

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Activity requires prior registration**</p>	<p>9:00 OATS— iPad Essentials#** 1</p> <p>9:30 BAKE SALE</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 HOUSEWARE SALE</p> <p>10:00 Mixed Media Class</p> <p>10:30 OATS-Work#**</p> <p>11:00 Belly Dancing</p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>ROSH HASHANAH ENDS</p>	<p>10:00 Leisure Game: Nuplicate Bridge 2</p> <p>10:00-12:00 Flu/PN vaccine clinic #**</p> <p>10:00 Drama</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>10:00 HOUSEWARE SALE</p> <p>11:00 Chair Exercise</p> <p>12:00 Trip: Ridgehill Cinema**</p> <p>12:45 Movie: Amelie#</p> <p>1:00 Caregiver Support Group for Spouses</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:00 OATS - iPad Essentials#** 3</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor with April</p> <p>10:00 Adjusting to Change</p> <p>11:00 Health Mgmt./B.P.</p> <p>10:30 OATS-Work#**</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Health Presentations: Medicare Advantage Plan by Dominic Hawkins</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p>	<p>10:00 Sculpture 4</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:15 Trip: Rory Dolan's Restaurant**</p> <p>1:00 RSS Chorus</p> <p>1:00 Social Action Committee</p> <p>1:00 Women in Fact and Fiction: "Codes and Wings"- Ada and Bessie"</p> <p>2:00 Music Appreciation: Opera</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 7</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Women's Support Grp</p> <p>11:00 Tai Chi Gong</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Mah-Jongg</p> <p>1:00 Nutrition: Basics of eating for high energy With Maudene Nelson, RN</p> <p>1:15 Poetry Class</p> <p>2:00 Feldenkrais: Better Balance#</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:00 OATS - iPad Essentials#** 8</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 RSS Walking Club Highline Park</p> <p>10:00 Mixed Media Class</p> <p>10:30 OATS-Work#**</p> <p>11:00 Belly Dancing</p> <p>1:00 Coloring Books</p> <p>1:00 Travels with Cecile "MEXICO"</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>YOM KIPPUR BEGINS</p>	<p>9:00 Breakfast Club 9</p> <p>10:00 Leisure Game: Nuplicate Bridge</p> <p>10:00 Drama (cancelled)</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise (cancelled)</p> <p>1:00 Savvy Solo Club-Cancelled</p> <p>12:45 Movie: The Motorcycle Diaries</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p> 	<p>9:00 OATS - iPad Essentials 10</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor with April</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>11:00 Health Mgmt./B.P.</p> <p>10:30 OATS-Work#**</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Grief Support Group with Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p> <p>4:45 Women's Circle**# Ageless Living Through Art A Women's Circle Art Series 4:45 PM - 7:00 PM</p>	<p>10:00 Sculpture 11</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:15 Trip: Ohana Japanese Hibachi**</p> <p>1:00 Karaoke</p> <p>2:00 Music Appreciation: Big Band</p> <p>2:00 Meditation Circle</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 14</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Women's Support Grp</p> <p>11:00 Tai Chi Gong</p> <p>11:15 Trip: Arthur Avenue</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>2:00 Book of the Month: "Talking with Strangers" Malcom Gladwell</p> <p>3:00 Qi Gong/Tai Chi</p> 	<p>9:00 OATS - iPad Essentials 15</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 RSS Walking Club Cloisters</p> <p>10:00 Mixed Media Class</p> <p>10:00 Advisory Council</p> <p>10:30 OATS-Work#**</p> <p>11:00 Trip Committee Mtg.</p> <p>11:00 Folk Dancing</p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Yoga with Paula</p> <p>2:00 Menu Committee</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>3:45 Intergenerational programs Horace Mann Service Learning Team</p>	<p>10:00 Drama 16</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Leisure Game: Nuplicate Bridge</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: Burlington**</p> <p>1:00 Caregiver Support Group for Spouses</p> <p>12:45 Movie: Crouching Tiger Hidden Dragon#</p> <p>1:30 Intergenerational programs Kinneret 2nd graders</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:00 OATS - iPad Essentials#** 17</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>11:00 Health Mgmt./B.P.</p> <p>10:30 OATS-Work#**</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Grief Support Group with Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>1:00 Health Presentation: Herbal teas and its health benefits!! By Barbara Denson</p> <p>1:15 Conversation of the Spirit: Visit Sukkah at Kinneret</p> <p>2:00 Yoga For Joint Health</p>	<p>10:00 Sculpture 18</p> <p>10:30 Balance & Strength Based Exercise</p> <p>1:00 RSS Chorus</p> <p>1:00 Social Action Committee</p> <p>2:00 Music Appreciation: Songs from Musicals Part I</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 21</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>10:12 Health Mgmt./B.P.</p> <p>11:00 Women's Support Grp</p> <p>11:00 Tai Chi Gong</p> <p>11:15 Trip: Aldi Supermarket**</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>2:00 Feldenkrais: Low Back Comfort#</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:00 OATS - iPad Essentials 22</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 RSS walking Club Brooklyn Bridge</p> <p>10:00 Mixed Media Class</p> <p>10:30 OATS-Work#**</p> <p>11:00 Belly Dancing</p> <p>1:00 Coloring Books</p> <p>1:00 Chat with the Doctor: Vitamins, Supplements, Minerals an Lab Values</p> <p>2:00 Travels with Cecile "MEXICO"</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>3:45 Intergenerational programs Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 16</p> <p>10:00 Leisure Game: Nuplicate Bridge</p> <p>10:00 Drama</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise</p> <p>1:00 Savvy Solo Club-Trip</p> <p>12:45 Movie: Monsoon Wedding#</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p>	<p>24</p> <p>International Day</p>  <p>Other Programming Cancelled</p>	<p>10:00 Sculpture 25</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:00 Reading Hour</p> <p>11:15 Trip: La Bella Havana Restaurant**</p> <p>1:00 Karaoke</p> <p>1:00 Short Stories; "Miss Grief" by Constance F. I. Woolson</p> <p>2:00 Music Appreciation Songs from Musicals Part II</p> <p>2:00 Meditation Circle</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 28</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Women's Support Group</p> <p>11:00 Tai Chi Gong</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>2:00 Feldenkrais:</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:00 OATS - iPad Essentials 29</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 Mixed Media Class</p> <p>10:00 RSS Walking Club Wave Hill</p> <p>10:30 OATS-Work#**</p> <p>11:00 Folk Dancing</p> <p>11:00 Birthday Celebration Sigal Chen, Soprano</p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>3:45 Intergenerational programs Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 30</p> <p>10:00 Drama</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Leisure Game: Nuplicate Bridge</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: Ridgehill Mall**</p> <p>12:45 Movie: Hotel Rwanda#</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:00 OATS - iPad Essentials#** 31</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor with April</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>11:00 Health Mgmt./B.P.</p> <p>10:30 OATS-Work#**</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Grief Support Group with Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p> 	<p>November 1</p> <p>LAST DAY TO BRING ITEMS TO SELL AT RSS FALL BASH</p> <p>RSS WILL CLOSE AFTER LUNCH</p>