



December 2018

<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 (No Journaling on 12-18-18) 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 with Spencer G. <i>-Food Pantry open every Wed. & Fri. From 11am until 3pm-</i>	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 1:00 Ballroom Dancing with Vladimir on 12-7-18 & 12-14-18 <i>-Food Pantry open every Wed. & Fri. From 11am until 3pm-</i>
3 Monday	4 Tuesday	5 Wednesday	6 Thursday	7 Friday
10:45 Activity Hour with Jennifer, Social Work Intern 1:00 Help decorate the Center for the Holidays 1:15 Friendly Visiting to Oyster Bay Manor 5:00 Caregiver's Discussion Group w/Ruth	10:00 Watercolor Group in conference room 1:00 Super Bingo 11:15 Living with Pain Part 2 - Chronic Pain with Physical Therapist Daniel Davids 2:30 Help set up the main hall for Hanukkah Celebration	11:30 Hanukkah Celebration with Traditions of Hanukkah with Beth Spickler Lerman followed by a Delicious Lunch at 12 noon 1:00 Bus takes members to Stop & Shop	11:15 Learn About Hearing Loss with Audiologist Diana 11:30 Chair Yoga w/Mary Lou 12:45 Craft Group with Sue 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 Table Bingo 1:00 Ballroom Dancing with Vladimir
10	11	12	13	14
10:00 Help make & deliver Holiday Fruit Baskets for Homebound members 10:45 Activity Hour with Jennifer, Social Work Intern 1:00 Name your Game with C. Prisco (Dominos, Uno and other games)	10:30 Watercolor Group in conference room 11:15 Information on Long Tern Care Insurance from Interga & Sara Home Care - plus cupcake decorating 1:00 Tuesday Bingo	8:00 Bus departs for Trip to Radio City 10:30 Women of the Ages 11:30 Social Service Update with Beth 12:45 Bus takes members to Stop & Shop 1:30 Daytime Caregivers Support Group	10:00 S.A.C. Meeting 11:00 Grumpy Old Men 11:15 *Enjoy Your Food w/Robin of Cornell Cooperative (*Funded by NCOFA) 11:30 Chair Yoga w/Mary Lou 1:00 Meditation with Brad 1:00 Jewelry Making with Lee Ann	10:30 Pajama Party with Santa 11:30 Piano music by Joan w/sing along 1:00 Ballroom Dancing with Vladimir 1:00 Table Bingo 2:30 Help set up main hall for the Sugar & Spice Holiday Cookie Sale Sorry - No Senior Chat Today
17	18	19	20	21
10:00 Sugar & Spice Holiday Cookie Sale until 4pm in the main hall 1:15 Friendly Visiting to Daybreak 5:00 Caregiver's Discussion Group w/Ruth	10:00 Sugar & Spice Holiday Cookie Sale until 4pm in the main hall 10:30 Musical Performance w/Vernon Chorus 1:00 Tuesday Bingo 6:30 Open Mic Night w/Barbara & Ken - Holiday Sing Along & Gathering - Bring refreshments, appetizers and desserts	11:10 East Woods School Choir Performs 11:45 Brunch will be served - No Lunch Today 12:45 Bus takes members to Stop & Shop 1:00 Help set up the main hall for Christmas Celebration	11:45 Christmas Celebration with a Delicious Lunch followed by Entertainment-Christmas Spectacular Performance by Terri's Tappers & Ballet Dancers (Ticket reservations required-donations requested)	10:30 Brain Games 10:30 Senior Chat with Judy 11:30 Piano Music by Joan 12:45 Birthday Day Celebration 1:00 Table Bingo
24	25	26	27	28
Center Closed Holiday	Center Closed Holiday	10:30 Women of the Ages 11:45 Learn about Kwanzaa—Boxing Day 12:45 Bus takes members to Stop & Shop 1:00 Help set up for the Holiday Gift Shoppe in the lobby and front porch	11:00 Grumpy Old Men 1:00 Meditation with Brad 1:00 Help set up the main hall for New Year's Celebration	11:45 New Year's Celebration with Lunch and Special Entertainment by Louis Del Prete (Ticket reservations required-donations requested) Sorry - No Senior Chat Today
31	<u>Committee Meeting Schedule</u> 12-06 Activities Meeting at 1:30pm 12-13 S.A.C. Meeting at 10:00am 12-17 Hospitality Meeting at 10:30am	<u>Caregiver's Support Group</u> with Ruth from 5:00pm-6:30pm on Monday 12-03-18 & 12-17-18	<u>Daytime Caregivers Support Group</u> with Dawn from 1:30pm-2:30pm on Wednesday 12-12-18	<u>Attention:</u> There will be No Fitness Classes starting Friday 12-21-18 until Wed 1-2-19