

Monday

Tuesday

Wednesday

Thursday

Friday

1	WORLD AIDS DAY 10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda -cancel 11:00 Presentation: AIDS Awareness w/GMHC (Gay Men's Health Crisis) 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 World Aids Quilt Workshop with Linda & Annelen 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan
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8	10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 11:00 Trip: MUSEUM OF NEW YORK 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
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9	10:00 Trip Committee mtg. 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Tech How To's: with Caroline 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Tech How To's: with Caroline 1:00 Coloring Books 2:00 Fantastical Realities by Derfner Museum 3:00 Chair Yoga for Joint Health w/Melissa 5 PM The Frick Collection - New and improved! with Sylvia Laudien-Meo Lecture
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15	10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 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
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16	BAKE SALE HANNUKAH (15-22) 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Tech How To's: with Caroline 11:00 Brain Booster/Trivia 12:00 Concerts in Motion: Songbook Tuesday 12:00 Hannukah Lunch 1:00 Advisory Council 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Tech How To's: with Caroline 1:00 Kinneret Chorus Chanukah Concert 3:00 Chair Yoga for Joint Health w/Kathleen
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22	10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 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 w/Barbara 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan
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23	HOLIDAY LUNCH 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Total Body Sculpt w/Sarah 11:00 Tech How To's: with Caroline 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 RSS Chorus Holiday Concert 1:00 Collage Class w/Annelen 1:00 Tech How To's: with Caroline 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen
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29	10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 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
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30	10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Total Body Sculpt w/Sarah 11:00 Tech How To's: with Caroline 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Tech How To's: With Caroline 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen  COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)
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Thursday

4	9:45 Chair Yoga w/ Anita 10:00 Knitting Club 10:30 Tree Trimming 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Deferred Credit: What You Need to Know 1:00 Chorus with Cheryl-Cancel 2:30 Guided Meditation & Reiki w/Barbara 2:30 Watercolor with April
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5	VOLUNTEER LUNCH 10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Creative Writing 11:00 Feldenkrais 11:30 Volunteer Lunch: International Volunteer Day (Invite Only) 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge  
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12	10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Creative Writing 11:00 Feldenkrais 11:15 Trip: MULINOS RESTAURANT 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 HOLIDAY MOVIE MARATHON 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge
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19	10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Feldenkrais 11:00 Creative Writing 11:15 Trip: RIDGEHILL MALL 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 NY Presbyterian Nutrition 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge
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CHRISTMAS HOLIDAY  
CENTER CLOSED

26	KWANZA 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 Presentation: The Meaning of Kwanza 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge  
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WINTER BAZAAR  
SATURDAY DECEMBER  
6TH  
10:00AM—2:00PM

MUSIC APPRECIATION December 7th ANDRE RIEW  CHAIR/CHI/PRANA WITH MELISSA DECEMBER 7,14,21 & 28
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KEY:  
Red—Virtual  
Black—Onsite  
Blue—Hybrid  
Green—Outside