



<i>Every Monday</i>	<i>Every Tuesday</i>	<i>Every Wednesday</i>	<i>Every Thursday</i>	<i>Every Friday</i>
9:00 Aerobics with Terri 10:00 Let's Play Cards in the main hall 10:05 Yoga with Amy 11:00 American Sign Language 11:05 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	9:00 Advanced Strength Training with Judi 10:15 Strength Training with Judi 11:00 Journaling Your Journey 1:30 Line Dancing with Kathy	9:00 Aerobics with Terri 10:00 Tap with Terri 10:00 Let's Play Cards in the main hall 10:00 Mah Jongg 11:00 Yoga Class with Mary Lou 12:45 Tai Chi Work Out w/Spencer G.	9:00 Tai Chi with Spencer G 9:00 Advanced Strength Training w/Judi 10:15 Strength Training with Judi 10:15 *Dance-A-Chair with Carol (*Funded by NCOFA) 1:00 Crochet & Knit w/The Happy Hookers	9:00 Aerobics with Terri 10:00 Ballet w/Terri 10:00 Mah Jongg
Monday	Tuesday	Wednesday	Thursday	1 Friday
<u>Committee Meeting Schedule</u> 3-04 Friendly Visitor Meeting at 11:00am 3-07 Activities Meeting at 1:30pm 3-14 S.A.C. Meeting at 10:00am 3-25 Hospitality Meeting at 10:00am	<u>Caregiver's Support Group with Ruth from 5:00pm-6:30pm on Monday 3-11-19 & 3-25-19</u>	<u>Daytime Caregivers Support Group with Dawn from 1:00pm-2:00pm on Wednesday 3-13-19</u>	<i>LECOB Food Pantry is available every Wed. & Fri. from 11am until 3pm</i> Providing nonperishable food to seniors in need. Please contact our social worker Beth at 922-1770 ext. 305 for more information regarding our pantry	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Table Bingo
4	5	6	7	8
10:30 Activity Hour with Jennifer 11:00 Friendly Visiting Meeting with Mary 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:00 Watercolor Group in conference room 11:45 Mardi Gras Celebration with Fun Facts followed by a traditional Mardi Gras style Lunch 1:00 Super Bingo	11:30 Social Service Update with Beth 12:15 Bus takes members to Stop & Shop	10:30 Baking Demo with Mary -Irish Soda Bread 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad 1:30 Activities Meeting	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano music by Joan w/sing along 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo
11	12	13	14	15
10:00 Plant Grass Seed for Easter & Passover Celebration centerpieces 10:30 Activity Hour with Jennifer 1:30 Friendly Visit to Excel at Woodbury 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 11:00 Staying Strong & Independent with Physical Therapy Specialist & Students from N.Y.I.T. 1:00 Tuesday Bingo	10:30 Women of the Ages 11:00 Brunch will be served-No Lunch today 12:15 Bus takes members to Stop & Shop 1:00 Daytime Caregivers Support Group 1:00 Help set up main hall for St. Patrick's Celebration	10:00 S.A.C. Meeting 10:30 Grumpy Old Men 11:30 St. Patrick's Day Celebration w/Entertainment by Tony Grant (Ticket reservations required-donation requested) 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan w/sing along 1:00 Table Bingo
18	19	20	21	22
10:30 Activity Hour with Jennifer 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:00 Watercolor Group in conference room 11:15 Musart Music with Alice & Students 12:45 National Let's Laugh Day 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken until 9pm	11:15 Diabetes with Dr. Yan Yan (Sally) Xie 12:30 Trip to Hicks Nursery for The Spring Flower Show - sign up in the Program Office 12:45 Bus takes members to Stop & Shop	11:15 Healthier Foods Fast w/Robyn *Cornell Cooperative 11:30 Chair Yoga w/Mary Lou 1:00 Craft Group with Sue 1:00 Meditation with Brad	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 BirthDay Day Celebration 1:00 Ballroom Dancing with Vladimir
25	26	27	28	
10:00 Hospitality Meeting 10:30 Activity Hour with Jennifer 1:00 Friendly Visit to Harbor House 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 11:30 Piano Music by Shirley 1:00 Tuesday Bingo	10:30 Women of the Ages 11:45 Virtual Trip to Maine w/Fun Facts Followed by a traditional New England Style Lunch	11:00 Grumpy Old Men 1:00 Jewelry Making with Lee Ann - donations accepted for materials	<u>Save The Date</u> Easter & Passover Celebration on Thursday 4-18-19 at 11:15am with Traditions of Easter & Passover with Mary & Beth followed by Lunch at 12 noon