

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**Activity requires prior registration**</b></p> <p><b>KEY</b> # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>			<p><b>Fall Bash Sunday November 3rd 10am-3pm</b></p>	<p>9:00 Mat/Chair Yoga 1 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise 11:00 Women In Fact &amp; Fiction: Wildlife Conservationists Pt. 2.</p> <p><b>AFTERNOON CLASSES CANCELLED</b></p> <p><b>FALL BASH SET-UP</b></p>
<p>4</p> <p><b>CENTER CLOSED</b></p>	<p>9:00 OATS-Digital Storytelling#** 5 9:30 <b>BAKE SALE</b> 9:45 Balance &amp; Strength Based Exercise 10:00 Mixed Media Class 10:00 RSS Walking Club <b>RSS Neighborhood</b> 10:30 OATS- Work 11:00 Belly Dancing 1:00 Coloring Books 1:00 RAFFLE DRAWING 1:00 Travels with Cecile "CUBA" 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW</p>	<p>6</p> <p>10:00 Leisure Game: Nuplicate Bridge 10:00 OT Students Orientation 10:00 Drama 10:00 Zumba Gold with Kolu <b>CANCELLED</b> 10:00 Life Transition Group With Susan Cohen LCSW 11:00 <b>Flu Clinic**</b> 11:00 Chair Exercise 1:00 Caregiver Support Group for Spouses 1:00 Movie: <b>The Souvenir</b> 1:00 Acrylic Art Class: <b>Find Your Style by Painting Traditional Subjects</b> 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p>	<p>7</p> <p>9:00 OATS-Digital Storytelling 10:00 <b>Riverdale Country School-Power Point Presentation on Website for Older Adult</b> 10:00 Knitting Group 10:00 Watercolor WITH April 10:00 Adjusting to Change With Paul Heron, LCSW 10:30 OATS- Work 11:00 Exercise for Mobility 11:00 Trivia 1:00 <b>Drama Club Performance# "No Business like Show business"</b> 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>8</p> <p>9:00 Mat/Chair Yoga 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise 11:15 Trip: <b>Dinosaur BBQ Restaurant**</b> 1:00 Karaoke 1:00 Wellness Workshop: <b>Aromatherapy #</b> 2:00 Music Appreciation: <b>Ray Charles</b> 3:00 Tai Chi Gong</p>
<p>11</p> <p>10:00 Chair Yoga 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong 12:30 Leisure Games: Duplicate Bridge 1:00 Mah Jongg 1:00 Meditation: <b>Path to Empowerment Deepak Chopra</b> 1:15 Poetry Class 2:00 Book Club- <b>CODE NAME LISE</b> 3:00 Qi Gong/Tai Chi 4:00 Memorial: <b>RSS Remembers...</b></p> <p> <b>VETERANS' DAY</b></p>	<p>12</p> <p>9:00 OATS-Digital Storytelling#** 9:45 Balance &amp; Strength Based Exercise 10:00 Mixed Media Class 10:00 RSS Walking Club <b>Highbridge Park</b> 10:30 OATS- Work 11:00 Folk Dancing 1:00 Coloring Books 1:00 Presentation: <b>Medicare Open Enrollment Information</b> 1:00 <b>Houseware Sale Preview</b> 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Tai Chi with Bill 2:00 Yoga with Paula <b>CANCELLED</b> 3:00 Meditation with Paula <b>CANCELLED</b> 3:00 Men's Group With Paul Heron, LCSW 3:45 Intergenerational: <b>Horace Mann Service Learning Team</b></p>	<p>13</p> <p>9:00 Breakfast Club 9:00 <b>Houseware Sale</b> 10:00 OT Students Orientation 10:00 Drama 10:00 Zumba Gold with Kolu 10:00 Leisure Game: Nuplicate Bridge 10:00 Life Transition Group With Susan Cohen LCSW 10:30 OATS- Work 11:00 Chair Exercise 12:00 Trip: <b>Morgan Library &amp; Museum**</b> 1:00 Savvy Solo Club 1:00 Acrylic Art Class: <b>Find Your Style by Painting Traditional Subjects</b> 1:00 Movie: <b>Astronaut</b> 3:00 Qi Gong/Tai Chi</p>	<p>14</p> <p>9:00 OATS-Digital Storytelling 10:00 Knitting Group 10:00 Watercolor with April 10:00 Adjusting to Change With Paul Heron, LCSW 10:00 <b>Horace Mann Visit 9th Graders</b> 10:30 OATS- Work 11:00 Exercise for Mobility 11:00 Trivia 1:00 <b>Nutrition: Healthy Dips by Barbara Denson</b> 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 4:00 Community Board #8 With Special guest speaker <b>SCAMS</b></p>	<p>15</p> <p>9:00 Mat/Chair Yoga <b>CANCELLED</b> 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise 11:15 Trip: <b>Christmas Tree Store**</b> 1:00 Social Action Committee 1:00 Karaoke 2:00 Music Appreciation: 3:00 Tai Chi Gong</p>
<p>18</p> <p>10:00 Chair Yoga 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong 11:15 Trip: <b>Aldi Supermarket**</b> 12:30 Leisure Games: Duplicate Bridge 1:00 Health Presentation: <b>The Everyday Reality of Diabetes</b> With <b>Geraldine O'Connell from Montefiore</b> 1:00 Meditation: <b>Path to Empowerment Deepak Chopra</b> 1:00 Mah Jongg 1:15 Poetry Class 2:00 Feldenkrais: <b>Better Breathing</b> 3:00 Qi Gong/Tai Chi</p>	<p>19</p> <p>9:00 OATS-Digital Storytelling#** 9:45 Balance &amp; Strength Based Exercise 10:00 Mixed Media Class 10:00 RSS Walking Club <b>Hudson Yards</b> 10:00 <b>Advisory Committee</b> 10:30 OATS- Work 11:00 Trip Committee Mtg. 11:00 Belly Dancing 1:00 Coloring Books 1:00 Presentation: <b>"Having Cultural Sensitivity During Serious Illness" With MJHS Hospice and Palliative Care</b> 1:30 Intergenerational Program: Kinneret 2nd graders 2:00 <b>Menu Committee</b> 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula- <b>CANCELLED</b> 3:00 Meditation with Paula <b>CANCELLED</b> 3:00 Tai Chi with Bill 3:00 Men's Group With Paul Heron, LCSW</p>	<p>20</p> <p>10:00 Leisure Game: Nuplicate Bridge 10:00 Drama 10:00 Zumba Gold with Kolu 10:00 Life Transition Group With Susan Cohen LCSW 11:00 Chair Exercise 12:00 <b>THANKSGIVING LUNCH CELEBRATION**</b> 12:00 Trip: <b>Bronx Museum of Art**</b> 1:00 Caregiver Support Group for Spouses 1:00 Movie: <b>Yesterday</b> 1:00 Acrylic Art Class: <b>Find Your Style by Painting Traditional Subjects</b> 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p> <p></p>	<p>21</p> <p>9:00 OATS-Digital Storytelling 10:00 Knitting Group 10:00 Watercolor with April 10:00 Adjusting to Change With Paul Heron, LCSW 10:30 OATS- Work 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 4:45 <b>Women's Circle**</b> <b>Ageless Living through Art: Louise Bourgeois</b> <b>Presenter: Susan Landgraf</b></p>	<p>22</p> <p>9:00 Mat/Chair Yoga 10:00 Sculpture 10:30 Balance &amp; Strength Based Exercise 11:00 Reading Hour 11:15 Trip: <b>Sammy's Restaurant**</b> 1:00 Short Stories: <b>The "Revolt of Mother" by Mary E. W. Freeman</b> 1:00 Karaoke 1:00 Wellness Workshop: <b>Aromatherapy#</b> 2:00 Music Appreciation: <b>Early Broadway</b> 3:00 Tai Chi Gong</p>
<p>25</p> <p>10:00 Chair Yoga 10:00 Canasta 10:00 Current Events 11:00 Women's Support Group 11:00 Tai Chi Gong 11:15 Trip: <b>Stew Leonard's/Costco**</b> 12:30 Leisure Games: Duplicate Bridge 1:00 Mah-Jongg 1:00 Meditation: <b>Path to Empowerment Deepak Chopra</b> 1:15 Poetry Class 2:00 Feldenkrais: <b>Flexible Feet</b> 3:00 Qi Gong/Tai Chi</p>	<p>26</p> <p>9:00 OATS-Digital Storytelling#** 9:45 Balance &amp; Strength Based Exercise 10:00 Mixed Media Class 10:00 RSS Walking Club <b>Wave Hill</b> 10:30 OATS- Work 11:00 Folk Dancing 1:00 <b>Birthday Celebration**</b> <b>Juan Manuel Ortega</b> 1:00 Coloring Books 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW</p>	<p>27</p> <p>9:00 Breakfast Club 10:00 Drama 10:00 Zumba Gold with Kolu 10:00 Leisure Game: Nuplicate Bridge 10:00 Life Transition Group With Susan Cohen LCSW 11:00 Chair Exercise 11:15 Trip: <b>Ridegill Mall **</b> 1:00 Savvy Solo Club 1:00 Movie: <b>Art of Racing in the Rain</b> 1:00 Acrylic Art Class: <b>Find Your Style by Painting Traditional Subjects</b> 3:00 Qi Gong/Tai Chi</p>	<p>28</p> <p><b>THANKSGIVING</b></p> <p></p>	<p>29</p> <p><b>THANKSGIVING</b></p>