

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>CENTER CLOSED LABOR DAY</p> 	<p>9:30 BAKE SALE 3</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 Mixed Media Class</p> <p>11:00 Belly Dancing</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula Cancelled</p> <p>3:00 Meditation with Paula Cancelled</p> <p>3:00 Men's Group With Paul Heron, LCSW</p>	<p>10:00 Leisure Games: 4</p> <p>Nuplicate Bridge</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>10:00 Drama</p> <p>10:00 Zumba Gold with Kolu</p> <p>11:00 Chair Exercise</p> <p>AFTERNOON CLASSES Cancelled</p> <p>1:00-4 TALENT SHOW</p> <p>COMPUTER ROOM CLOSED</p>	<p>10:00 Knitting Group 5</p> <p>10:00 Watercolor</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>10-12 Health Mgmt./B.P.</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>1:00-3:00 The 7 Myths About Senior Sex** With Joan Price, author</p> <p>3:30-4:30 Book Signing WOMEN CIRCLE—PRESENTS</p> <p>5:00-7:00 What Women Ask Most About Sex and Aging** (with Dinner)</p> <p>COMPUTER ROOM CLOSED</p>	<p>9:00 Chair/Mat Yoga 6 with Paula Cancelled</p> <p>10:00 Clay Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:00 Women In Fact & Fiction: "Wildlife Conservationists"</p> <p>1:00 Social Action Committee</p> <p>1:00 Karaoke</p> <p>2:00 Music Appreciation:</p> <p>3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 9</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 with Bill</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Health Presentation: Flu/Pneumonia Vaccines and what you need to know with Stella Borukhova of Riverdale Specialty Pharmacy</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength Based Exercise 10</p> <p>10:00 Mixed Media Class</p> <p>11:00 Folk Dancing</p> <p>11:00 Painting & Sketching @ Orchard Beach**</p> <p>1:00 Coloring Books</p> <p>1:00 Presentation: What is ADAP? With Peter Swanson, LMSW</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>9:00 Breakfast Club 11</p> <p>10:00 Drama</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Leisure Games: Nuplicate Bridge</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: Macys/Sears**</p> <p>1:00 Movie: Amazing Grace Acrylic Painting (bring sketches from Orchard Beach)</p> <p>1:00 Savvy Solo Club With Selina Ng</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p>	<p>10:00 Knitting Group 12</p> <p>10:00 Watercolor with April</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Presentation: FDNY-Fire Safety in the Home with Roland</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 Cancelled</p> <p>2:00 Tai Chi with Bill</p>	<p>9:00 Chair/Mat Yoga 13 with Paula</p> <p>10:00 Clay Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:15 Trip: Van Cortlandt Lake House**</p> <p>1:00 Karaoke</p> <p>2:00 Meditation Circle</p> <p>2:00 Music Appreciation:</p> <p>3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 16</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11-12 Health Mgmt./B.P.</p> <p>11:00 Women's Support Grp</p> <p>11:00 Tai Chi Gong with Bill</p> <p>11:15 Trip: Christmas Tree Store**</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>2:00 Feldenkrais: Easy flexibility (Turning)</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength Based Exercise 17</p> <p>10:00 Mixed Media Class</p> <p>10:00 Advisory Council Trip Committee Mtg.</p> <p>11:00 Belly Dancing</p> <p>1:00 Coloring Books</p> <p>1:00 Travels with Cecile</p> <p>1:00 Presentation: Medicare & Open Enrollment</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Yoga with Paula</p> <p>2:00 Feldenkrais</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group</p>	<p>10:00 Leisure Games: 18</p> <p>Nuplicate Bridge</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>10:00 Drama</p> <p>10:00 Zumba Gold with Kolu</p> <p>11:00 Chair Exercise</p> <p>10:00 Trip: Museo Del Barrio**</p> <p>1:00 Caregiver Support Group for Spouses</p> <p>2:00 Presentation: AARP Engaging Locally**</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>10:00 Knitting Group 19</p> <p>10:00 Watercolor</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>ALL DAY ALTERNATIVE MEDICINE</p> <p>10:00-12:00 Plant Hero</p> <p>1:00 Grief Support Group with Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>1:15-4:00 Workshops**# Reiki, Acupressure, Aromatherapy, Breath work</p> <p>COMPUTER ROOM CLOSED</p>	<p>9:00 Chair/Mat Yoga 20 with Paula</p> <p>10:00 Clay Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:15 Trip: Rice Star Restaurant**</p> <p>1:00 RSS Chorus</p> <p>2:00 Music Appreciation:</p> <p>3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 23</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 with Bill</p> <p>11:15 Trip: Aldi Supermarket**</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>1:15 Conversation of the Spirit With Rabbi Frank Aaron Spiritual Lessons for the High Holidays</p> <p>2:00 Feldenkrais: Power Center</p> <p>3:00 Qi Gong/Tai Chi</p> <p>TODAY IS: FALL PREVENTION AWARENESS DAY</p>  <p>Fall Prevention</p> <p>(COME TO SCREENING & WORKSHOP ON WEDNESDAY 25TH)</p>	<p>9:45 Balance & Strength Based Exercise 24</p> <p>10:00 Mixed Media Class</p> <p>11:00 Folk Dancing</p> <p>11:00 BirthDay Celebration** D.J. Alex</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>Computer Room Closed 1-2:30</p>	<p>9:00 Breakfast Club 25</p> <p>10:00 OT Students: Fall Prevention Screening & Workshop</p> <p>10:00 Drama</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Leisure Games: Nuplicate Bridge</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: Ridgehill Mall**</p> <p>1:00 Movie: Rocketman</p> <p>1:00 Savvy Solo Club With Selina Ng</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p> <p>4:00-6:00 Presentation: AARP-Job Search in the Digital Age & Interviewing** (Light Refreshments)</p>	<p>10:00 KNITTING SALE 26</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>10-12 Health Mgmt./B.P.</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 Presentation: Elder Abuse: Developing Positive Relationships in the Family by nshopp.org</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health Cancelled</p> <p>2:00 Tai Chi with Bill</p>	<p>9:00 Chair/Mat Yoga 27 with Paula</p> <p>10:00 Clay Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:00 Reading Hour</p> <p>10:45 Trip: Woodland Cemetery**</p> <p>1:00 Short Stories: "A Sphinx without a Face" by Oscar Wilde</p> <p>1:00 Karaoke</p> <p>1:15 Wellness Workshop:# Kokedama Japanese Moss Planting</p> <p>2:00 Meditation Circle</p> <p>2:00 Music Appreciation:</p> <p>3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 30</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>11:15 Trip: Empire City Casino</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>3:00 Qi Gong/Tai Chi</p> <p>ROSH HASHANAH BEGUN SUNDAY AT SUNDOWN</p>	 <p>Rosh Hashanah A Sweet New Year!</p>			<p>**Activity requires prior registration**</p>