

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Chair Yoga 1 10:00 Canasta 10:30 Current Events 11:00 Women's Support Grp 12:30 Duplicate Bridge 1:00 Mah Jongg 1:00 Social Action Committee 1:15 Poetry Class 1:45 Feldenkrais-Class #12 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:30 BAKE SALE 2 9:45 Balance & Strength Based Exercise 10-12 Computer Instruction with Susan Levy 10:00 RSS Walking Club 10:00 Mixed Media 11:00 Belly Dancing 1:00 Coloring Books 1:00 Presentation: The main programs that will be discussed are SCHE and SCRIE/DRIE# 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 3 10:00 Drama 11:00 Trip: Cloister-Heavenly Body Exhibit** 11:00 Chair Exercise 1:00 Caregiver Support Group for Spouses 1:00 Movie: Meyerowitz Stories 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 4 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Mindfulness with Hannah 11:00 Trivia 1:00 Nutrition: Basics of Eating for Tummy Distress by Maudene Nelson RD 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:15 Meditation</p>	<p>10:00 Clay Sculpture 5 With Brenda Spooner 10:00 Computer Instruction With Neal Rooney** 10:30 Balance & Strength Based Exercise 1:00 RSS Chorus 2:15 Art & Culture: Impressionism: The Painters of Modern Life 3:00 Tai Chi Gong w/Bill</p>
<p>10:00 Chair Yoga 8 10:00 Canasta 10:30 Current Events 11:00 Tai Chi Gong w/Bill 11:00 Women's Support Grp 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 3:00 Creative Writing 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p> <p>COLUMBUS DAY</p> 	<p>9:45 Balance & Strength 9 Based Exercise 10-12 Computer Instruction with Susan Levy 10:00 Mixed Media 11:00 Trip: Botanical Gardens Georgia O'Keeffe's Hawaiian Exhibit** 11:00 Folk Dancing 11:00 Women's Studies 1:00 Coloring Books 1:00 Class of Classical Music with Mark Holland in Honor of Ms. Claire Siegal 2:00 Reimagining Yourself Group 2:00 Mat Yoga CANCELLED 3:00 Meditation CANCELLED 3:00 Men's Group 3:45 Intergenerational Program: Horace Mann Service Learning Team Meet & Greet</p>	<p>9:00 Breakfast Club 10 10:00 Drama 10:00 Bridge 11:00 Chair Exercise 1:00 Movie: The Guernsey Conversation of the Spirit: with Rabbi A. Frank "The Signal, Forgiveness and the Last Day of White" 1:30 Creative Art Workshops with Donna Diamond**#\$ 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 11 10:00 Watercolor w/April 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Mindfulness with Hannah 11:00 Trivia 1:00 Chat with The Doctor: The New Aspirin Guidelines 1:00 Write On! -Writing Class 2:00 Watercolor Sketching Colors of Fall- (1wk.) bring your own material. 2:00 Yoga For Joint Health 3:15 Meditation</p>	<p>10:00 Clay Sculpture 12 With Brenda Spooner 10:00 Computer Instruction With Neal Rooney** 10:00 Paleo Therapeutic Exercise 10:00 Reminiscing with Diana 10:30 Balance & Strength Based Exercise 11:00 Trip: Dinosaur BBQ** 1:00 Karaoke 1:00 Natural Wellness Workshop w/Barbara# 2:15 Music Appreciation- Leonard Bernstein conducts West Side Story 3:00 Tai Chi Gong w/Bill</p>
<p>10:00 Chair Yoga 15 10:00 Canasta 10:30 Current Events 11:00 Women's Support Grp 11:00 NEW: Tai Chi Gong w/Bill 11:15 Trip: Arthur Avenue** 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais-Class #1 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 16 Based Exercise 10:00 Advisory Committee 10-12 Computer Instruction with Susan Levy 10:00 Mixed Media 11:00 Trip Committee Mtg. 11:00 Belly Dancing 10:00 RSS Walking Club 1:00 Presentation: Medical Identity Theft 1:00 Coloring Books 2:00 Reimagining Yourself Group 2:00 Mat Yoga CANCELLED 3:00 Meditation CANCELLED 3:00 Men's Group 3:45 Intergenerational Program: Horace Mann Service Learning Team</p>	<p>10:00 Bridge 17 10:00 Drama 10-12 Flu Clinic by Rite Aid 11:00 Chair Exercise 11:15 Trip: Burlington Coat Factory** 1:00 Caregiver Support Group for Spouses 1:00 Movie: On Chesil Beach 1:30 Creative Art Workshops with Donna Diamond**#\$ 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 18 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Mindfulness with Hannah 11:00 Trivia 1:00 Health Presentation: How to Prevent Sleep Apnea & Temporomandibular joint (TMJ) with Jill Sheinberg with Dr. Cappell from Columbia Presbyterian 1:00 Discussion: Short Stories: "Germans at MEAT" by Katherine Mansfield 1:00 Write On! -Writing Class 2:00 Watercolor Sketching Colors of Fall- (2 wk.) bring your own material. 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture 19 With Brenda Spooner 10:00 Reminiscing with Diana 10:30 Balance & Strength Based Exercise 11:15 Trip: Seashore Restaurant** 1:00 RSS Chorus 2:15 Art & Culture: Fauvism: Constructing with Color 3:00 Tai Chi Gong w/Bill</p>
<p>10:00 Chair Yoga 22 10:00 Canasta 10:30 Current Events 11:00 NEW: Tai Chi Gong w/Bill 11:00 Women's Support Grp 11:00 Creating Life Vision with Yaffa Herman 11:15 Trip: Aldi Supermarket** 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais- Class #2 2:15 Ellie's Book Club 3:00 Creative Writing 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength 23 Based Exercise 10:00 RSS Walking Club 10-12 Computer Instruction with Susan Levy 10:00 Mixed Media 11:00 Folk Dancing 11:00 Reading Hour 1:00 Birthday Celebration GIOVANNY 1:00 Coloring Books 2:00 Reimagining Yourself Group 2:00 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 24 10:00 Drama 10:00 Bridge 11:00 Chair Exercise 11:15 Trip: Cross County Mall** 1:00 Movie: Mamma Mia! Here We Go Again 1:30 Creative Art Workshops with Donna Diamond**#\$ 3:00 Qi Gong/Tai Chi</p> 	<p>8:30 Trip: Sands Casino** 25 10:00 Knitting Group 10:00 Watercolor w/April 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Mindfulness with Hannah 11:00 Trivia 1:00 Health Presentation: Hearing Loss and Hearing Aide Maintenance with Sandy Colonna, Audiologist 1:00 Write On! -Writing Class 2:00 Watercolor Sketching Colors of Fall- (3wk) bring your own material. 2:00 Yoga For Joint Health 5:00 Women's Circle**#\$</p>	<p>10:00 Clay Sculpture 26 With Brenda Spooner 10:00 Paleo Therapeutic Exercise 10:00 Reminiscing with Diana 10:30 Balance & Strength Based Exercise 1:00 Karaoke 1:00 Natural Wellness Workshop w/Barbara# 3:00 Tai Chi Gong w/Bill</p>
<p>10:00 Chair Yoga 29 10:00 Canasta 10:30 Current Events 11:00 NEW: Tai Chi Gong w/Bill 11:00 Women's Support Group 11:15 Trip: Empire City Casino** 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais- Class #3 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 30 Based Exercise 10:00 RSS Walking Club 10-12 Computer Instruction with Susan Levy 10:00 Mixed Media 11:00 Belly Dancing 1:00 Coloring Books 1:00 Presentation: "Solo Agers" 1:30 Better Together with Kinneret 2nd Graders 2:00 Reimagining Yourself Group 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group 3:45 Intergenerational Program: Horace Mann Service Learning Team</p>	<p>10:00 Bridge 31 10:00 Drama 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall** HALLOWEEN COSTUME PARTY WITH GIOVANNY GAMES & PRIZES 1:30 Creative Art Workshops with Donna Diamond**#\$</p> 	<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>R.S.S. RESERVES THE RIGHT TO MAKE CHANGES. PLEASE CHECK THE DAILY SCHEDULE</p> </div>	