

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Chair Yoga 3 10:00 NEW TIME: Current Events 10:00 Canasta 11:00 Tai Chi Gong 11:00 Women's Support Grp 12:00 Chanukah- 1st Candle Lighting 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais #8 -Breath Everywhere 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p> 	<p>9:30 BAKE SALE 9:45 Balance & Strength 4 Based Exercise 10:00 Mixed Media Class 10:00 Reminiscing with Diana 10-12 Computer instruction With Susan Levy** 11:00 Belly Dancing 11:00 Mindfulness with Hannah 12:00 Chanukah- 2nd Candle Lighting 12:00 VOLUNTEER APPRECIATION LUNCH (Invite Only) 1:00 Coloring Books 2:00 Reimagining Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>10:00 Bridge 5 10:00 Drama 11:00 Chair Exercise 10:00 Presentation: An hour of Pampering with MARY KAY Rep. 11:15 Trip: Christmas Tree Store **\$ 12:00 Chanukah- 3rd Candle Lighting 1:00 Caregiver Support Group for Spouses 1:00 Presentation: Research Study on Balance and Fall by Touro College (\$25 Gift Card)**# 1:00 Movie: BLACKKLANSMAN# 1:00 Newplicate Bridge 1:30 Creative Art Workshop\$ #9 with Donna Diamond 3:00 Qi Gong/Tai Chi</p> 	<p>READY SENIOR CENTER OF THE YEAR AWARD CEREMONY 10-12:00 Award Ceremony# 6 11:15 Trip: Holiday Train show**\$ 12:00 Chanukah- 4th Candle Lighting 1:00 Chat with the Doctor: Woman bladder issues associated with aging by Columbia Presbyterian 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture Class\$ 7 10:30 Balance & Strength Based Exercise 12:00 Chanukah- 5th Candle Lighting 1:00 Mah Jongg 1:00 RSS Chorus 1:00 Wellness Workshop: Create Christmas ornaments with natural materials to take home or donate to the RSS tree. 2:15 Art & Culture: Marc Chagall 3:00 Tai Chi Gong</p> <p>PEARL HARBOR REMEMBRANCE DAY</p> 
<p>10:00 Chair Yoga 10 10:00 Canasta 10:00 NEW: Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong 11:15 Trip: Arthur Avenue**\$ 12:00 Chanukah- 8th Candle Lighting 12:30 Duplicate Bridge 1:00 Mah Jongg 1:00 Conversation of the Spirit with Rabbi Aaron Frank#- The Unique Miracle of Hanukkah 1:00 Social Action Committee 1:15 Poetry Class 1:45 Feldenkrais #9 -Easy Shoulders 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 11 Based Exercise 10:00 Mixed Media Class 10:00 Reminiscing with Diana 10-12 Computer instruction With Susan Levy** 11:00 Mindfulness with Hannah 11:00 Folk Dancing 1:00 Presentation: LiveOn—Karol Tapias Benefit Outreach 1:00 Coloring Books 1:30 Better Together with Kinneret 2nd graders 2:00 Reimagining Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group 3:45 Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 12 10:00 Drama 10:00 Bridge 11:00 Chair Exercise 1:00 Solo Agers Club# 11:15 Trip: Trader Joe**\$ 1:00 Movie: THREE IDENTICAL STRANGERS# 1:00 Newplicate Bridge 1:30 Creative Art Workshop\$ #10 - with Donna Diamond 3:00 Qi Gong/Tai Chi</p> 	<p>HOLIDAY TREASURE SALE 13 9:00-1:00 JEWELRY, HOUSEWARES, COLLECTIBLES & KNITTING -50% OFF 10:00 Knitting Group 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture Class\$ 14 10:00 Paleo Therapeutic Exercise# 10:30 Balance & Strength Based Exercise 11:00 Women's Studies:# "Ancient Roman Women" 11:15 Trip: Crab Shanty**\$ 1:00 Mah Jongg 12:00 HOLIDAY LUNCH** 1:00 HOLIDAY CELEBRATION CHORUS PERFORMS AND SPECIAL GUEST PERFORMERS (Holiday Cookies & Punch) 2:00 Music Appreciation 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 17 10:00 Canasta 10:00 NEW: Current Events 11:00 Tai Chi Gong 11:00 Women's Support Grp 11:15 Trip: Aldi Supermarket** 12:30 Duplicate Bridge 1:00 Mah Jongg 1:00 Nutrition: Are there foods that bother you? How to figure it out With Maudene Nelson, RN 1:15 Poetry Class 1:45 Feldenkrais #10 -Balance: Flexible Feet 2:15 Ellie's Book Club "Behold the Dreamers" By Imbolo Mbue 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 18 Based Exercise 10:00 Advisory Committee 10:00 Reminiscing with Diana 10:00 Mixed Media Class 10-12 Computer instruction With Susan Levy** 11:00 Mindfulness with Hannah 11:00 Trip Committee Mtg. 11:00 Belly Dancing 1:00 Birthday celebration** GIOVANNY 1:00 Coloring Books 2:00 Reimagining Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group 3:45 Horace Mann Service Learning Team</p>	<p>10:00 Bridge 19 10:00 Drama 11:00 Chair Exercise 11:15 Trip: Empire City Casino**\$ 1:00 Caregiver Support Group for Spouses 1:00 Drama Club Performance A Christmas Carol 1:00 Newplicate Bridge 1:30 Movie: A Christmas Carol 1:30 Creative Art Workshop\$ #11 - with Donna Diamond 3:00 Qi Gong/Tai Chi</p>	<p>9:00 Sands Trip**\$ 20 10:00 Knitting Group 10:00 Watercolor w/April 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: Holiday Stress and ways to avoid it with Barbara Denson & Lisa Spinelli 1:00 Short Stories: "The Open window" by H.H. Munro 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 6-8:00 WOMEN'S CIRCLE**#\$ "PAINTING PARTY WITH APRIL" Light Dinner & Wine</p>	<p>10:00 Clay Sculpture Class\$ 21 10:30 Balance & Strength Based Exercise 11:15 Trip: Ridgehill Mall**\$ 1:00 Mah Jongg 1:00 Karaoke 1:00 Wellness Workshop: Create gratitude jars. Decorate a jar to keep and collect notes with things that you're grateful for in 2019. 2:15 Art & Culture; Surrealism-From WWI to WWII 3:00 Tai Chi Gong</p>
<p>24 CENTER CLOSED CHRISTMAS HOLIDAY</p> 	<p>25 CENTER CLOSED CHRISTMAS HOLIDAY</p>	<p>9:00 Breakfast Club 26 10:00 Drama 10:00 Bridge 11:00 Chair Exercise 1:00 Movie: AVALON# 1:00 Solo Agers Club# 1:00 Newplicate Bridge 1:30 Creative Art Workshop\$ #12- with Donna Diamond 3:00 Qi Gong/Tai Chi 4:00 BlissFit</p> 	<p>10:00 Knitting Group 27 10:00 Watercolor w/April 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: Diabetes and You by Stella Borukhova of Riverdale Specialty Pharmacy 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health- cancelled</p>	<p>10:00 Clay Sculpture Class\$ 28 10:00 Paleo Therapeutic Exercise# 10:30 Balance & Strength Based Exercise 11:00 Reading Hour# 1:00 Mah Jongg Based Exercise 1:00 Karaoke 2:00 Music Appreciation 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 31 10:00 Canasta 10:00 NEW: Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong 12:00 Happy New Year's Toast !!! 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>1 CENTER CLOSED NEW YEAR'S DAY</p> 	<p>Computer Instruction Tuesdays' from 10:00-12:00</p> 	<p>SAVE THE DATE FRIDAY JANUARY 4TH MEMBERSHIP APPRECIATION DAY FREE LUNCH</p> <p># = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>	<p>SOCIAL ACTION COMMITTEE HOLIDAY FOOD DRIVE COLLECTING NON-PERISHABLE ITEMS UNTIL DECEMBER 14TH, 2018</p> 