

**SUN MON TUE WED THUR FRI SAT**

9:15 AM Sunday Church Service (Lobby) **30**  
 9:30 AM Tech Help with Akima (GAL)  
 11:00 AM Chair Yoga with Gigi (YOG)  
 1:30 PM Dominos with Akima (PH)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Needlework & Knitting Group (LOB)  
 3:00 PM Tea & Pastries (GUS)  
 4:00 PM Men's Group (LIB)  
 4:00 PM Word Games with Akima (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Investor Group (Cards Room)

**Eid al-Fitr**  
 9:30 AM Morning Meditation with Akima (MOV) **31**  
 10:45 AM Poetry with Fiona (LOB)  
 11:00 AM Catholic Communion Service (PA)  
 1:15 PM Chess with fellow residents (W&C)  
 1:45 PM Feature Film (MOV)  
 2:15 PM Arts & Crafts with Akima (AST)  
 3:00 PM Fitness Fusion with Fiona (YOG)  
 3:45 PM Bingo (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Mahjong Night! (GAME)

**LOCATION KEY**  
 GAL - Art Gallery  
 AST - Art Studio  
 GAME - Game Room 15th Fl  
 GUS - Gustoso's  
 LIB - Library  
 W Room - Main Dining Room

MOV - Movie Theater  
 PH - Penthouse  
 PA - Performing Arts Theater  
 LOB - Sitting Room  
 POOL - Swimming Pool  
 W&C - Willow & Clark Cafe  
 YOG - Yoga Studio

**March Birthdays**  
 Suzi G 3/2  
 Ann M 3/3  
 Joan D 3/6  
 France C 3/7  
 Esther G 3/9  
 Souroush P 3/11  
 Lydia G 3/13  
 Beau M 3/14  
 Richard R 3/14  
 Jackie K 3/19  
 Phyllis H 3/23  
 Judith W 3/29

9:30 AM Mat Yoga with Fiona (YOG) **1**  
 10:30 AM Music Icons throughout History (PA)  
 11:15 AM Yale Open Course (MOV)  
 1:15 PM Watercolor with Fiona (AST)  
 1:45 PM Feature Film - The Who Concert (MOV)  
 2:30 PM Bingo (PA)  
 3:45 PM Wine O'clock (PA)  
 7:30 PM Feature Film - Harry Potter and the Deathly Hallows Part 2 (MOV)

9:15 AM Sunday Church Service (Lobby) **2**  
 9:30 AM Tech Help with Akima (GAL)  
 11:00 AM Chair Yoga with Gigi (YOG)  
 1:30 PM Dominos with Akima (PH)  
 1:45 PM Feature Film - The Manchurian Candidate (MOV)  
 2:00 PM Needlework & Knitting Group (LOB)  
 3:00 PM Tea & Pastries (GUS)  
 4:00 PM Men's Group (LIB)  
 4:00 PM Word Games with Akima (PA)  
 7:30 PM Feature Film - Waitress (MOV)  
 7:30 PM Investor Group (Cards Room)

9:30 AM Morning Meditation with Akima (MOV) **3**  
 10:45 AM Poetry with Fiona (LOB)  
 11:00 AM Catholic Communion Service (PA)  
 1:15 PM Chess with fellow residents (W&C)  
 1:45 PM Feature Film - Legally Blonde (MOV)  
 2:15 PM Arts & Crafts with Akima (AST)  
 3:00 PM Fitness Fusion with Fiona (YOG)  
 3:45 PM Bingo (PA)  
 7:30 PM Feature Film - Beetlejuice Beetlejuice (MOV)  
 7:30 PM Mahjong Night! (GAME)

9:30 AM Water Aerobics (POOL) **4**  
 10:00 AM Latin Dancing: Beginner Bachata (YOG)  
 10:00 AM Jenga with Akima (PH)  
 11:00 AM Psychology Learning Session (MOV)  
 1:30 PM Jewelry Making with Akima (AST)  
 1:45 PM Feature Film - Leap Year (MOV)  
 2:00 PM Lecture Presentation of the Stars with Elliott Gordon (Performing Arts Theater)  
 3:00 PM Cardio & Weights with Melia (YOG)  
 3:15 PM Mixology (W Room)  
 3:45 PM Happy Hour (W Room)  
 7:00 PM Alpha Religion Discussion Course (LIB)  
 7:00 PM Rock Voices Community Choir (PA)  
 7:30 PM Feature Film - Katrina Babies (MOV)  
 7:30 PM Gin Rummy with Fellow Residents (Game Room 13th Floor)

10:15 AM Tai Chi with Akima (YOG) **5**  
 10:45 AM Doug Brin History Lecture (PA)  
 12:30 PM Meditation & Breathwork with Akima (MOV)  
 1:45 PM Feature Film - Four Weddings and a Funeral (MOV)  
 2:00 PM Resident Council (PA)  
 2:30 PM Dominos with Akima (PH)  
 3:00 PM Ash Wednesday Prayer Service with the Distribution of Ashes (PA)  
 3:00 PM Gratitude Journaling with Melia (AST)  
 4:00 PM Jeopardy! with Melia (MOV)  
 7:30 PM Feature Film - Pacific Overtures (MOV)  
 7:30 PM Scrabble Night! (GAME)

10:00 AM Strength, Balance, & Move with Mark (YOG) **6**  
 10:15 AM Music and Coloring With Melia (AST)  
 11:00 AM The Watermark Singers with Denis (PA)  
 11:15 AM Card Making with Melia (AST)  
 1:30 PM Getting to Know You with Akima (LOB)  
 1:45 PM Feature Film - The Little Foxes (MOV)  
 3:00 PM Chair Exercise & Dance with Melia (YOG)  
 3:00 PM Book Club (GUS)  
 3:00 PM Checkers with Akima (GAME)  
 3:45 PM Champagne & Charcuterie (W Room)  
 5:00 PM Wheel of Fortune with Akima (MOV)  
 7:30 PM Feature Film - The Booksellers (MOV)

9:30 AM Water Aerobics (POOL) **7**  
 10:30 AM Name that Tune! (PA)  
 10:45 AM Judaism Learning with Rabbi Sarah (LIB)  
 1:30 PM Tech Help with Melia (AST)  
 1:45 PM Feature Film - Trees, and Other Entanglements (MOV)  
 2:00 PM Resident Writing Group (PH)  
 2:30 PM Performance by Top 5 American Idol Finalist: Sam Woolf (PA)  
 4:00 PM Brian Rose Movie Lecture: The Magic of Fred Astaire (PA)  
 5:00 PM Trivia Night with Melia (MOV)  
 7:30 PM Feature Film - About Schmidt (MOV)

9:30 AM Mat Yoga with Melia (YOG) **8**  
 11:00 AM Watermark Pets (PA)  
 11:15 AM Yale Open Course (MOV)  
 1:15 PM Watercolor with Melia (AST)  
 1:45 PM Feature Film - Judy Garland Concert (MOV)  
 2:30 PM Bingo (PA)  
 3:45 PM Wine O'clock (PA)  
 7:30 PM Feature Film - Judy (MOV)

**Daylight Savings Time Begins**  
 9:15 AM Sunday Church Service (Lobby) **9**  
 9:30 AM Tech Help with Akima (GAL)  
 11:00 AM Chair Yoga with Gigi (YOG)  
 1:30 PM Dominos with Akima (PH)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Needlework & Knitting Group (LOB)  
 3:00 PM Tea & Pastries (GUS)  
 4:00 PM Men's Group (LIB)  
 4:00 PM Word Games with Akima (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Investor Group (Cards Room)

**Beginning of Ramadan**  
 9:30 AM Morning Meditation with Akima (MOV) **10**  
 10:45 AM Poetry with Fiona (LOB)  
 11:00 AM Catholic Communion Service (PA)  
 1:15 PM Chess with fellow residents (W&C)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Love Letters (PA)  
 2:15 PM Arts & Crafts with Akima (AST)  
 3:45 PM Bingo (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Mahjong Night! (GAME)

9:30 AM Water Aerobics (POOL) **11**  
 10:00 AM Latin Dancing: Beginner Bachata (YOG)  
 10:00 AM Jenga with Akima (PH)  
 11:00 AM Psychology Learning Session (MOV)  
 1:30 PM Jewelry Making with Akima (AST)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Discussion With Local Author, Kathy Fennelly (PA)  
 2:00 PM Jigsaw Puzzles with Melia (PH)  
 3:00 PM Cardio & Weights with Melia (YOG)  
 3:15 PM Mixology (W Room)  
 3:45 PM Happy Hour (W Room)  
 7:00 PM Rock Voices Community Choir (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Gin Rummy with Fellow Residents (Game Room 13th Floor)

10:15 AM Tai Chi with Akima (YOG) **12**  
 10:45 AM Doug Brin History Lecture (PA)  
 12:30 PM Meditation & Breathwork with Akima (MOV)  
 1:45 PM Feature Film (MOV)  
 2:30 PM Dominos with Akima (PH)  
 3:00 PM Dining Council (PA)  
 3:00 PM Gratitude Journaling with Melia (AST)  
 4:00 PM Jeopardy! with Melia (MOV)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Scrabble Night! (GAME)

10:00 AM Strength, Balance, & Move with Mark (YOG) **13**  
 10:15 AM Music and Coloring With Melia (AST)  
 11:00 AM The Watermark Singers with Denis (PA)  
 11:15 AM Card Making with Melia (AST)  
 1:30 PM Getting to Know You with Akima (LOB)  
 1:45 PM Feature Film (MOV)  
 3:00 PM Chair Exercise & Dance with Melia (YOG)  
 3:00 PM Book Club (LOB)  
 3:00 PM Checkers with Akima (GAME)  
 3:45 PM Champagne & Charcuterie (W Room)  
 4:00 PM Irish Musical Performance by the Hudson Clovers (PA)  
 5:00 PM Wheel of Fortune with Akima (MOV)  
 7:30 PM Feature Film (MOV)

9:30 AM Water Aerobics (POOL) **14**  
 10:30 AM Name that Tune! (PA)  
 10:45 AM Judaism Learning with Rabbi Sarah (LIB)  
 1:30 PM Tech Help with Melia (AST)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Resident Writing Group (PH)  
 2:30 PM Latin Dance: Beginner Bachata with Melia (YOG)  
 3:45 PM String Trio Concert Featuring Resident Samuel Rhodes (PA)  
 4:00 PM Beginner Drawing with Melia (AST)  
 5:00 PM Trivia Night with Melia (MOV)  
 7:30 PM Feature Film (MOV)

9:30 AM Mat Yoga with Melia (YOG) **15**  
 10:30 AM Music Icons throughout History (PA)  
 11:15 AM Yale Open Course (MOV)  
 1:15 PM Watercolor with Melia (AST)  
 1:45 PM Feature Film (MOV)  
 2:30 PM Bingo (PA)  
 3:45 PM Wine O'clock (PA)  
 7:30 PM Feature Film (MOV)

9:15 AM Sunday Church Service (Lobby) **16**  
 9:30 AM Tech Help with Akima (GAL)  
 11:00 AM Chair Yoga with Sarah Benson (YOG)  
 1:30 PM Dominos with Akima (PH)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Needlework & Knitting Group (LOB)  
 2:00 PM Wellness Sound Session With Abigail from Sonorous Sounds (PA)  
 3:00 PM Tea & Pastries (GUS)  
 4:00 PM Men's Group (LIB)  
 4:00 PM Word Games with Akima (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Investor Group (Cards Room)

**St. Patrick's Day**  
 9:30 AM Morning Meditation with Akima (MOV) **17**  
 10:45 AM Poetry with Fiona (LOB)  
 11:00 AM Catholic Communion Service (PA)  
 1:15 PM Chess with fellow residents (W&C)  
 1:45 PM Riverdance 25th Anniversary (PA)  
 2:15 PM Arts & Crafts with Akima (AST)  
 3:00 PM Fitness Fusion with Fiona (YOG)  
 3:45 PM Bingo (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Mahjong Night! (GAME)

9:30 AM Water Aerobics (POOL) **18**  
 10:00 AM Latin Dancing: Beginner Bachata (YOG)  
 10:00 AM Jenga with Akima (PH)  
 11:00 AM Psychology Learning Session (MOV)  
 1:30 PM Jewelry Making with Akima (AST)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Jigsaw Puzzles with Melia (PH)  
 3:00 PM Cardio & Weights with Melia (YOG)  
 3:15 PM Mixology (W Room)  
 3:45 PM Happy Hour (W Room)  
 4:45 PM Watermark Restaurant Club: Lantern Thai (Lobby)  
 7:00 PM Rock Voices Community Choir (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Gin Rummy with Fellow Residents (Game Room 13th Floor)

10:15 AM Tai Chi with Akima (YOG) **19**  
 10:45 AM Doug Brin History Lecture (PA)  
 12:30 PM Meditation & Breathwork with Akima (MOV)  
 1:45 PM Feature Film (MOV)  
 2:30 PM Dominos with Akima (PH)  
 3:00 PM Advocacy Group (PA)  
 3:00 PM Gratitude Journaling with Melia (AST)  
 4:00 PM Jeopardy! with Melia (MOV)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Scrabble Night! (GAME)

10:00 AM Strength, Balance, & Move with Mark (YOG) **20**  
 10:15 AM Music and Coloring With Melia (AST)  
 11:00 AM The Watermark Singers with Denis (PA)  
 11:15 AM Card Making with Melia (AST)  
 1:30 PM Getting to Know You with Akima (LOB)  
 1:45 PM Feature Film (MOV)  
 3:00 PM Chair Exercise & Dance with Melia (YOG)  
 3:00 PM Book Club (LOB)  
 3:00 PM Checkers with Akima (GAME)  
 3:45 PM Champagne & Charcuterie (W Room)  
 5:00 PM Wheel of Fortune with Akima (MOV)  
 7:30 PM Feature Film (MOV)

9:30 AM Water Aerobics (POOL) **21**  
 10:30 AM Name that Tune! (PA)  
 10:45 AM Judaism Learning with Rabbi Sarah (LIB)  
 1:30 PM Tech Help with Melia (AST)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Resident Writing Group (PH)  
 2:30 PM Latin Dance: Beginner Bachata with Melia (YOG)  
 4:00 PM Brian Rose Movie Lecture: Discussion on Annie Hall (PA)  
 5:00 PM Trivia Night with Melia (MOV)  
 7:30 PM Feature Film (MOV)

9:30 AM Mat Yoga with Melia (YOG) **22**  
 10:30 AM Music Icons throughout History (PA)  
 11:15 AM Yale Open Course (MOV)  
 1:15 PM Watercolor with Melia (AST)  
 1:30 PM Outing: Trace/s Exhibition Tour at the Center for Brooklyn History (Lobby)  
 1:45 PM Feature Film (MOV)  
 2:30 PM Bingo (PA)  
 3:45 PM Wine O'clock (PA)  
 7:30 PM Feature Film (MOV)

9:15 AM Sunday Church Service (Lobby) **23**  
 9:30 AM Tech Help with Akima (GAL)  
 11:00 AM AM Yoga with Marissa from Caring Kind (YOG)  
 1:30 PM Dominos with Akima (PH)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Needlework & Knitting Group (LOB)  
 3:00 PM Tea & Pastries (GUS)  
 4:00 PM Men's Group (LIB)  
 4:00 PM Word Games with Akima (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Investor Group (Cards Room)

9:30 AM Morning Meditation with Akima (MOV) **24**  
 10:45 AM Poetry with Fiona (LOB)  
 11:00 AM Catholic Communion Service (PA)  
 1:15 PM Chess with fellow residents (W&C)  
 1:45 PM Feature Film (MOV)  
 2:15 PM Arts & Crafts with Akima (AST)  
 3:00 PM Fitness Fusion with Fiona (YOG)  
 3:45 PM Bingo (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Mahjong Night! (GAME)

9:30 AM Water Aerobics (POOL) **25**  
 10:00 AM Latin Dancing: Beginner Bachata (YOG)  
 10:00 AM Jenga with Akima (PH)  
 11:00 AM Psychology Learning Session (MOV)  
 1:30 PM Jewelry Making with Akima (AST)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Jigsaw Puzzles with Melia (PH)  
 3:00 PM Cardio & Weights with Melia (YOG)  
 3:15 PM Mixology (W Room)  
 3:45 PM Happy Hour (W Room)  
 7:00 PM Rock Voices Community Choir (PA)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Gin Rummy with Fellow Residents (Game Room 13th Floor)

10:15 AM Tai Chi with Akima (YOG) **26**  
 10:45 AM Doug Brin History Lecture (PA)  
 12:15 PM Outing: New York Botanical Garden (Lobby)  
 12:30 PM Meditation & Breathwork with Akima (MOV)  
 1:45 PM Feature Film (MOV)  
 2:30 PM Dominos with Akima (PH)  
 3:00 PM Gratitude Journaling with Melia (AST)  
 4:00 PM Jeopardy! with Melia (MOV)  
 4:00 PM New Resident Tour (Lobby)  
 4:30 PM New Resident Dinner (Gustosos)  
 7:30 PM Feature Film (MOV)  
 7:30 PM Scrabble Night! (GAME)

10:00 AM Strength, Balance, & Move with Mark (YOG) **27**  
 10:15 AM Music and Coloring With Melia (AST)  
 11:00 AM The Watermark Singers with Denis (PA)  
 11:15 AM Card Making with Melia (AST)  
 1:30 PM Getting to Know You with Akima (LOB)  
 1:45 PM Feature Film (MOV)  
 3:00 PM Chair Exercise & Dance with Melia (YOG)  
 3:00 PM Book Club (LOB)  
 3:00 PM Checkers with Akima (GAME)  
 3:45 PM Champagne & Charcuterie (W Room)  
 5:00 PM Wheel of Fortune with Akima (MOV)  
 7:30 PM Feature Film (MOV)

9:30 AM Water Aerobics (POOL) **28**  
 10:30 AM Name that Tune! (PA)  
 10:45 AM Judaism Learning with Rabbi Sarah (LIB)  
 1:30 PM Tech Help with Melia (AST)  
 1:45 PM Feature Film (MOV)  
 2:00 PM Resident Writing Group (PH)  
 2:30 PM Latin Dance: Beginner Bachata with Melia (YOG)  
 4:00 PM Beginner Drawing with Melia (AST)  
 5:00 PM Trivia Night with Melia (MOV)  
 7:30 PM Feature Film (MOV)

9:30 AM Mat Yoga with Melia (YOG) **29**  
 10:30 AM Music Icons throughout History (PA)  
 11:15 AM Yale Open Course (MOV)  
 1:15 PM Watercolor with Melia (AST)  
 1:45 PM Feature Film (MOV)  
 2:30 PM Bingo (PA)  
 3:45 PM Wine O'clock (PA)  
 7:30 PM Feature Film (MOV)

**March 2025**

Programs may change!