



FRIENDSHIP CENTER

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OCTOBER 2017



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This program is funded through
The NYC DEPARTMENT FOR THE AGING
and NYC DEPARTMENT OF HEALTH and MENTAL HYGIENE

Activities are planned to stimulate and enhance perception, awareness and



ACTIVITY

DAY

TIME

Breakfast

Daily

8:30AM

LUNCH

Daily

11:30AM

**Movement Therapy & Volleyball w/Janet
two Mondays /month**

10:00 AM

Music & Movement w/Jewel on Tuesdays

10:00 AM

Exercise w/Tommy on Thursdays

10:00AM

October 2017 Events

Columbus Day — Closed

World Food Day—Oct. 2nd

World Mental Health Day—Oct. 5th

Breast Cancer Awareness Month

National Depression Screening Day—Oct. 19th

Birthday Celebration—Last Thursday of Month



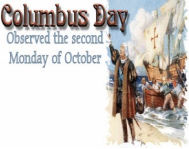
Friendship Members' Birthdays:

Ethlyn Scott 10/16

Robert Satchwell 10/23



OCTOBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
AM: Mindful Meditation/Music & Dance/Poetry Reading/Spelling Bee PM: World Food Day	AM: Show Music/Music & Movement w/ Jewel/Mental Illness Awareness PM: Sensory Stimulation	AM: Mindfulness Meditation/Exercise/Bingo/Letter Games PM: Jokes/Creative Spoken Words	AM: Music Appreciation/Mindfulness Exercise w/Tommy/Nutrition Presentation PM: World Mental Health Day	AM: Mindfulness Meditation/Creative Movement/Advisory Council/History: Columbus Day PM: Movie Friday
9	10	11	12	13
 CLOSED	AM: Name-That-Tune/Music & Movement w/Jewel/Reminiscence PM: Arts & Crafts	AM: Mindfulness Meditation/Exercise/Bingo/Letter Games/Crochet & Knitting PM: Memory Stimulation	AM: Holiday Reflection/Mindfulness Exercise w/Tommy/Beading PM: Breast Cancer Awareness Month	AM: Mindfulness Meditation/Creative Movement/Living w/Intention PM: Movie Friday
16	17	18	19	20
AM: Peanut Gallery/Movement Therapy & Volleyball w/Janet PM: Education Recreation	AM: Current Events/Music & Movement w/Jewel/Domestic Violence Awareness Month PM: Card Making	AM: Mindfulness Meditation/Exercise/Letter Games PM: Creative Drawing/Crochet & Knitting`	AM: Name That Tune/Mindfulness Exercise w/ Tommy/Train Your Brain PM: National Depression Screening Day	AM: Mindfulness Meditation/Creative Movement/Lung Health Day PM: Adult Coloring
23	24	25	26	27
AM: Peanut Gallery/Movement Therapy & Volleyball w/Janet PM: Education Recreation	AM: Show Music/Music & Movement w/ Jewel/Respiratory Care Week PM: Card Making	AM: Mindful Meditation/Exercise/Bingo/Letter Games PM: Jokes/Creative Spoken Words/Theater	AM: Reminiscence/Mindfulness Exercise w/ Tommy/Emblem Health Community Outreach Presentation PM: Birthday Celebration	AM: Mindfulness Meditation/Creative Movement/Letter Games PM: Music Appreciation
30	31			
AM: Sing-A-Long/Movement Therapy & Volleyball w/Janet PM: You Be the Judge/Puzzles & Games	AM: Current Events/Music & Movement w/Jewel/AIDS Awareness Month PM: Arts & Crafts			