



Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
10:00 Yoga with Michelle on Zoom (email luca100707@gmail.com) 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:30 Strength Training with Judi 10:00 Strength Training with Judi 11:00 Grumpy Old Men's Group 11:00 Meditation with Elisabeth 1:00 Creative Movement with Kathy 7:15 Open Mic Night with Barbara & Ken on Zoom (email ken_krumenacker@excite.com)	8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 12:00 Yoga with Michele on Zoom 1:00 New Day for Crochet & Knit with The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:00 Yoga with Michelle on Zoom 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda
2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:30 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio w/Alice on Zoom 11:00 Grumpy Old Men's Group 11:00 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 12:45 Book Club with Adele to discuss "This Tender Land" by William Kent Krueger 1:00 Crochet & Knit w/The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda
9	10	11	12	13
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine 2:00 Zoom For Dummies with Chris	8:30 Strength Training with Judi 10:00 Strength Training with Judi 11:00 Grumpy Old Men's Group 11:00 Meditation with Elisabeth 11:30 A Salute to Veterans Grab & Go Lunch 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 1:00 Crochet & Knit w/The Happy Hookers 2:00 Zoom For Dummies with Chris	9:00 Tai Chi with Spencer G 9:30 Meet with Julie Abdo for help with Medicare plan changes -schedule your 20 minute apt. with Beth 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda 2:00 Zoom For Dummies with Chris
16	17	18	19	20
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:30 Strength Training with Judi 10:00 Strength Training with Judi 10:15 Water Colour Studio with Alice on Zoom 11:00 Grumpy Old Men's Group 11:00 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 10:30 Women of the Ages w/ Beth 1:00 Crochet & Knit w/The Happy Hookers	9:00 Tai Chi with Spencer G 10:30 Gentle Yoga Flow with Patricia	10:30 Senior Chat with Betty Jo and Carmela in the conference room 11:15 Brain Games 1:00 Bingo Game with Jennette and Linda
23	24	25	26	27
<u>Thanksgiving Celebration</u> 10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:00 Thanksgiving Lunch 12:45 Creative Writing with Katherine	<u>Thanksgiving Celebration</u> 8:30 Strength Training with Judi 10:00 Strength Training with Judi 11:00 Meditation with Elisabeth 11:00 Grumpy Old Men's Group 12:00 Thanksgiving Lunch - No Grab & Go today 1:00 Creative Movement with Kathy	<u>Thanksgiving Celebration</u> 8:45 Strength Training with Judi 10:15 Stretch & Balance with Judi 11:30 Thanksgiving Grab & Go Lunch 12:30 Thanksgiving Lunch at the Center 1:00 Crochet & Knit w/The Happy Hookers	Center Closed Holiday	Center Closed Holiday
30	<u>A Salute to Veterans</u> on Tuesday 11-10-20 starting at 11:30am with Veterans Colour Guard presentation on corner of White Street followed by Grab & Go Lunch	<u>Homemade Holiday Pies</u> \$15 each will be available for purchase starting on Mon. 11-23-20 through Wed. 11-25-20 (or while supplies last) All proceeds benefit LECOB	Members must preregister for all classes, groups and activities by calling the Program office at 516-922-1770	30 Only a limited number of participants are allowed to attend each fitness class, group or activity at the Center