



October

<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 10:00 Beginner Tap Class w/Terri 11:00 Hatha Yoga w/Patricia 12:45 Creative Writing w/ Katherine 1:00 Stretch & Balance w/Gina 1:00 Game Day in the main hall (Poker, Chess, Checkers, etc.)</p>	<p>9:00 Strength Training w/John 10:00 Blood Pressure Screening w/Barbara 10:15 Strength Training w/John 10:30 Grumpy Old Men's Group 1:00 Meditation w/Patricia 1:00 Line Dancing w/Kathy</p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Mah Jongg 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Yoga Flow w/Patricia</p>	<p>9:00 Nursing Students from Adelphi until 12pm 9:00 Strength Training w/John 10:15 Strength Training w/John 1:00 The Happy Hookers Crochet and Knitting group</p>	<p>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 w/Spencer Gee 12:45 Bingo w/Jennette & Linda 1:00 Bridge Game</p>
<p>3 10:45 Breakfast for Your Brain w/ Courtney 11:00 Beginner Spanish w/Alberone 11:00 Hatha Yoga w/Patricia 1:00 Stretch & Balance w/Gina</p>	<p>4 10:00 Water Colours Painting Class w/Alice 10:30 National Cinnamon Bun Day with Mary 12:45 Bingo 1:00 Meditation w/Patricia</p>	<p>5 10:15 Trip To Raynham Hall Museum for Ghost Stories & History with Chris Judge 11:00 Gentle Yoga Flow w/Patricia</p>	<p>6 11:00 Info About Medicare for 2023 with Julie Abdo 1:00 Safe Space Group 2:00 Caregiver's Group with Ruth</p>	<p>7 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda</p>
<p>10 10:45 Breakfast for Your Brain w/ Courtney 11:45 Virtual Trip To Genoa—Birth Place of Christopher Columbus followed Italian Style Lunch 1:00 Stretch & Balance w/Gina</p>	<p>11 10:30 National Sausage Pizza Day with Mary 12:45 Super Bingo 1:00 Meditation w/Patricia</p>	<p>12 11:00 Gentle Yoga Flow w/Patricia 12:45 Trip - Shopping at Trader Joe's 1:00 The Morning Show—TV Series with Beth</p>	<p>13 10:30 S.A.C. Meeting 1:00 The Happy Hookers 11:15 Nutritionist Khy Ee from Cornell Cooperative 12:45 Craft Group w/ Sue & Margie</p>	<p>14 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda</p>
<p>17 10:45 Breakfast for Your Brain w/ Courtney 11:00 Beginner Spanish w/Alberone 11:00 Hatha Yoga w/Patricia 1:00 Stretch & Balance w/Gina</p>	<p>18 10:00 Meet w/Julie Abdo for Medicare Changes—appointments needed 10:00 Water Colours Painting Class w/Alice 11:00 Learn About Whaling on Long Island w/The Whaling Museum 12:45 Bingo 1:00 Meditation w/Patricia</p>	<p>19 9:15 Bus departs for Autumn on the East End w/Jim Marino 11:00 Reduce Home Falls, Inc. with PT Diana and MSPT Bill 11:30 Birthday Day 12:45 Trip - Shopping at Stop & Shop</p>	<p>20 10:00 Flu Clinic w/Jamie from Rite Aid 2:00 Caregiver's Group with Ruth 2:00 LECOB Foodie Group with Chef Anthony & Crew 5:30 Social Singles Meet At Fanatico Italian Bistro & Bar for dinner</p>	<p>21 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda</p>
<p>24 10:45 Breakfast for Your Brain w/ Courtney 11:00 Hatha Yoga w/Patricia 1:00 Stretch & Balance w/Gina</p>	<p>25 10:00 Water Colours Studio 10:30 Early Bingo 11:45 Brunch is served-No Lunch today 1:00 Help decorate for Halloween</p>	<p>26 Halloween Costume Party Starts at 5:30pm Costume Contest, Dinner and Dancing to Music by Lou Del Prete (Ticket Reservations required)</p>	<p>27 1:00 The Happy Hookers Crochet and Knitting group 12:45 Craft Group w/ Sue & Margie</p>	<p>28 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo w/Jennette & Linda</p>
<p>31 11:00 Hatha Yoga w/Patricia 11:45 Happy Halloween 1:00 Stretch & Balance w/Gina</p>			<p>Special Note: Volunteers needed for the Center's booth at the Oyster festival Saturday October 15th Sunday October 16th Sign up at the Center</p>	<p>Calling all Crafters & Vendors The LECOB Annual Craft & Vendor Fair will be on Sat. 11-12-22 from 10:30am until 3:30pm (Call the Program Office to reserve your space - price per table \$50)</p>