

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>CENTER CLOSED NEW YEARS' HOLIDAY</p> 	<p>10:00 Bridge 2 10:00 Drama Club 11:00 Chair Exercise 1:00 Caregiver Support Group for Spouses 1:00 Movie: <i>Operation Finale</i> 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 3 10:00 Watercolor Art Class 10:00 Adjusting to Change 11:00 Exercise for Mobility 11:00 Trivia 1:00 Write On! -Writing Class 1:00 Presentation: Fire Prevention and Safety for Emergency Preparedness by FDNY Roland # 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture \$ 4 With Brenda Spooner 10:30 Balance & Strength Based Exercise 11:15 Trip: Hibachi Grill***\$ 12:00 Member Appreciation Day Lunch 1:00 Karaoke sing-a-long 2:15 Art & Cultural Lecture <i>The Women of Surrealism</i> 3:00 Creative Writing Class 3:00 Tai Chi Standing Form</p>
<p>10:00 Chair Yoga 7 10:00 Canasta 10:00 Current Events 11:00 Tai Chi Standing Form 11:00 Women's Support Group 12:30 Duplicate Bridge 1:00 Social Action Committee 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais #10 2:00 Ellie's Book Club 3:00 Creative Writing Class 3:00 Qi Gong/Tai Chi</p>	<p>9:30 BAKE SALE 8 9:45 Balance & Strength Based Exercise 10:00 Mixed Media Art Class 10:00 Reminiscing with Diana 11:00 Belly Dancing 1:00 Coloring Books for Adult 1:00 Menu Committee Meeting 1:30 Intergenerational Program: Kinneret Foster Grand Parenting 2:00 Reimagining Group 2:00 Yoga w/Paula 3:00 COLLECTIBLES PREVIEW SALE 3:00 Meditation w/Paula 3:00 Men's Group</p>	<p>9:00 Breakfast Club 9 9:45 COLLECTIBLES SALE 10:00 Drama Club 10:00 Bridge 11:00 Chair Exercise 1:00 Solo Agers Club 1:00 Movie: <i>Pope Francis—A Man of His Word</i> 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 10 10:00 Watercolor Art Class 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Presentation: Fraud prevention By: Right at home agency With Enrie Morales# (Bring in a piece of junk mail from home) 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>10:00 Sculpture Studio 11 10:00 Paleo Therapeutic Exercise 10:30 Balance & Strength Based 11:00 Women's Studies: "Women at War" 11:15 Trip: Lobster Box***\$ 1:00 RSS Chorus 1:00 Wellness Workshop:# 2:00 Music Appreciation: Classical Music 3:00 Tai Chi Standing Form</p>
<p>10:00 Chair Yoga 14 10:00 Canasta 10:00 Current Events 11:00 Women's Support Group 11:00 Tai Chi Standing Form 12:30 Duplicate Bridge 1:00 Mah Jongg 1:00 Conversation of the Spirit: "What do we mean by civility?" With Rabbi Aaron Frank 1:15 OATS: Money Matters# 1:15 Poetry Class 1:45 Feldenkrais #11 2:30 OATS- Explore Tech# 3:00 Qi Gong/Tai Chi 3:00 Creative Writing Class 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength 15 Based Exercise 10:00 Mixed Media Art Class 10:00 Advisory Council 10:00 Reminiscing with Diana 11:00 Trip Committee Mtg. 11:00 Folk Dancing 1:00 Honoring Dr. Martin Luther King 2:00 Presentation: Truth About Medicare! By Medicare Resource Group# 2:00 Reimagining Group 2:00 Mat Yoga w/Paula 3:00 Meditation w/Paula 3:00 Men's Group 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>10:00 Bridge 16 10:00 Zumba Class Demo # 10:00 Drama Club 11:00 Chair Exercise 11:15 Trip: Kohl's***\$ 1:00 Caregiver Support Group for Spouses 1:00 Movie: <i>Get Low</i> 1:15 OATS: Money Matters# 2:30 OATS- Explore Tech# 3:00 Qi Gong/Tai Chi 4:00 Women's Circle Experiencing Gratitude as a Step towards Manifesting Your Best Life***</p> 	<p>10:00 Watercolor Art Class 17 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Presentation: Chronic Obstructive Pulmonary Disease-COPD and how to manage it. With Quintin from Best Choice home health care # 1:00 Short Stories: The Furnished Room by O' Henry 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>10:00 Sculpture Studio 18 10:30 Balance & Strength Based Exercise 1:00 Karaoke sing-a-long 2:15 Art & Cultural Lecture <i>The Beginning of a Series on: Often Unknown Women Artist</i> 3:00 Tai Chi Standing Form</p>
<p>CENTER CLOSED MARTIN LUTHER KING DAY</p> 	<p>9:45 Balance & Strength 22 Based Exercise 10:00 Mixed Media Art Class 10:00 Reminiscing with Diana 10:00 Advisory & Trip Committee Meeting 11:00 Belly Dancing 1:00 Coloring Books Art Class 1:00 Presentation: Strategies In How To Organize Your Home# 2:00 Reimagining Group 2:00 Mat Yoga w/Paula 3:00 Meditation w/Paula 3:00 Men's Group 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 23 10:00 Bridge 10:00 Drama Club 11:00 Chair Exercise 11:15 Trip: Bay Plaza Mall***\$ 1:00 Solo Agers Club 1:00 Movie: <i>Dumplin'</i> 1:15 OATS: Money Matters# 2:30 OATS- Explore Tech# 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 24 10:00 Watercolor Art Class 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Bereavement Group with Susan Cohn 1:00 Presentation: LiveOn: Consumer Protection/Common Scams # 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>10:00 Sculpture Studio 25 10:00 Paleo Therapeutic Exercise 10:30 Balance & Strength Based Exercise 11:00 Reading Hour 11:15 Trip: Sammy's Restaurant***\$ 1:00 RSS Chorus 1:00 Wellness Workshop:# 2:00 Music Appreciation: Patsy Cleine 3:00 Tai Chi Standing Form</p>
<p>10:00 Chair Yoga 28 9:45 Intergenerational Program: Better Together: MLK/Tu Bishvat 10:00 Canasta 10:00 Current Events 11:00 Women's Support Group 11:00 Tai Chi Standing Form 11:00 Columbia OT Students# 11:15 Trip: Empire City Casino***\$ 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 OATS: Money Matters# 1:15 Poetry Class 1:45 Feldenkrais #12 2:30 OATS- Explore Tech# 3:00 Creative Writing Class 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 29 Based Exercise 10:00 Mixed Media Art Class 10:00 Reminiscing with Diana 11:00 Mindfulness w/Hannah 11:00 Folk Dancing 1:00 Coloring Books Art Class 1:00 Birthday Celebration JUAN MANUEL ORTEGA# 2:00 Reimagining Group 2:00 Mat Yoga w/Paula 3:00 Meditation w/Paula 3:00 Men's Group 3:45 Intergenerational: Horace Mann Service Learning Team</p>	<p>10:00 Bridge 30 10:00 Drama Club 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall***\$ 1:00 Movie: <i>Roma</i> 1:15 OATS: Money Matters# 2:30 OATS- Explore Tech# 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 31 10:00 Watercolor Art Class 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Nutrition: Good Fats vs Bad Fats 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">KEY</p> <p># = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p> </div>