Movie (CON/THR)	12 10:00 Tai Chi: Balance and Posture (CFI/11:00 PositivTea (ELP/CR) 11:00 Global Politics Discussion (OI/MR) 1:30 Trip (DRV/FL) 1:30 Bingo (ELP/MR) 2:30 Word Power (ELP/MR) 4:00 Posture, Stretch & Balance (RES/MR7:30 Evening Movie (CON/THR)	13 10:00 Silver Sneakers Exercise (CFI/MR) 11:00 Art Lecture w/ Prof. Val (OI/MR) 12:30 Knit & Crochet (ELP/AS) 2:00 Wheel of Fortune (ELP/MR) 3:00 Live Entertainment (ENT/QMR) 4:00 Crosswords (ELP/CR) 6:00 Virtual Bowling (ELP/MR) 7:30 Evening Movie (CON/THR)	14 10:00 Static vs Dynamic Stretching (ELP/11:00 Bible Study (PRI/CR) 1:30 Bingo (ELP/MR) 2:00 Customer Survey Drop In (ELP/CQ) 2:45 Jeopardy (ELP/MR) 4:00 Total Body Conditioning (ELP/MR) 7:00 Blackjack (ELP/CR) 7:30 Evening Movie (CON/THR)	15 10:00 Posture, Stretch & Balance (ELP/MR11:00 PositivTea (ELP/CR) 1:30 Wearable Art - Studio Time (OI/AS) 1:30 Midday Matinee (ELP/THR) 2:00 NY Times Crossword (ELP/MR) 3:00 Live Entertainment (ENT/QMR) 4:00 Hand Grip Exercises (ELP/MR) 7:30 Evening Movie (CON/THR)	16 10:00 Silver Sneakers Exercise (ELP/MR) 1:30 Wearable Art - Studio Time (OI/AS) 2:00 Great Courses (ELP/MR) 2:00 Customer Survey Drop In (ELP/CQ) 3:45 Shabbat Candle Lighting (RI/QMR) 4:00 Upper Body Conditioning (ELP/MR) 7:30 Evening Movie (CON/THR)	17 10:00 Yoga Flow (CFI/MR) 10:00 Trip (DRV/FL) 11:00 G.C. USA Military History 1:15 Bridge Refresher (OI/CR) 1:30 Cinema Classic (ELP/THR) 1:30 Acrylic Art Class (OI/AS) 4:00 Cardio Dance (CFI/MR) 7:00 Live Entertainment (ENT/QMR)
18 8:45 St. Mary's RC Church (DRV/OUT) 10:00 Strength Training Exercises (OI/MR) 11:00 Spotlight w/ Prof. Val (OI/MR) 12:30 Knit & Crochet (ELP/AS) 1:30 Bingo (ELP/MR) 3:00 Wheel of Fortune (ELP/MR) 4:00 Static vs Dynamic Stretching (ELP/7:30 Evening Movie (CON/THR)	19 9:30 Hearing Life w/ Nancy (OI/QMR) 10:00 Tai Chi: Balance and Posture (CFI/11:00 Opera Talks w/ Tanisha (OI/MR) 1:30 Trip (DRV/FL) 1:30 Bingo (ELP/MR) 2:30 Word Power (ELP/MR) 4:00 Posture, Stretch & Balance (RES/MR7:30 Evening Movie (CON/THR)	20 9:00 L.I. Optometry (VOL/QMR) 10:00 Silver Sneakers Exercise (CFI/MR) 11:00 Lecture w/ Jaime (OI/MR) 12:30 Knit & Crochet (ELP/AS) 1:30 Spring Craft Studio (OI/AS) 3:00 Live Entertainment (ENT/QMR) 4:00 Crosswords (ELP/CR) 6:00 Virtual Bowling (ELP/MR)	21 10:00 Static vs Dynamic Stretching (ELP/11:00 Bible Study (PRI/CR) 11:00 Lecture w/ Lance (OI/MR) 1:30 Bingo (ELP/MR) 2:45 Jeopardy (ELP/MR) 4:00 Total Body Conditioning (ELP/MR) 7:00 Blackjack (ELP/CR) 7:30 Evening Movie (CON/THR)	22 10:00 Posture, Stretch & Balance (ELP/MR11:00 PositivTea (ELP/CR) 1:30 Midday Matinee (ELP/THR) 1:30 Wearable Art - Studio Time 2:00 Majesty of Asia 3:00 Live Entertainment (ENT/QMR) 4:00 Hand Grip Exercises (ELP/MR) 7:30 Evening Movie (CON/THR)	23 10:00 Silver Sneakers Exercise (ELP/MR) 11:00 PositivTea (ELP/CR) 1:30 Wearable Art - Studio Time 2:00 Great Courses (ELP/MR) 3:45 Shabbat Candle Lighting (RI/QMR) 4:00 Upper Body Conditioning (ELP/MR) 7:30 Evening Movie (CON/THR)	24 10:00 Yoga Flow (CFI/MR) 10:00 Trip (DRV/FL) 1:00 Brain Exercise: Memorial Day (RES/1:15 Bridge Refresher (OI/CR) 1:30 Cinema Classic (ELP/THR) 1:30 Acrylic Art Class (OI/AS) 4:00 Cardio Dance (CFI/MR) 7:30 Music Under the Stars (ENT/VER)
25 9:45 Trinity Episcopal Church (DRV/OUT) 10:00 Strength Training Exercises (OI/MR) 11:00 G.C. The Vietnam War (ELP/THR) 12:30 Knit & Crochet (ELP/AS) 1:00 Sunflower Planting (ELP/VER) 1:30 Bingo (ELP/MR) 4:30 Static vs Dynamic Stretching (ELP/7:30 Evening Movie (CON/THR)	26 10:00 Tai Chi: Balance and Posture (CFI/11:00 Midday Matinee (ELP/THR) 11:00 PositivTea (ELP/CR) 1:00 Memorial Day BBQ (DCS/VER) 3:00 Memorial Moment of Silence 4:00 Live Entertainment (ENT/QMR) 4:30 Walking Club (RES/AP) 7:30 Evening Movie (CON/THR)	27 10:00 Silver Sneakers Exercise (CFI/MR) 11:00 Resident Council Meeting (ELD/QMR) 12:30 Knit & Crochet (ELP/AS) 2:00 Wheel of Fortune (ELP/MR) 3:00 Live Entertainment (ENT/QMR) 4:00 Crosswords (ELP/CR) 6:00 Virtual Bowling (ELP/MR) 7:30 Evening Movie (CON/THR)	28 10:00 Static vs Dynamic Stretching (ELP/11:00 Bible Study (PRI/CR) 1:30 Bingo (ELP/MR) 2:00 New Resident Welcome Social (ELP/M2:45 Jeopardy (ELP/MR) 4:00 Total Body Conditioning (ELP/MR) 7:00 Blackjack (ELP/CR) 7:30 Evening Movie (CON/THR)	29 10:00 Posture, Stretch & Balance (ELP/MR11:00 PositivTea (ELP/CR) 1:30 Midday Matinee (ELP/THR) 1:30 Wearable Art - Studio Time 2:00 NY Times Crossword (ELP/MR) 3:00 Live Entertainment (ENT/QMR) 4:00 Hand Grip Exercises (ELP/MR) 7:30 Evening Movie (CON/THR)	30 10:00 Silver Sneakers Exercise (ELP/MR) 11:00 PositivTea (ELP/CR) 1:30 Wearable Art - Studio Time 2:00 Great Courses (ELP/MR) 3:45 Shabbat Candle Lighting (RI/QMR) 4:00 Upper Body Conditioning (ELP/MR) 7:30 Evening Movie (CON/THR)	31 10:00 Yoga Flow (CFI/MR) 10:00 Trip (DRV/FL) 11:00 PositivTea (ELP/CR) 1:15 Bridge Refresher (OI/CR) 1:30 Cinema Classic (ELP/THR) 1:30 Acrylic Art Class (OI/AS) 4:00 Cardio Dance (CFI/MR) 7:30 Cinema Classic (CON/THR)