




<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 10:30 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
3 Center Closed Holiday	4 10:30 Exercise To Music w/Jill 1:00 Bingo 2:00 Caregiver's Group with Ruth	5 11:45 Celebrate National Bean Day with Mary on the Health Benefits of eating beans followed by a lunch filled with beans at 12 noon 1:00 A Place To Call Home - TV Series	6 11:45 Making and Breaking Your New Year's Resolutions 1:00 Crochet & Knit /The Happy Hookers	7 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette & Linda
10 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/ Katherine 1:00 Help undecorate the Center from the holidays	11 10:00 Continuing Water Colours w/Alice 3 Sessions - Snowy Days Of Winter 1st - A Red Barn In A Snowy Field 10:30 Exercise To Music w/Jill 1:00 Super Bingo	12 1:00 A Place To Call Home - TV Series 1:00 Help undecorate the Center from the holidays	13 10:30 S.A.C. Meeting 11:30 Remembering Martin Luther King with Katherine Gibson and Betty Jo Spyropulos 1:00 Crochet & Knit /The Happy Hookers	14 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette & Linda
17 Center Closed Holiday	18 10:00 Continuing Water Colours w/Alice 2nd - A Cardinal In The Snow 10:30 Exercise To Music w/Jill 1:00 Bingo	19 11:30 Virtual Trip to Portugal followed by Authentic Portuguese style lunch 1:00 A Place To Call Home - TV Series	20 12:45 Water Colours w/ Alice - Fir Trees in Snow 12:45 National Popcorn Day-Enjoy freshly popped buttered popcorn 1:00 Crochet & Knit /The Happy Hookers 2:00 Caregiver's Group with Ruth	21 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette & Linda
24 11:00 Hatha Yoga w/Patricia 11:30 How To Cure The Winter Blues with Beth 12:45 Creative Writing w/ Katherine	25 10:00 Continuing Water Colours w/Alice 3rd - A Sleeping Chickadee On A Snowy Branch 10:30 Exercise To Music w/Jill 1:00 Bingo	26 12:45 Birthday Day 1:00 A Place To Call Home - TV Series 	27 12:45 Craft Group with Sue & Margie — Painting Reusable Water Bottles 1:00 Crochet & Knit /The Happy Hookers	28 11:15 Brain Games w/Beth 11:30 Piano Music by Joan Coester 1:00 Bingo with Jennette & Linda
31 11:00 Hatha Yoga w/Patricia 11:30 Tips on How To Get Organized for 2022 with Margie & Sue 12:45 Creative Writing w/ Katherine				Save the Date Thursday 2-10-22 For The Life Enrichment Center's 45th Anniversary Celebration Luncheon and Special Entertainment with Members of The Long Island BG's (Tickets available in the Program Office)