



<p>Every Monday</p> <p>9:00 Low Impact Cardio w/ Terri starts 9-13-21</p> <p>11:00 NEW Hatha Yoga (Integrated) w/ Patricia starts 9-13-21</p> <p>12:45 Creative Writing w/ Katherine</p>	<p>Every Tuesday</p> <p>9:00 Advanced Strength Training w/Judi</p> <p>10:15 Strength Training starts on 9-14-21</p> <p>11:00 Grumpy Old Men's Group</p> <p>12:45 Meditation w/Patricia starts on 9-14-21</p> <p>1:00 Creative Movement w/Kathy</p> <p>1:00 Bridge Game</p>	<p>Every Wednesday</p> <p>9:00 Low Impact Cardio w/ Terri</p> <p>10:00 Tap Class w/ Terri starts 9-15-21</p> <p>10:00 Mah Jongg</p> <p>10:00 Women of the Ages w/Beth</p> <p>11:00 Gentle Yoga Flow with Patricia (New Day and Time)</p>	<p>Every Thursday</p> <p>9:00 Advanced Strength Training w/Judi</p> <p>10:15 Strength Training w/Judi</p> <p>1:00 Crochet & Knit /The Happy Hookers</p>	<p>Every Friday</p> <p>9:00 Low Impact Cardio w/ Terri starts 9-15-21</p> <p>10:30 Senior Chat w/Betty Jo & Carmela</p> <p>10:30 Tai Chi with Spencer Gee</p> <p>11:30 Brain Games</p> <p>1:00 Bingo with Jennette & Linda</p> <p>1:00 Bridge Game</p>
<p>"O sweet September, thy first breezes bring, the dry leaf's rustle and the squirrel's laughter. The cool fresh air whence health and vigor spring, and promise of exceeding joy hereafter." ~ George Arnold, September Days ~</p>		<p>1</p> <p>11:00 Gentle Flow Yoga</p> <p>11:45 National Chicken Boy Day</p>	<p>2</p> <p>1:00 Craft Group with Sue & Margie Faux Macrame</p>	<p>3</p> <p>10:30 Tai Chi with Spencer Gee</p> <p>1:00 Bingo</p> <p>11:30 Brain Games</p>
<p>6</p> <p>Center Closed Holiday</p>	<p>7</p> <p>1:00 Tuesday Bingo</p> <p>1:00 Bridge Game</p> <p>1:00 Creative Movement w/Kathy</p>	<p>8</p> <p>11:00 Gentle Flow Yoga</p> <p>5:30 Reverse Raffle Dinner</p> <p>Raffle Drawing after dinner</p>	<p>9</p> <p>10:15 The Veggie Van sponsored by Nassau County Office For The Aging & Cornell Cooperative until 11:45</p> <p>2:00 Caregiver's Group with Ruth</p>	<p>10</p> <p>10:30 Tai Chi with Spencer Gee</p> <p>11:30 Brain Games</p> <p>1:00 Bingo</p>
<p>13</p> <p>9:00 Low Impact Cardio w/ Terri</p> <p>11:00 Hatha Yoga (Integrated) w/ Patricia</p> <p>11:00 Senior Medical ID Cards Sponsored Josh Lafazan & NY Life Ins.</p>	<p>14</p> <p>9:00 Advanced Strength Training w/Judi</p> <p>10:00 Beginning Water Colour w/ Alice</p> <p>10:15 Strength Training w/Judi</p> <p>1:00 Super Bingo</p> <p>1:00 Bridge Game</p>	<p>15</p> <p>9:00 Low Impact Cardio w/ Terri</p> <p>10:00 Tap Class w/ Terri (No Women of the Ages today)</p> <p>(No Yoga class today)</p>	<p>16</p> <p>10:30 S.A.C. Meeting</p> <p>11:00 Power Up with Breakfast with Khy Ee from Cornell Cooperative</p> <p>1:00 Craft Group with Sue & Margie Fall Decor</p>	<p>17</p> <p>10:30 Tai Chi with Spencer Gee</p> <p>11:30 Brain Games</p> <p>1:00 Bingo</p>
<p>20</p> <p>11:15 Social Work Chat with Beth</p>	<p>21</p> <p>10:00 Beginning Water Colour w/ Alice</p> <p>11:15 Stroke Prevention w/ R.N. Rose</p> <p>1:00 Tuesday Bingo</p> <p>1:00 Bridge Game</p> <p>6:30 Open Mic Night LIVE</p>	<p>22</p> <p>12:45 Delicious Dessert with Chef Pat from The Regency</p> <p>1:00 "A Place To Call Home" TV Series</p>	<p>23</p> <p>10:15 The Veggie Van sponsored by Nassau County Office For The Aging & Cornell Cooperative until 11:45</p> <p>11:15 Homecoming Celebration</p> <p>2:00 Caregiver's Group with Ruth</p>	<p>24</p> <p>10:30 Tai Chi with Spencer Gee</p> <p>11:30 Brain Games</p> <p>1:00 Bingo</p>
<p>27</p> <p>11:30 National Scarf Day—wear your favorite scarf</p>	<p>28</p> <p>10:00 Continuing Water Colour w/ Alice</p> <p>11:15 Learn Stretch & Balance Exercise w/ Professor Veronica & NYIT Students</p> <p>1:00 Tuesday Bingo</p>	<p>29</p> <p>12:45 Birthday Day</p> <p>1:15 "A Place To Call Home" TV Series</p>	<p>30</p> <p>11:15 Crimes & Scams w/ Manda & Nora from Family & Children's Assoc. & Crime Victims Assoc.</p> <p>12:45 Water Colour Painting Postcards w/ Alice - Watching Stars Thru Trees</p>	<p>BEWARE OF WELL... JUST BEWARE</p>

