HC Weekly Activity Schedule

Monday, December 28, 2020

Weather: Cloudy High 36 Low 28

Monday 12/28
9:30 p.m. - Morning Visits with Linda, HC1
11:00 a.m. - Chair Yoga Video, IHC
12:00 p.m. - COVID-19 Update with Jill, IHC
2:00 p.m. – In Room Bingo, HC1
Tuesday 12/29
9:30 p.m. - Morning Visits with Linda, HC1
11:00 a.m. - Pulmonary Exercise, IHC
12:00 p.m. - COVID-19 Update with Jill, IHC
1:30 p.m. - Arthritis Foundation Exercise DVD, IHC
2:00 p.m. – In Room Crafts: Wild Bird Project, HC1
2:30 p.m. - Documentary: Gingerbread Journeys, IHC
Wednesday 12/30
9:30 p.m. - Morning Visits with Linda, HC1
11:00 a.m. - Chair Yoga Video, IHC
12:00 p.m. - COVID-19 Update with Jill, IHC
1:30 p.m. - Seated Strength & Abs DVD, IHC
2:00 p.m. - Wesley 500 Hallway Races, HC1
2:30 p.m. - Balance and Strength DVD, IHC
Thursday 12/31
9:30 p.m. - Morning Visits with Linda, HC1
11:00 a.m. - Chair Yoga Video, IHC
12:00 p.m. - COVID-19 Update with Jill, IHC
2:00 p.m. - New Year's Eve In-room Bingo Party, HC1
7:00 p.m. - New York Philharmonic New Year's Eve: Bernstein on Broadway, IHC

On Friday, 1/1/2021, New Schedule will be posted