



<u>Every Monday</u>	<u>Every Tuesday</u>	<u>Every Wednesday</u>	<u>Every Thursday</u>	<u>Every Friday</u>
<p>9:00 Low Impact Cardio w/ Terri starting on 9-12-22</p> <p>10:00 Beginner Tap Class w/Terri starting on 9-12-22</p> <p>11:00 Hatha Yoga w/Patricia</p> <p>12:45 Creative Writing w/ Katherine</p>	<p>9:00 Advanced Strength Training w/John</p> <p>10:00 Blood Pressure Screening w/Barbara</p> <p>10:15 Strength Training w/John</p> <p>10:30 Grumpy Old Men's Group</p> <p>1:00 Meditation w/Patricia</p> <p>1:00 Line Dancing w/Kathy</p>	<p>9:00 Low Impact Cardio w/ Terri starting on 9-14-22</p> <p>10:00 Mah Jongg</p> <p>10:00 Women of the Ages w/Beth</p> <p>10:05 Stretch &amp; Balance w/Gina</p> <p>11:00 Gentle Yoga Flow w/Patricia</p>	<p>9:00 Advanced Strength Training w/John</p> <p>10:15 Strength Training w/John</p> <p>1:00 The Happy Hookers are Back! Crochet and knitting group</p>	<p>9:00 Low Impact Cardio w/ Terri starting on 9-16-22</p> <p>10:00 Blood Pressure Screening w/Janice</p> <p>10:30 Senior Chat w/Betty Jo &amp; Carmela</p> <p>10:30 Tai Chi w/Spencer Gee</p> <p>12:45 Bingo w/Jennette &amp; Linda</p> <p>1:00 Bridge Game</p>
<p><u>How To Help A Friend In Grief</u> with Beth on Friday 9-9-22 at 11:30am</p> <p>(Get advice from Beth on how to extend being helpful and supportive)</p>	<p><u>Do You Live Alone?</u></p> <p>Don't miss Speaker Jaque Aboaf on the <u>Lifenet Alert System</u> on Tuesday 9-13-22 at 11am</p> <p>It could be a life saver!</p>	<p><u>Learn Some of the Tools of the Trade</u> with Charles Spickler (Beth's brother)</p> <p><u>The Craft of Blacksmithing</u> on Tuesday 9-20-22 at 11am</p>	<p>1</p> <p>11:00 <u>Guide Dog Foundation</u> w/<u>Barrie Madasu</u> - Volunteer opportunities are available too!</p> <p>1:00 <u>Safe Space Group</u></p>	<p>2</p> <p>11:30 Brain Games w/Beth</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo w/Jennette &amp; Linda</p>
<p>5</p> <p>Center Closed Holiday</p>	<p>6</p> <p>10:00 Water Colours Painting Class w/Alice</p> <p>12:45 Bingo</p> <p>1:00 Meditation w/Patricia</p>	<p>7</p> <p>10:05 Stretch &amp; Balance w/Gina</p> <p>11:00 Gentle Yoga Flow w/Patricia</p> <p>11:30 <u>Virtual Trip to Costa Rica followed by a traditional lunch of Costa Rica</u></p> <p>12:45 Trip - Shopping at Stop &amp; Shop</p>	<p>8</p> <p>10:30 S.A.C. Meeting</p> <p>1:00 The Happy Hookers</p> <p>2:00 Caregiver's Group with Ruth</p> <p>2:00 <u>LECOB Foodie Group with Chef Anthony &amp; Crew</u></p>	<p>9</p> <p>11:30 <u>How To Help A Friend In Grief</u> with Beth</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo w/Jennette &amp; Linda</p>
<p>12</p> <p>9:00 Low Impact Cardio w/ Terri</p> <p>10:00 Beginner Tap Class w/Terri</p> <p>11:00 <u>Beginner Spanish w/Alverone</u></p> <p>11:00 Hatha Yoga w/Patricia</p> <p>1:00 <u>Stepping On Program - Three Month Review w/Sloane</u></p>	<p>13</p> <p>10:00 Water Colours Painting Class w/Alice</p> <p>11:00 <u>Lifenet Alert System w/Jaque</u></p> <p>12:45 Super Bingo</p> <p>1:00 Meditation w/Patricia</p>	<p>14</p> <p>10:05 Stretch &amp; Balance w/Gina</p> <p>11:00 Gentle Yoga Flow w/Patricia</p> <p>12:45 <u>Trip - Shopping at Dollar Tree Store</u></p> <p>3:30 <u>Foodie Group Trip to Mara's Southern Kitchen</u></p>	<p>15</p> <p>11:15 <u>Better Breakfast w/Khy Ee from Cornell Cooperative</u></p> <p>12:45 <u>Craft Group with Sue &amp; Margie</u></p> <p>1:00 The Happy Hookers Crochet and Knitting group</p> <p>5:30 <u>Social Singles</u></p>	<p>16</p> <p>11:30 Brain Games w/Beth</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo w/Jennette &amp; Linda</p>
<p>19</p> <p>10:00 Beginner Tap Class w/Terri</p> <p>11:00 Hatha Yoga w/Patricia</p> <p>12:45 Creative Writing w/Katherine</p>	<p>20</p> <p>10:00 Water Colours Painting Class w/Alice</p> <p>11:00 <u>The Craft of Blacksmithing with Charles Spickler</u></p> <p>12:45 Bingo</p>	<p>21</p> <p>10:00 Trip - Farm Stand at Broadway Mall</p> <p>1:00 <u>The Morning Show w/Beth</u></p> <p>5:30 Black Tie Bingo</p>	<p>22</p> <p>11:15 <u>Home Coming</u></p> <p>1:00 The Happy Hookers Crochet and Knitting group</p> <p>2:00 Caregiver's Group with Ruth</p>	<p>23</p> <p>11:30 Brain Games w/Beth</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo w/Jennette &amp; Linda</p>
<p>26</p> <p>10:00 Beginner Tap Class w/Terri</p> <p>11:00 <u>Beginner Spanish w/Alverone</u></p> <p>11:00 Hatha Yoga w/Patricia</p> <p>12:45 Creative Writing w/Katherine</p>	<p>27</p> <p>10:00 Water Colour Studio</p> <p>12:45 Bingo</p> <p>1:00 Meditation w/Patricia</p>	<p>28</p> <p>10:05 Stretch &amp; Balance w/Gina </p> <p>11:30 <u>Birthday Day</u></p> <p>12:45 <u>Trip - Shopping to Lidl in Syosset</u></p> <p>1:00 <u>The Morning Show w/Beth</u></p>	<p>29</p> <p>11:00 <u>"Power" Sapiens Physical Therapy</u></p> <p>12:45 <u>Craft Group with Sue &amp; Margie</u></p> <p>1:00 The Happy Hookers Crochet and Knitting group</p>	<p>30</p> <p>11:30 Brain Games w/Beth</p> <p>12:00 Piano Music by Joan</p> <p>12:45 Bingo w/Jennette &amp; Linda</p>