



December

<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
9:00 Low Impact Cardio w/ Terri 11:00 Hatha Yoga (Integrated) w/Patricia 12:45 Creative Writing w/ Katherine	9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 10:45 Exercise To Music w/Jill 1:00 Meditation w/Patricia 1:00 Creative Movement w/Kathy 1:00 Bridge Game	9:00 Low Impact Cardio w/Terri 10:00 Blood Pressure Screening w/Janice 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 11:00 Gentle Yoga Flow with Patricia	9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 1:00 Crochet & Knit /The Happy Hookers	9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo & Carmela 10:30 Tai Chi with Spencer Gee 1:00 Bingo with Jennette & Linda 1:00 Bridge Game
<u>Calling All Cookie Bakers</u> <i>"Break out the flour and a rolling pin!"</i> for the Holiday Cookie Sale on 12-15, 12-16 and 12-17 from 10am-3pm Please sign up to bake in the Program Office with Mary or Nancy	<u>You Don't Want To Miss</u> Nutritionist Khy Ee from Cornell Cooperative on Thurs. 12-9-21 at 11:15 on Healthy Alternative Recipes for Traditional Holiday Comfort Foods with samples for tasting	1 11:45 National Eat A Red Apple Day "An apple a Day....." 1:00 A Place To Call Home - TV Series	2 11:30 Hanukkah Celebration with Beth Followed by Traditional Lunch 1:00 Crochet & Knit /The Happy Hookers 2:00 Caregiver's Group with Ruth	3 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo
6 10:30 Help make Holiday Baskets for our homebound members 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/ Katherine	7 10:00 Continuing Water Colours w/Alice 2 Sessions - Winter Scenes 10:45 Exercise To Music w/Jill 1:00 Super Bingo	8 11:00 How To Use Your Cell Phone Sponsored by Oyster Bay Manor 1:00 A Place To Call Home - TV Series 1:00 Help decorate the Center for the Holidays	9 10:30 S.A.C. Meeting 11:15 Holiday Comfort Foods w/Khy Ee from Cornell Cooperative 12:45 Water Colours w/ Alice - Snowy Skies gift tags 1:00 Crochet & Knit /The Happy Hookers	10 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo
13 11:00 Hatha Yoga w/Patricia 11:30 What Seniors Should Know About Tax Exemptions with Beth 12:45 Creative Writing w/ Katherine 1:00 National Hot Cocoa Day	14 10:00 Continuing Water Colours w/Alice 10:45 Exercise To Music w/Jill 11:30 Ugly Sweater Party w/ prizes 1:00 Bingo 6:30 Open Mic Night LIVE-Holiday Songs	15 10:00 Sugar & Spice Cookie Sale until 3:30 1:00 A Place To Call Home - TV Series	16 10:00 Sugar & Spice Cookie Sale until 3:30 11:45 Red Hot Express Candy Guess Prize 1:00 Crochet & Knit /The Happy Hookers 2:00 Caregiver's Group with Ruth	17 10:00 Sugar & Spice Cookie Sale until 3:30 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo
20 11:00 Hatha Yoga w/Patricia 11:00 Inexpensive Holiday Giftwrap Ideas and Techniques 12:45 Creative Writing w/ Katherine 1:00 Performance by OBHS Band 2:00 Help set up the main hall	21 <u>Christmas Celebration Luncheon</u> Starting with "Cookies with Mrs. Claus" at 11:15am followed by Lunch and Special Entertainment by Theresa Marils (Ticket reservations required)	22 11:30 National Cookie Day with Mary "Who Invented The Cookie and Why We Love To Eat Them"	23 9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 12:45 Birthday Day	24 Center Closed Holiday
27 Center Closed Holiday	28 11:45 Facts About Kwanzaa with Mary 1:00 Tuesday Bingo 1:00 Bridge Game	29 11:30 Reminiscence About Holiday Experiences with Mary	30 9:00 Advanced Strength Training w/John 10:15 Strength Training w/John 1:00 Help set up the main hall for New Year's Eve	31 11:45 Toast to the New Year and Dear Friends Lost followed by Lunch and New Year's Eve Bingo (Ticket reservation required)