

Monday	Tuesday	Wednesday	Thursday	Friday
<p>RSS BARGAIN BONANZA BAZAAR</p> <p>SUNDAY NOVEMBER 10TH 10:00-3:00</p> 	<p>NOVEMBER 10 MUSIC APPRECIATION WITH DIANA BARBARA STREISAND CHAIR/CHI/PRANA @11:00 AM NOV. 3, 10, 17 &amp; 24 REIKI @5:00PM NOV. 3, 10, 17 &amp; 24</p> 	 <p>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)</p>	<p>KEY: Red—Virtual Black—Onsite Blue—Hybrid Green—Outside</p>	<p>1 10:00 Get Fit with Stuart 10:00 Sculpture Studio 10:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 Garden of The NW Bronx: Guerilla Gardening on Kappock St. 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge</p>
<p>4 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Intern Meeting 10:00 Get Fit with Stuart 10:15 Trip: Walmart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>5 ELECTION DAY 10:00 Qi Gong with Bruce 10:00 Menu Committee 10:00 Memoir Writing 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday</p> <p>No Onsite Programming after Lunch</p> 	<p>6 9:00 Breakfast Club 10:00 Women's Group w/GG 10:00 Stay Active &amp; Independent for Life (SAIL) w/Paula 10:00 Pastels w/Daniel Hauben 11:00 Presentation: What to do in a Disaster with Lt. Rosario 11:00 EFT Tapping with Margo 11:15 Trip: NY Public Library 12:00 Grief Group for Spouse &amp; Partner w/Jane 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Learn Mah Jongg w/Ariana 1:00 Discover your pathway: Navigate emotions through the arts with Columbia OT Students Drumming to explore, manage and regulate our emotions 1:00 Leisure Games-Mah Jongg 1:00 Movie: <i>Coming2America</i> 3:00 Grief Group for Loss Child</p>	<p>7 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how To: Understanding qr codes 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Chorus with Cheryl 2:15 Guided Meditation with Barbara 2:30 Watercolor with April</p>  <p>Join the choir... You'll Be Glad You Did!</p>	<p>8 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 10:30 Trip: The Hebrew Home @ Riverdale 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Presentation: Understanding Chronic Pain: The Brain's Role in Pain Perception 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge</p> <p>BAZAAR NOVEMBER 10TH 10 to 3</p>
<p>11 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 10:00 Intern Meeting 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 11:15 Trip: Stew Leonards'/Costco 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:00 Derfner Presentation: Flowers in Art 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>12 10:00 Qi Gong with Bruce 10:00 Trip Committee mtg. 10:00 Memoir Writing 11:00 Tech how To: Understanding qr codes 11:00 Brain Booster/Trivia 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Exercise With Eva 3:00 Chair Yoga for Joint Health w/Kathleen 5:00 Submitting Your Writing to A Literary Magazines: Are Your Ready!</p>	<p>13 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Stay Active &amp; Independent for Life (SAIL) w/Paula 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 EFT Tapping with Margo 11:00 Trip: Trader Joes' 12:00 Grief Group for Spouse &amp; Partner w/Jane 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Learn Mah Jongg w/Ariana 1:00 Discover your pathway: Navigate emotions through the arts with Columbia OT Students - Dancing to enhance emotional awareness and regulation 1:00 Leisure Games-Mah Jongg 1:00 Movie: <i>Marlowe</i> 1:00 Caregivers Group w/GG 3:00 Grief Group for Loss Child</p>	<p>14 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how To: Digital payments— Zelle, PayPal, cash app 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Chorus with Cheryl 2:00 Hudson Rehab: Keeping your balance in slippery conditions. 2:30 Watercolor with April</p> 	<p>15 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Feldenkrais 11:00 Creative Writing 11:15 Trip: Olive Garden 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 Medicare Update 2025 with Caitlin Stiene 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge</p> 
<p>18 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 10:00 Intern Meeting 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:00 Lecture: Dance in Modern Art with Sylvia Meo Lauden 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>19 BAKE SALE 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Tech how To: Digital payments— Zelle, PayPal, cash app 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Belly Dancing w/Noora 1:00 Advisory Council 3:00 Chair Yoga for Joint Health w/Kathleen 5:00 Submitting Your Writing to A Literary Magazines: Are Your Ready!</p> 	<p>20 THANKSGIVING LUNCH 9:00 Breakfast Club 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 10:15 Trip: Morgan Library 10:00 Stay Active &amp; Independent for Life (SAIL) w/Paula 11:00 EFT Tapping with Margo 12:00 Grief Group for Spouse &amp; Partner w/Jane 12:00 Thanksgiving Lunch 1:00 Special Thanksgiving Concert With Cheryl &amp; RSS Chorus 1:00 Learn Mah Jongg w/Ariana 1:00 Discover your pathway: Navigate emotions through the arts with Columbia OT Students— Collaging to reflect on our personal growth and future goals 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 3:00 Grief Group for Loss Child 5:00 Presentation: How to Look at Art like a Cro Magnon by Phoenix Museum</p>	<p>21 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 10:45 Horace Mann—9th Graders 11:00 Folk Dancing 11:00 Tech how to: Online Safety and Fraud Prevention 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Social Action w/GG 1:15 The Myth of Procrastination with Valerie Keane 1:00 Chorus with Cheryl (Cancelled) 2:30 Watercolor with April</p> 	<p>22 10:00 Get Fit with Stuart CANCELED 10:00 Sculpture Class 10:15 Trip: Farmers Market 11:00 Creative Writing 11:00 Feldenkrais: CANCELED 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge</p> 
<p>25 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 10:00 Intern Meeting 10:00 St. Stevens Thanksgiving Lunch FREE 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 2:15 Horticultural Therapy: Fall Watercolor Painting 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>26 BIRTHDAY PARTY 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Tech how to: Online Safety and Fraud Prevention 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Birthday Party W/D.J. 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Belly Dancing w/Noora (Cancelled) 3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>27 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Stay Active &amp; Independent for Life (SAIL) w/Paula 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Trip: Apple Store (Tech Trip) 11:00 EFT Tapping with Margo 12:00 Grief Group for Spouse &amp; Partner w/Jane 12:00 Lunch 1:00 Learn Mah Jongg w/Ariana 1:00 Movie: <i>Something from Tiffany's</i> 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Group w/GG 3:00 Grief Group for Loss Child</p>	<p>28 THANKSGIVING HOLIDAY CENTER CLOSED</p> 	<p>29 THANKSGIVING HOLIDAY CENTER CLOSED</p>