

# July/Julio 2024



REBEKAH HEALTH LINKS

LINKING YOUR HEALTH TO A BETTER LIFE

## Sunday/Domingo



**7**  
Coffee Club/ Discussion grp!  
U6, U5, U4 9:45-11:45a  
Baptist Svs! 2p (RR)  
1:1 Visits/Video Calls  
(U2, U3, U5)

**14**  
Coffee Club/ Discussion grp!  
U6, U5, U4 9:45-11:45a  
Baptist Svs! 2p (RR)  
1:1 Visits/Video Calls  
(U2, U3, U5)

**21**  
Coffee Club/ Discussion grp!  
U6, U5, U4 9:45-11:45a  
Baptist Svs! 2p (RR)  
1:1 Visits/Video Calls  
(U2, U3, U5)

**28**  
Coffee Club/ Discussion grp!  
U6, U5, U4 9:45-11:45a  
Baptist Svs! 2p (RR)  
1:1 Visits/Video Calls  
(U2, U3, U5)

## Monday/Lunes

**1** Meet & Greet 9:30am  
All units  
Music & Exercise 10:15a  
U6 & U5  
Rhythm & Movement U4  
10:30am  
Coffee Club U4,U5,U6 2:15pm  
Evening Bingo U4 & U5 6p

**8** Meet & Greet 9:30am  
All units  
Music & Exercise 10:15a  
U6 & U5  
Rhythm & Movement U4  
10:30am  
Coffee Club U4,U5,U6 2:15pm  
Evening Bingo U4 & U5 6p

**15** Meet & Greet 9:30am  
All units  
Music & Exercise 10:15a  
U6 & U5  
Rhythm & Movement U4  
10:30am  
Coffee Club U4,U5,U6 2:15pm  
Evening Bingo U4 & U5 6p

**22** Meet & Greet 9:30am  
All units  
Music & Exercise 10:15a  
U6 & U5  
Rhythm & Movement U4  
10:30am  
Coffee Club U4,U5,U6 2:15pm  
Evening Bingo U4 & U5 6p

**29** Meet & Greet 9:30am  
All units  
Music & Exercise 10:15a  
U6 & U5  
Rhythm & Movement U4  
10:30am  
Coffee Club U4,U5,U6 2:15pm  
Evening Bingo U4 & U5 6p

## Tuesday/Martes

**2** meet & greet 9:30am  
AM movie! (U6) 10am  
Beauty Hr! & Music (U5) 10a  
Dominos (U4) 10:15am  
arts & crafts (RR) 2:15p  
Ice Cream Social RR 6p

**9** meet & greet 9:30am  
AM movie! (U6) 10am  
Beauty Hr! & Music (U5) 10a  
Dominos (U4) 10:15am  
Basketball Shootout (RR) 2:15p  
Ice Cream Social RR 6p

**16** meet & greet! 9:30am  
Cath. Mass (RR) 10:15am  
Beauty Hr! & Music (U5) 10a  
(U6) 10:15a  
Dominos U4 10:15a  
Karaoke! (RR) 2:15p  
Ice Cream Social RR 6p

**23** meet & greet 9:30am  
AM movie! (U6) 10am  
Beauty Hr! & Music (U5) 10a  
Dominos (U4) 10:15am  
Cooking Group (RR) 2:15p  
Ice Cream Social RR 6p

**30** meet & greet 9:30am  
AM movie! (U6) 10am  
Beauty Hr! & Music (U5) 10a  
Dominos (U4) 10:15am  
Paint n Sip (RR) 2:15p  
Ice Cream Social RR 6p

## Wednesday/Miercoles

**3** Meet & Greet 9:30am  
Bingo (U6,5,4) 10:15 AM  
Bible Study (RR) 2 PM  
Family Feud! (U5) 2:15pm  
Variety Hour (U4) 2 PM  
Bingo (RR) 6 PM

**10** Meet & Greet 9:30am  
Bingo (U6,5,4) 10:15 AM  
Unit BBQ U5 12 Noon  
Bible Study (RR) 2 PM  
Family Feud! (U5) 2:15pm  
Variety Hour (U4) 2 PM  
Bingo (RR) 6 PM

**17** Meet & Greet 9:30am  
Bingo (U6,5,4) 10:15 AM  
Unit BBQ U4 12 Noon  
Bible Study (RR) 2 PM  
Family Feud! (U5) 2:15pm  
Variety Hour (U4) 2 PM  
Bingo (RR) 6 PM

**24** Meet & Greet 9:30am  
Bingo (U6,5,4) 10:15 AM  
Unit BBQ U3, U2 12 Noon  
Bible Study (RR) 2 PM  
Family Feud! (U5) 2:15pm  
Variety Hour (U4) 2 PM  
Bingo (RR) 6 PM

**31** Meet & Greet 9:30am  
Bingo U4, U5, U6 9:45am  
Unit BBQ 12 Noon  
Bible Study (RR) 2 PM  
Family Feud! (U5) 2:15pm  
Variety Hour (U4) 2 PM  
Bingo (RR) 6 PM

## Thursday/Jueves

**4** Coffee & Tea Social &  
Discussion!  
10:15am (RR)  
Bingo on Unit U6, U5, U4  
1:30pm

**11** meet & greet! 9:30am  
Religious svcs w/  
Ps. Osvaldo U3, U2 10:15a  
Beauty Hr. (U4) 2:15p  
Garden Group! (RR) 2:15p  
Trivia! U5 6p

**18** meet & greet! 9:30am  
Deal or No Deal! 10:15am (RR)  
Fresh Air Sessions! 2:15p (OS)  
Beauty Hr. U5 2:30p  
Table Topics U6 2:30p  
Variety hour! U4 6p

**25** meet & greet! 9:30am  
Religious svcs w/  
Ps. Osvaldo (RR) 10:15a  
Beauty Hr. (U4) 2:15p  
You Be the Judge! U5 2:15p  
Trivia! U5 6p

**Vendors this month:**  
Nani's gems 7/5  
Dollar Joe! 7/12  
Sybil Variety 7/18  
Yassin's African butik!  
7/26  
Rose's Variety! 7/23

## Friday/Viernes

**5** Meet & Greet 9:30am  
Hot Topics Discus grp! 10a  
Afternoon Movie (U4) 2p  
Horseracing RR 2:15p  
you be the judge! U6 6p

**12** Meet & Greet 9:30am  
Hot Topics Discus grp! 10am  
Strolling Music w/ Albert!  
10am U4, U3, U2  
Current Events! (U5) 2p  
Pokeno! RR 2:15p  
you be the judge! U6 6p

**19** Meet & Greet 9:30am  
Hot Topics Discus grp! 10am  
(RR)  
Current Events! U5 2pm  
Afternoon Movie (U4) 2p  
Pokeno! RR 2:15p  
Netflix Movie U6 5:30p

**26** Meet & Greet 9:30am  
Resident Council Meeting  
10:15am (RR)  
Afternoon Movie (U4) 2p  
July birthday Celebration!  
2:15p (RR)  
Horseracing! U5 6p



## SATURDAY/SABADO

**6** Bingo (U6, U5, U4) 9:45am  
Coffee Club & Variety Hr!  
All Units 2p - 3:45p  
1:1 Visits & Video Calls  
(U4, U5, U6)

**13** Bingo (U6, U5, U4) 9:45am  
Coffee Club & Variety Hr!  
All Units 2p - 3:45p  
1:1 Visits & Video Calls  
(U4, U5, U6)

**20** Bingo (U6, U5, U4) 9:45am  
Coffee Club & Variety Hr!  
All Units 2p - 3:45p  
1:1 Visits & Video Calls  
(U4, U5, U6)

**27** Bingo (U6, U5, U4) 9:45am  
Coffee Club & Variety Hr!  
All Units 2p - 3:45p  
1:1 Visits & Video Calls  
(U4, U5, U6)

**Fresh Air Sessions:**  
weather permitting! All  
residents should have a  
Hat with them or a  
sweater for sun safety!



Recreation  
Department  
presents  
Coco  
Helados!



Wednesday - Friday!  
Main floor, outside only  
Residents \$1  
Staff & Visitors \$2

All programs are subject to change!

Rebekah Rehab and Extended Care Center | 1070 Havemeyer Avenue Bronx, NY 10462