

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Leisure Games- Canasta</p> <p>10:00 Get Fit with Stuart</p> <p>10:00 Intern Meeting</p> <p>11:00 Poetry Group</p> <p>11:00 Tap Dancing w/Maria</p> <p>11:00 Art with Linda</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Meditative Mondays</p> <p>12:30 Write On! w/ Susan</p> <p>12:45 Duplicate Bridge w/Rich</p> <p>1:00 Current Events w/Tim</p> <p>2:30 Intro to AI & Art : What is AI? What is a prompt?</p> <p>3:30 Balance Training with Peggy Levine</p> <p>4:45 Writing with Susan</p> <p>5:00 Lecture: Magical Holiday Season in NYC by Sylvia Meo</p> <p>5:00 Cybersecurity Basics @ Kingsbridge Library w/Tabitha</p>	<p>3</p> <p>10:00 Qi Gong with Bruce</p> <p>10:00 Memoir Writing</p> <p>11:00 Brain Booster/Trivia</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Songbook Tuesday</p> <p>1:00 Collage Class w/Annellen</p> <p>1:00 Coloring Books</p> <p>1:00 Exercise With Eva</p> <p>3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>4</p> <p>9:00 Breakfast Club</p> <p>10:00 Women's Group w/GG</p> <p>10:00 Pastels w/Daniel Hauben</p> <p>10:00 Stay Active & Independent for Life (SAIL) w/Paula</p> <p>11:00 EFT Tapping with Margo</p> <p>10:15 Trip: Walmart</p> <p>12:00 Lunch</p> <p>12:00 Grief Group for Spouse & Partner w/Jane</p> <p>1:00 Movie: Beetlejuice, Beetlejuice</p> <p>1:00 Concerts in Motion: Chinese</p> <p>1:00 Leisure Games-Mah Jongg</p> <p>1:00 Learn Mah-Jongg w/Ariana</p> <p>3:00 Grief Group for Loss Child</p> 	<p>5</p> <p>9:30 Conversational English</p> <p>9:45 Chair Yoga w/ Anita</p> <p>10:00 Knitting Club</p> <p>11:00 Folk Dancing</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Coffeehouse Thursday</p> <p>1:00 Crafting w/Recyclables</p> <p>1:00 Chorus with Cheryl</p> <p>1:15 Presentation: "The disconnect from caregiver recipients and caregiver needs"</p> <p>2:00 Guided Meditation & Reiki w/Barbara</p> <p>2:30 Watercolor with April</p> 	<p>6</p> <p>10:00 Get Fit with Stuart</p> <p>10:00 Sculpture Class</p> <p>10:00 Knitting Club</p> <p>11:00 Beginners Tech: Cybersecurity Basics</p> <p>11:00 Feldenkrais</p> <p>10:15 Trip: Holiday Train Show</p> <p>12:00 Lunch</p> <p>12:45 Non ACBL Duplicate Bridge w/Rich</p> <p>2:00 Concerts in Motion: Celebration Friday</p> <p>2:00 Leisure Games- Beginners Bridge</p> 
<p>9</p> <p>10:00 Leisure Games- Canasta, Mah Jongg</p> <p>10:00 Get Fit with Stuart</p> <p>10:00 Intern Meeting</p> <p>11:00 Poetry Group</p> <p>11:00 Tap Dancing w/Maria</p> <p>11:00 Art with Linda</p> <p>11:15 Trip: Stew Leonards'/Costco</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Meditative Mondays</p> <p>12:30 Write On! w/ Susan</p> <p>12:45 Duplicate Bridge w/Rich</p> <p>1:00 Current Events w/Tim</p> <p>2:30 Intro to AI & Ary: How do I write a prompt?</p> <p>3:30 Balance Training with Peggy Levine</p> <p>4:45 Writing with Susan</p>	<p>10</p> <p>10:00 Qi Gong with Bruce</p> <p>10:00 Memoir Writing</p> <p>10:00 Trip Committee mtg.</p> <p>11:00 Brain Booster/Trivia (Cancelled)</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Songbook Tuesday</p> <p>1:00 Collage Class w/Annellen</p> <p>1:00 Coloring Books</p> <p>1:00 Exercise With Eva</p> <p>3:00 Chair Yoga for Joint Health w/Kathleen</p> <p>4:00 Dinner & Movie: A Special Movie @RSS: Wizard of Oz & Introductory Video to Wicked</p> 	<p>11</p> <p>9:00 Breakfast Club</p> <p>9:30 Self Massage w/Kathleen</p> <p>10:00 Women's Group w/GG</p> <p>10:00 Stay Active & Independent for Life (SAIL) w/Paula</p> <p>10:00 Pastels w/Daniel Hauben</p> <p>11:00 EFT Tapping with Margo</p> <p>11:00 NEW: Fit for Life-Mobility Class w/Female Fight Club nyc</p> <p>11:15 Trip: Ridgehill Mall</p> <p>12:00 Grief Group for Spouse & Partner w/Jane</p> <p>12:00 Lunch</p> <p>1:00 Movie: Xmas Movie</p> <p>1:00 Concerts in Motion: Chinese</p> <p>1:00 Learn Mah-Jongg w/Ariana</p> <p>1:00 Caregivers Group w/GG</p> <p>1:00 Leisure Games-Mah Jongg</p>	<p>12</p> <p>KNITTING & ADAP HOLIDAY SALE</p> <p>9:30 Conversational English</p> <p>9:45 Chair Yoga w/ Anita</p> <p>10:00 Knitting Club</p> <p>11:00 Folk Dancing</p> <p>11:45 Int'l. Volunteer Lunch & Toy Drive (Invite ONLY)</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Coffeehouse Thursday</p> <p>1:00 Crafting w/Recyclables</p> <p>1:00 Chorus with Cheryl (Cancelled)</p> <p>1:15 Trip: The Nutcracker @ Lehman College</p> <p>2:30 Watercolor with April</p> 	<p>13</p> <p>10:00 Get Fit with Stuart</p> <p>10:00 Sculpture Class</p> <p>11:00 Beginners Tech: Cybersecurity Basics</p> <p>11:00 Creative Writing</p> <p>11:00 Feldenkrais</p> <p>11:15 Trip: Maude Restaurant</p> <p>12:00 Lunch</p> <p>12:45 Non ACBL Duplicate Bridge w/Rich</p> <p>1:15 NY Presbyterian: "Let's talk about : "Happy & Healthy Holiday Eating!"</p> <p>2:00 Concerts in Motion: Celebration Friday</p> <p>2:00 Leisure Games- Beginners Bridge</p>
<p>16</p> <p>10:00 Leisure Games- Canasta, Mah Jongg</p> <p>10:00 Get Fit with Stuart</p> <p>10:00 Intern Meeting</p> <p>11:00 Poetry with Robert</p> <p>11:00 Tap Dancing w/Maria</p> <p>11:00 Art with Linda</p> <p>10:45 Trip: Wegman Supermarket</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Meditative Mondays</p> <p>12:30 Write On! w/ Susan</p> <p>12:45 Duplicate Bridge w/Rich</p> <p>1:00 Current Events w/Tim</p> <p>2:30 Intro to: AI & Art What's fake? What's real? And what's in the fine print?</p> <p>3:30 NO CLASS Balance Training with Peggy Levine</p>	<p>17</p> <p>BAKE SALE</p> <p>10:00 Qi Gong with Bruce</p> <p>10:00 Memoir Writing</p> <p>11:00 Brain Booster/Trivia (Cancelled)</p> <p>12:00 Concerts in Motion: Songbook Tuesday</p> <p>12:00 Lunch</p> <p>1:00 Collage Class w/Annellen</p> <p>1:00 Coloring Books</p> <p>1:00 Belly Dancing w/Noora</p> <p>1:00 Advisory Council</p> <p>3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>18</p> <p>BIRTHDAY PARTY</p> <p>9:00 Breakfast Club</p> <p>10:00 Blood Pressure w/Sarah</p> <p>10:00 Women's Group w/GG</p> <p>10:00 Stay Active & Independent for Life (SAIL) w/Paula</p> <p>10:00 Pastels w/Daniel Hauben</p> <p>11:00 NEW: Fit for Life-Mobility Class w/Female Fight Club nyc</p> <p>11:00 EFT Tapping with Margo</p> <p>11:10 Trip: Trader Joes'</p> <p>12:00 Grief Group for Spouse & Partner w/Jane</p> <p>12:00 Lunch</p> <p>1:00 Concerts in Motion: Chinese</p> <p>1:00 Leisure Games-Mah Jongg</p> <p>1:00 Learn Mah-Jongg w/Ariana</p> <p>1:15 Birthday Celebration Party</p> 	<p>19</p> <p>9:30 Conversational English</p> <p>9:45 Chair Yoga w/ Anita</p> <p>10:00 Knitting Club</p> <p>11:00 Folk Dancing</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Coffeehouse Thursday</p> <p>1:00 Crafting w/Recyclables</p> <p>1:00 Chorus with Cheryl</p> <p>2:30 Watercolor with April</p> 	<p>20</p> <p>10:00 Get Fit with Stuart</p> <p>10:00 Sculpture Class</p> <p>11:00 Feldenkrais</p> <p>11:00 Beginners Tech: Email Basics</p> <p>11:00 Creative Writing</p> <p>11:15 Trip: Lombardo's Restaurant</p> <p>12:00 Lunch</p> <p>12:45 Non ACBL Duplicate Bridge w/Rich</p> <p>1:15 Nutrition: From High Cholesterol to Low Vitamin D: How to put into practice Doctor's Nutrition advice</p> <p>2:00 Concerts in Motion: Celebration Friday</p> <p>2:00 Leisure Games- Beginners Bridge</p>
<p>23</p> <p>10:00 Leisure Games- Canasta, Mah Jongg</p> <p>10:00 Get Fit with Stuart</p> <p>10:00 Intern Meeting</p> <p>11:00 Poetry with Robert</p> <p>11:00 Tap Dancing w/Maria</p> <p>11:00 Art with Linda</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Meditative Mondays</p> <p>12:30 Write On! w/ Susan</p> <p>12:45 Duplicate Bridge w/Rich</p> <p>1:00 Current Events w/Tim</p> <p>2:15 Horticultural Wellness w/ Barbara</p> <p>2:30 Intro to AI & Art: Let's Create! (AI image generator)</p> <p>3:30 NO CLASS! Balance Training with Peggy Levine</p> <p>4:45 Writing with Susan</p>	<p>24</p> <p>CHRISTMAS /HANUKKAH LUNCH</p> <p>10:00 Memoir Writing</p> <p>11:00 Brain Booster/Trivia (Cancelled)</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Songbook Tuesday</p> <p>1:00 Collage Class w/Annellen</p> <p>1:00 Coloring Books</p> <p>1:00 Belly Dancing w/Noora</p> <p>3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>25</p> <p>CHRISTMAS & HANUKKAH HOLIDAY CENTER CLOSED</p> <p>HANUKKAH 12/25/2024 TO 1/2/2025</p> 	<p>26</p> <p>CHRISTMAS & HANUKKAH HOLIDAY CENTER CLOSED</p> <p>HANUKKAH 12/25/2024 TO 1/2/2025</p> 	<p>27</p> <p>10:00 Get Fit with Stuart (Cancelled)</p> <p>10:00 Sculpture Class</p> <p>11:00 Creative Writing</p> <p>11:00 Feldenkrais</p> <p>12:00 Lunch</p> <p>12:45 Non ACBL Duplicate Bridge w/Rich</p> <p>2:00 Concerts in Motion: Celebration Friday</p> <p>2:00 Leisure Games- Beginners Bridge</p>
<p>30</p> <p>10:00 Leisure Games- Canasta, Mah Jongg</p> <p>10:00 Get Fit with Stuart</p> <p>10:00 Intern Meeting</p> <p>11:00 Poetry with Robert</p> <p>11:00 Tap Dancing w/Maria</p> <p>11:00 Art with Linda</p> <p>10:45 Trip:</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Meditative Mondays</p> <p>12:30 Write On! w/ Susan</p> <p>12:45 Duplicate Bridge w/Rich</p> <p>1:00 Current Events w/Tim</p> <p>3:30 Balance Training with Peggy Levine</p> <p>4:45 Writing with Susan</p>	<p>31</p> <p>NEW YEARS' TOAST</p> <p>10:00 Memoir Writing</p> <p>11:00 Brain Booster/Trivia</p> <p>12:00 Lunch</p> <p>12:00 Concerts in Motion: Songbook Tuesday</p> <p>1:00 Collage Class w/Annellen</p> <p>1:00 Coloring Books</p> <p>3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)</p> 	<p>KEY: Red—Virtual Black—Onsite Blue—Hybrid Green—Offsite</p>	<p>DECEMBER 1 MUSIC APPRECIATION 4:00 PM ANDRE RIEU</p> <p>CHAIR/CHI/PRANA DECEMBER 8, 15, 22 & 29 REIKI @5PM DECEMBER 8, 15, 22 & 29</p> 