

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Center Month</p>				<p># = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>
<p>CENTER CLOSED LABOR DAY HOLIDAY</p> 	<p>9:30 BAKE SALE 4 9:45 Balance & Strength Based Exercise 10:00 RSS Walking Club (CANCELLED) 10:00 Mixed Media 11:00 Belly Dancing 12:30 Duplicate Bridge\$ 1:00 Presentation: Medicare Workshop by DFTA# 1:00 Coloring Books 2:00 Reimagining Yourself Group 2:00 Mat Yoga with Paula (CANCELLED) 3:00 Meditation with Paula (CANCELLED) 3:00 Men's Group</p>	<p>10:00 Bridge 5 10:00 Drama Club 10:00 Board Games 11:00 Chair Exercise 1:00 Caregiver Support Group for Spouses 1:00 Movie: I Can Only Imagine 2:00 Conversation of Meaning# With Rabbi A. Frank @ Kinneret Day School 3:00 Qi Gong/Tai Chi</p>	<p>10:00 Knitting Group 6 10:00 Watercolor 10:30 B.P. Monitor with Mt. St. Vincent Students 10:00 Adjusting to Change 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: The Importance of Flu Pneumonia and Shingles Vaccines by Rite Aid Pharmacy# 1:00 Write On! -Writing Class 2:00 Drawing Class**# Watercolor (CANCELLED) 2:00 Yoga For Joint Health 2:00 Living with Physical Challenges Group 3:15 Meditation</p>	<p>10:00 Sculpture\$ 7 10:00 Art: Hand Building Using Clay**\$-(Last Class) 10:30 Balance & Strength Based Exercise 11:15 Trip: Arties Steak & Seafood Restaurant** 1:00 RSS Chorus 2:00 Art talk: Paul Cezanne 3:00-5:00 Artist Reception MYRA BRENT 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 10 10:00 Board Games 10:00 Canasta 10:15 Trip: Bronx Zoo** 10:30 Current Events 11:00 Women's Support Grp 12:30 Duplicate Bridge\$ 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais 3:00 Creative Writing 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p> <p>Rosh Hashanah</p> 	<p>9:45 Balance & Strength 11 Based Exercise 10-12 Health Mgmt./B.P. 10:00 RSS Walking Club 10:00 Mixed Media 10:15 Trip: Poe Park Green Market** 11:00 Folk Dancing (CANCELLED) 11:00 Women Studies: Madam Trousseau 11:45 9/11 Remembrance 1:00 Coloring Books 1:00 Presentation: Talk on Native American Flutes with Demonstration w/Dorothy Wildhagen 2:00 Reimagining Yourself Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>9:00 Breakfast Club 12 10-12 Flu Clinic**# 10:00 Board Games 10:00 Drama Club 10:00 Bridge 10:00 Zumba Demo 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall** 1:00 Movie: Won't You Be My Neighbor 3:00 Qi Gong/Tai Chi</p>	<p>10:00 KNITTING SALE 13 10:00 Watercolor w/April 10:00 Adjusting to Change 11:00 Exercise for Mobility 11:00 Trivia 1:00 Nutrition: How to read Nutrition Labels By Geraldine O'Connor, RN 1:00 Write On! -Writing Class 2:00 Drawing Class**# Watercolor Seashore & Seascapes 2:00 Yoga For Joint Health 3:15 Meditation 4:00 Bereavement for Spouses Group</p>	<p>10:00 Sculpture\$ 14 10:00 Paleo Therapeutic Exercise# 10:30 Balance & Strength Based Exercise 10:15 Trip: Christmas Tree Store** 1:00 Karaoke 1:00 Natural Wellness Workshop w/Barbara# 2:15 Music Appreciation: Leonard Bernstein "Kaddish" 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 17 10:00 Board Games 10-12 Health Mgmt./B.P. 10:00 Canasta 1:00 Social Action Committee 10:30 Current Events 11:00 Women's Support Grp 11:15 Trip: Aldi Supermarket** 12:30 Duplicate Bridge\$ 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais 3:00 Creative Writing 3:30 Community Board 8 Aging Committee Meeting 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 18 Based Exercise 10:00 Mixed Media 10:00 Advisory Council 10:00 RSS Walking Club 11:00 Trip Committee Mtg. 11:00 Belly Dancing 1:00 Coloring Books 2:00 Reimagining Yourself Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>10:00 Bridge 19 10:00 Drama Club 10:00 Board Games 11:00 Chair Exercise 1:00 Caregiver Support Group for Spouses 1:00 Movie: Tully 3:00 Qi Gong/Tai Chi 4:00 Bliss Fit**#</p> <p>YOM KIPPUR</p> 	<p>10:00 Knitting Group 20 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 Health Presentation: Fall Safety presented by Right at Home Healthcare with Enrie Morales 1:00 Discussion: Short Stories: Winter Silence by Jack London 1:00 Write On! -Writing Class 2:00 Drawing Class**# Watercolor Seashore & Seascapes 2:00 Yoga For Joint Health 2:00 Living with Physical Challenges Group 3:15 Meditation</p>	<p>10:00 Sculpture\$ 21 10:30 Balance & Strength Based Exercise 1:00 RSS Chorus 2:15 Art talk: Braque & Picasso - The Boys of Cubism 3:00 Tai Chi Gong</p> 

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FOCUS ON WELLNESS	FOCUS ON PHYSICAL/SOCIAL	FOCUS ON BALANCE	FOCUS ON NUTRITION	FOCUS ON MIND,BODY & SPIRIT
<p>10:00 Chair Yoga 24 10:00 Board Games 10:00 Canasta 10:30 Current Events 11:00 Women's Support Group 1:00-3:00 COMMUNITY WELLNESS FAIR 1:15 Poetry Class 1:45 Feldenkrais 3:00 Creative Writing 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength 25 Based Exercise 10:00 Mixed Media 10:15 Trip: Poe Park Green Market** 11:00 Reading Hour 11:00 Bliss Fit**# 11:00 Folk Dancing 1:00 Birthday Celebration GARY LOVETT** 1:00 Coloring Books 2:00 Ellie's Reading Group "Clock Dance" by A. Tyler 2:00 Reimagining yourself 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>10:00 Fall Prevention 26 Presentation & Breakfast with the OT students 10:00 Tai Chi Gong 10:00 Drama Club 10:00 Bridge 11:00 Chair Exercise 11:15 Trip: Empire City Casino** 1:00 Movie: Murder on The Orient Express 3:00 Qi Gong/Tai Chi On the Terrace</p>	<p>10:00 Knitting Group 27 10:00 Watercolor 10:00 Adjusting to Change 11:00 Exercise for Mobility 11:00 Cake Demonstration by Five Star 1:00 Write On! -Writing Class 1:00 Nutrition Presentation: with Mt. St. Vincent Students 2:00 Drawing Class**# Watercolor (CANCELLED) 2:00 Yoga For Joint Health 3:15 Meditation 4:00 Bereavement for Spouses Group 4:00 Nutrition Workshop with Charles McCoy "Planthero" (followed by Dinner)**#\$</p>	<p>10:00 Sculpture\$ 28 10:00 Paleo Therapeutic Exercise# 10:00 Brain Games 10:30 Balance & Strength Based Exercise 11:15 Trip: Johnnie's Reef** 12:00 RAFFLE DRAWING 1:00 Natural Wellness Workshop w/Barbara# -Reiki, Meditation & Aroma Therapy 2:15 Music Appreciation: Scott Joplin 3:00 Tai Chi Gong</p>

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