



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	8:45 Strength Training w/Judi 10:00 Strength Training w/Judi 11:00 Grumpy Old Men's Group 12:45 Meditation with Elisabeth 1:00 Creative Movement w/Kathy 7:15 Open Mic Night with Barbara & Ken on Zoom (email ken_krumenacker@excite.com)	8:45 Strength Training w/Judi 10:00 Stretch & Balance w/Judi 10:30 Women of the Ages w/ Beth 12:00 Yoga with Michele on Zoom 1:00 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
Monday	Tuesday	Wednesday	Thursday	1 Friday
<p>*Nassau County Office for The Aging temporarily closed senior centers. All In-Person activities including lunch, fitness classes, and support groups are suspended until further notice. We will contact members when we are able to resume activities indoors, hopefully in mid-January. Call the Center if you are interested in signing up for virtual programming, or email chrisj@lecob.org. Beginning January 4th, Grab & Go lunches will be available Monday through Friday (see menu on the other side).</p>				Center Closed Holiday
4	5	6	7	8
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:45 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 12:45 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 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 w/Jennette & Linda
11	12	13	14	15
10:00 Yoga with Michelle on Zoom 11:00 Stretch & Balance with Judi 12:45 Creative Writing with Katherine	8:45 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 12:45 Meditation with Elisabeth 1:00 Creative Movement with Kathy	8:45 Strength Training with Judi 10:00 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 w/Jennette & Linda
18	19	20	21	22
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25	26	27	28	29
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