



<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 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.)	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	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	9:00 Nursing Students from Adelphi until 12pm 9:00 Strength Training w/John 10:15 Strength Training w/John 12:45 Craft Group w/ Sue & Margie	9:00 Low Impact Cardio w/ Terri 10:00 Blood Pressure Screening w/Janice 10:30 Senior Chat w/Betty Jo & Carmela & SW Intern Melanie 10:30 Tai Chi w/Spencer Gee 12:45 Bingo w/Jennette & Linda 1:00 Bridge Game
Calling all Crafters & Vendors The LECOB Creative Fall Festival Market 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)	1 10:00 Water Colours Painting Class w/Alice 12:45 Bingo 7:00 Zoom Open Mic Night	2 12:45 Trip - Shopping to Stop & Shop 1:00 The Morning Show—TV Series with Beth	3 1:00 Safe Space Group 2:00 Caregiver's Group with Ruth 2:00 LECOB Foodie Group Wine Tasting R.S.V.P. w/Beth	4 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
7 11:00 Beginner Spanish w/Alvero 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/ Courtney	8 10:00 Water Colours Painting Class w/Alice 11:00 Fall Skin Care Tips w/Mary from Emerge at Glen Cove 12:45 Super Bingo	9 12:45 Trip - Shopping to Trader Joe's 1:00 The Morning Show—TV Series with Beth	10 10:00 Meet w/Julie Abdo for Medicare Changes—appointments needed 10:30 S.A.C. Meeting 11:30 Veteran's Day Celebration with Entertainment by Theresa Morale 1:15 Craft Group w/ Sue & Margie	11 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 2:00 Help set up for Creative Fall Festival Market on Sat. 11-12-22
14 11:00 Beginner Spanish w/Alvero 11:45 National Teddy Bear Day 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/ Courtney	15 10:00 Water Colours Painting Class w/Alice 11:00 The Art of Blacksmithing w/Charles 12:45 Bingo 6:30 Open Mic Night w/Barbara & Ken	16 11:00 Information on Cigna w/Teniqua 12:45 Trip - Shopping to Stop & Shop 1:00 The Morning Show—TV Series with Beth	17 Holiday Gift Shoppe from 10am-3pm 2:00 Caregiver's Group with Ruth 5:30 Social Singles Meet for Eat, Sip and Paint w/Alice - Please register w/Nancy in the Program Office	18 Holiday Gift Shoppe from 10am-3pm 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
21 11:00 Beginner Spanish w/Alvero 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/ Courtney	22 10:00 Meet w/Julie Abdo for Medicare Changes—appointments needed 10:00 Water Colours Painting Class w/Alice 10:30 Bingo 11:45 Brunch 1:00 Help decorate for Thanksgiving	23 Thanksgiving Celebration Luncheon starts at 11:45am (Please make all reservations on or before 11-15-22) (Grab & Go meals and Homebound Delivered meals will be at 1:30pm)	24 Center Closed Holiday	25 Center Closed Holiday
28 11:00 Beginner Spanish w/Alvero 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/ Courtney	29 10:00 Water Colour Studio 12:45 Bingo	30 11:15 Nutritionist Khy Ee from Cornell Cooperative 12:45 Trip - Shopping to the Dollar Store 11:30 Birthday Day 	If you are a homebound senior and need a Thanksgiving meal delivered, please call the Program Office and make a reservation on or before 11-15-22.	Shop at The LECOB Creative Fall Festival Market Sat. November 12th from 10:30am - 3:30pm Featuring local crafters and vendors