








Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Chair Yoga 2 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 1:15 Poetry Class 2:00 Feldenkrais: Face & Jaw 3:00 Qi Gong/Tai Chi</p>	<p>9:00 OATS-Digital Storytelling 3 9:30 BAKE SALE 9:45 Balance & Strength Based Exercise 10:00 Mixed Media Class 10:30 OATS- Work 11:00 Belly Dancing 1:00 Coloring Books 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW</p>	<p>10:00 Leisure Game: 4 Nuplicate Bridge 10:00 Drama 10:00 Zumba Gold with Kolu 11:00 Chair Exercise 12:00 Trip: Bronx Museum of Art** 1:00 Caregiver Support Group for Spouses 1:00 Movie: FAREWELL 1:00 Acrylic Art Class: Find Your Style by Painting Traditional Subjects 1:15 Conversation of the Spirit with Rabbi Aaron Frank "Flexibility in the Flames: Reflections on Chanukah" 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p>	<p>9:00 OATS-Digital Storytelling 5 10:00 Knitting Group 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 10:30 OATS- Work 11:00 Exercise for Mobility 11:00 Trivia 1:00 Presentation: Medicaid and Pooled Income Trust 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>9:00 Mat/Chair Yoga 6 10:00 Sculpture 10:30 Balance & Strength Based Exercise 11:00 Women in Fact & Fiction: Wildlife Conservationists Part 2 11:15 Trip: Christmas Tree store** 1:00 Social Action Committee 1:00 Karaoke 2:15 Art & Culture: Ways of Seeing and Thinking about Art at the New MoMA 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 9 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong 11:15 Trip: Arthur Avenue** 12:30 Leisure Games: Duplicate Bridge 1:00 Mah Jongg 1:00 Nutrition: Special Nutrients Needs for Us Older Adults with Maudene Nelson, RD 1:15 Poetry Class 2:00 Book Club 2:00 Feldenkrais: Better Turning (Hand hold chin) 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 10 Based Exercise 10:00 Mixed Media Class 11:00 Folk Dancing 12:15 Fall Bash Appreciation Lunch** (By Invitation ONLY!!!) 1:00 Coloring Books 1:30 Intergenerational Program: Kinneret 2nd graders 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 11 10:00 Drama 10:00 HOLIDAY SALE 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: Trader Joe's** 1:00 Savvy Solo Club (Cancelled) 1:00 Movie: PEANUT BUTTER FALCON 1:00 Acrylic Art Class: Find Your Style by Painting Traditional Subjects 3:00 Qi Gong/Tai Chi</p>	<p>10:00 Knitting Group 12 10:00 KNITTING SALE 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Presentation: "Managing Diabetes to Save Sight," the Lighthouse 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>9:00 Mat/Chair Yoga 13 10:00 Sculpture 10:30 Balance & Strength Based Exercise 11:15 Trip: Pizza Beat Restaurant** 1:00 Karaoke 1:00 NEW: Screen Writing for TV & Film **# with Bruce 1:15 Natural Wellness Workshop: Properties of Aloe Vera and make a face mask or scrub 2:00 Music Appreciation 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 16 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong 11:15 Trip: Aldi Supermarket** 12:30 Leisure Games: Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 2:00 Feldenkrais: Comfortable Upright 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 17 Based Exercise 10:00 Mixed Media Class 10:00 Advisory Committee Trip Committee Mtg. 11:00 Belly Dancing 1:00 Birthday Celebration**# DJ Alex 1:00 Coloring Books 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>10:00 Leisure Game: 18 Nuplicate Bridge 10:00 Drama 10:00 Zumba Gold with Kolu 10:00 Life Transition Group With Susan Cohen LCSW 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall** 1:00 Caregiver Support Group for Spouses 1:00 Movie: OPHELIA 1:00 Acrylic Art Class: Find Your Style by Painting Traditional Subjects 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p>	<p>9:00 Trip: 19 Wind Creek (Sands) Casino** 10:00 Knitting Group 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Chat with the doctor: "Gut Health" 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 4:45 Women's Circle Party**# Drama Club Present: A Christmas Carol (follow by Dinner)</p>	<p>9:00 Mat/Chair Yoga 20 10:00 Sculpture 10:30 Balance & Strength Based Exercise 1:00 Social Action Committee (Cancelled) 1:00 Holiday Celebration**# With Tom Heany (Holiday Dessert Bar) 2:15 Art & Culture: Betye Saar 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 23 10:00 Canasta 10:00 Current Events 11:00 Women's Support Group 11:00 Tai Chi Gong 12:30 Leisure Games: Duplicate Bridge 1:00 Mah-Jongg 1:15 Poetry Class 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 3:00 Qi Gong/Tai Chi (Cancelled) CHANUKAH (Begins at sundown 12/22/2019)</p> 	<p>24 HOLIDAY CENTER CLOSED</p> 	<p>25 HOLIDAY CENTER CLOSED</p> 	<p>26 10:00 Knitting Group 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 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 (Cancelled) KWANZAA BEGIN</p> 	<p>27 9:00 Mat/Chair Yoga 10:00 Sculpture 10:30 Balance & Strength Based Exercise 11:00 Reading Hour 1:00 Karaoke 1:00 Short Stories: Desiree's Baby by Kate Chopin 1:00 NEW: Screen Writing for TV & Film **# with Bruce 1:15 Natural Wellness Workshop: Planting herb seeds 2:00 Music Appreciation 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 30 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 1:15 Poetry Class 2:00 Reimaging Ourselves Grp With Paul Heron, LCSW 2:00 Feldenkrais: Easier Standing 3:00 Qi Gong/Tai Chi 3:00 Men's Group With Paul Heron, LCSW CHANUKAH ENDS</p> 	<p>31 9:45 Balance & Strength Based Exercise 10:00 Mixed Media Class 11:00 Belly Dancing 1:00 Coloring Books 1:00 NEW YEAR'S TOAST CELEBRATION# With Wally Levis Singer, Guitar player AFTERNOON CLASSES CANCELLED NEW YEAR'S EVE</p> 	<p>1 HOLIDAY CENTER CLOSED</p> 	<p>2 **Activity requires prior registration**</p>	<p>3 KEY # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>