

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SUNDAY NOVEMBER 4TH BAZAAR FLEA MARKET BAKE SALE</p>  <p>CENTER OPEN 10:00-3:00</p>	<p>Computer Instruction Tuesdays' from 10:00-12:00</p> 	<p># = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>	<p>10:00 Knitting Group 1 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 Watercolor Sketching Colors of Fall- (4wk) bring your own material. 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture\$ 2 10:00 Reminiscing with Diana 10:30 Balance & Strength Based Exercise CENTER CLOSING AFTER LUNCH</p>  <p>SUNDAY NOVEMBER 4TH TURN CLOCKS BACK</p>
<p>10:00 Chair Yoga 5 10:00 Canasta 10:30 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 12:30 Duplicate Bridge\$ 1:00 RAFFLE DRAWING 1:00 Social Action Committee 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais Class#4 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:30 BAKE SALE 6 9:45 Balance & Strength Based Exercise 10-12 Computer Instruction with Susan Levy** 10:00 Mixed Media 11:00 Belly Dancing 11:00 Mindfulness with Hannah 1:00 Coloring Books 1:00 LiveOn- Consumer Protection Financial Fitness# 2:00 Reimagining Group</p> 	<p>10:00 Drama 7 10:00 Bridge 10-12 Health Mgmt./B.P. 11:00 Chair Exercise 11:15 Trip: Christmas Tree Store**\$ 1:00 Movie: RBG (Documentary) 1:00 Caregiver Support Group for Spouses 1:30 Creative Art Workshop #5-with Donna # 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 8 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 Chat with the Doctor: Vascular/Podiatry issues in Older Adults with Dr. Danielle Progamian (refreshment served) 1:00 Write On! -Writing Class 2:00 Watercolor Sketching Colors of Fall- (5wk) bring your own material. 2:00 Yoga For Joint Health</p>	<p>9:00 Computer Instruction 9 With Neal Rooney** 10:00 Clay Sculpture\$ 10:00 Paleo Therapeutic Exercise# 10:00 Reminiscing with Diana 10:30 Balance & Strength Based Exercise 11:15 Trip: Hibachi Grill**\$ 1:00 Karaoke 1:00 Wellness Workshop with Barbara# 2:15 Music Appreciation Big Bands of the Swing Era 3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 12 10:00 Canasta 10:30 Current Events 11:00 Women's Support Grp 11:00 Presentation: MEDICARE 2019# 11:00 Tai Chi Gong with Bill 11:15 Trip: Stew Leonard's/Costco**\$ 12:30 Duplicate Bridge\$ 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais Class#5 3:00 Creative Writing 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength Based Exercise 13 10-12 Computer Instruction with Susan Levy** 10:00 Mixed Media 11:00 Women's Studies 11:00 Mindfulness with Hannah 11:00 Folk Dancing 1:00 Presentation: "Dying With Dignity" # 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 Intergenerational Program: Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 14 10:00 Bridge 10-12 Health Mgmt./B.P. 10:00 Drama 10:15 Trip: Museum of the City of NY**\$ 11:00 Chair Exercise 1:00 Movie: The Seagull 1:00 Newuplicate Bridge 1:30 Creative Art Workshop #6-with Donna # 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 15 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility- CANCELLED 11:00 MEMBERSHIP MEETING THANKSGIVING DINNER** 1:00 Discussion: Short Stories: 'A Piece of String' by Guy de Maupassant 1:00 Nutrition: Preventing Diabetes small steps big rewards with Geraldine O'Connor, RN of Montefiore Hospital 1:00 Write On! -Writing Class 2:00 Watercolor Sketching Colors of Fall- (6wk) bring your own material. 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture\$ 16 10:00 Reminiscing with Diana 10:30 Balance & Strength Based Exercise 1:00 RSS Chorus 2:15 Art & Culture; Marc Chagall. 3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 19 10:00 Canasta 10:30 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 11:15 Trip: Aldi Supermarket** 12:30 Duplicate Bridge\$ 1:00 Conversation of the Spirit: "What are the different layers of friendship?" 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais Class#6 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength Based Exercise 20 10-12 Health Mgmt./B.P. 10-12 Computer Instruction with Susan Levy** 10:00 Advisory Committee 10:00 Mixed Media 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</p>	<p>10:00 Drama 21 10:00 Bridge 11:00 Chair Exercise 1:00 Movie: Juliet Naked 1:00 Caregiver Support Group for Spouses 1:30 Creative Art Workshop #7-with Donna # 3:00 Qi Gong/Tai Chi</p> 	<p>22 CENTER CLOSED THANKSGIVING HOLIDAY</p>	<p>23 CENTER CLOSED THANKSGIVING HOLIDAY</p> 
<p>10:00 Chair Yoga 26 10:00 Canasta 10:30 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 11:00 Better Together - 6th Graders 11:15 Trip: Empire City Casino**\$ 12:30 Duplicate Bridge\$ 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais Class#7 2:15 Ellie's Book Club- "Small Fry" by Lisa Brennan-Jobs Memoir by the illegitimate daughter of Steve Jobs 3:00 Creative Writing 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength Based Exercise 27 10-12 Computer Instruction with Susan Levy** 10:00 Mixed Media 11:00 Reading Hour 11:00 Folk Dancing 11:00 Mindfulness with Hannah 1:00 Coloring Books 1-4:00 Marcel Dixon NYC Department of Finance External Affairs Enrollment event #** 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</p>	<p>9:00 Breakfast Club 28 10:00 Bridge 10:00 Drama 11:00 Chair Exercise 11:15 Tip: Ridgehill Mall**\$ 1:00 Movie: Crazy Rich Asian 1:00 Newuplicate Bridge 1:00 NEW: Solo Agers Club**# 1:30 Creative Art Workshop #8-with Donna # 3:00 Qi Gong/Tai Chi 4:00 BlissFit with Kim</p> 	<p>10:00 Knitting Group 29 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 Write On! -Writing Class 2:00 Yoga For Joint Health 4:00 Documentary, Discussion & Dinner Granny "D" *goes to Washington **\$ led by Producer Alidra Solday</p>	<p>10:00 Sculpture\$ 30 10:00 Reminiscing with Diana 10:00 Paleo Therapeutic Exercise# 10:00 Reminiscing with Diana 10:30 Balance & Strength Based Exercise 11:15 Trip: Sammy's Restaurant**\$ 1:00 Karaoke 1:00 Wellness Workshop with Barbara# 2:15 Music Appreciation Zorba the Greek- film (part 2) 3:00 Tai Chi Gong with Bill</p>