



| <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<br>10:00 Beginner Tap Class w/Terri<br>11:00 Hatha Yoga w/Patricia<br>12:45 Creative Writing w/ Katherine<br>1:00 Stretch & Balance w/Gina<br>1:00 Game Day in the main hall<br>(Poker, Chess, Checkers, etc.) | 9:00 Strength Training w/John<br>10:00 Blood Pressure Screening w/Barbara<br>10:15 Strength Training w/John<br>10:30 Grumpy Old Men's Group<br>1:00 Meditation w/Patricia<br>1:00 Line Dancing w/Kathy                               | 9:00 Low Impact Cardio w/ Terri<br>10:00 Mah Jongg<br>10:00 Women of the Ages w/Beth<br>10:05 Stretch & Balance w/Gina<br>11:00 Gentle Yoga Flow w/Patricia   | 9:00 Nursing Students from Adelphi<br>until 12pm<br>9:00 Strength Training w/John<br>10:15 Strength Training w/John<br>12:45 Craft Group w/ Sue & Margie  | 9:00 Low Impact Cardio w/ Terri<br>10:00 Blood Pressure Screening w/Janice<br>10:30 Senior Chat w/Betty Jo & Carmela<br>& SW Intern Melanie<br>10:30 Tai Chi w/Spencer Gee<br>12:45 Bingo w/Jennette & Linda<br>1:00 Bridge Game |
| <b>Calling all Crafters &amp; Vendors</b><br>The LECOB Creative Fall Festival Market<br>will be on Sat. 11-12-22<br>from 10:30am until 3:30pm<br>(Call the Program Office to reserve<br>your space - price per table \$50)                     | <b>1</b><br>10:00 Water Colours Painting Class w/Alice<br>12:45 Bingo<br>7:00 Zoom Open Mic Night  | <b>2</b><br>12:45 <a href="#">Trip - Shopping to Stop &amp; Shop</a><br>1:00 The Morning Show—TV Series<br>with Beth  | <b>3</b><br>1:00 <a href="#">Safe Space Group</a><br>2:00 Caregiver's Group with Ruth<br>2:00 <a href="#">LECOB Foodie Group Wine Tasting</a><br>R.S.V.P. w/Beth  | <b>4</b><br>10:30 Tai Chi w/Spencer Gee<br>11:30 Brain Games w/Beth<br>12:00 Piano Music by Joan<br>12:45 Bingo w/Jennette & Linda   |
| <b>7</b><br>11:00 <a href="#">Beginner Spanish</a> w/Alvero<br>1:00 Stretch & Balance w/Gina<br>1:00 <a href="#">Time vs. Technology</a> w/<br>Courtney  | <b>8</b><br>10:00 Water Colours Painting Class w/Alice<br>11:00 <a href="#">Fall Skin Care Tips</a> w/Mary<br>from Emerge at Glen Cove<br>12:45 Super Bingo  | <b>9</b><br>12:45 <a href="#">Trip - Shopping to Trader Joe's</a><br>1:00 The Morning Show—TV Series<br>with Beth   | <b>10</b><br>10:00 <a href="#">Meet w/Julie Abdo for Medicare</a><br><a href="#">Changes—appointments needed</a><br>10:30 S.A.C. Meeting<br>11:30 <a href="#">Veteran's Day Celebration</a> with<br>Entertainment by Theresa Morale<br>1:15 Craft Group w/ Sue & Margie | <b>11</b><br>10:30 Tai Chi w/Spencer Gee<br>11:30 Brain Games w/Beth<br>12:00 Piano Music by Joan<br>12:45 Bingo w/Jennette & Linda<br>2:00 Help set up for Creative Fall<br>Festival Market on Sat. 11-12-22                    |
| <b>14</b><br>11:00 <a href="#">Beginner Spanish</a> w/Alvero<br>11:45 National Teddy Bear Day<br>1:00 Stretch & Balance w/Gina<br>1:00 <a href="#">Time vs. Technology</a> w/<br>Courtney  | <b>15</b><br>10:00 Water Colours Painting Class w/Alice<br>11:00 <a href="#">The Art of Blacksmithing</a> w/Charles<br>12:45 Bingo<br>6:30 Open Mic Night w/Barbara & Ken  | <b>16</b><br>11:00 Information on Cigna w/Teniqua<br>12:45 <a href="#">Trip - Shopping to Stop &amp; Shop</a><br>1:00 The Morning Show—TV Series<br>with Beth   | <b>17</b> <a href="#">Holiday Gift Shoppe from 10am-3pm</a><br>2:00 Caregiver's Group with Ruth<br>5:30 <a href="#">Social Singles Meet for Eat, Sip</a><br><a href="#">and Paint w/Alice</a> - Please register<br>w/Nancy in the Program Office                        | <b>18</b> <a href="#">Holiday Gift Shoppe from 10am-3pm</a><br>10:30 Tai Chi w/Spencer Gee<br>11:30 Brain Games w/Beth<br>12:00 Piano Music by Joan<br>12:45 Bingo w/Jennette & Linda  |
| <b>21</b><br>11:00 <a href="#">Beginner Spanish</a> w/Alvero<br>1:00 Stretch & Balance w/Gina<br>1:00 <a href="#">Time vs. Technology</a> w/<br>Courtney   | <b>22</b><br>10:00 <a href="#">Meet w/Julie Abdo for Medicare</a><br><a href="#">Changes—appointments needed</a><br>10:00 Water Colours Painting Class w/Alice<br>10:30 Bingo<br>11:45 Brunch<br>1:00 Help decorate for Thanksgiving | <b>23</b><br><a href="#">Thanksgiving Celebration Luncheon</a><br>starts at 11:45am<br>(Please make all reservations<br>on or before 11-15-22)<br>(Grab & Go meals and Homebound<br>Delivered meals will be at 1:30pm)                                      | <b>24</b><br>Center Closed<br>Holiday   | <b>25</b><br>Center Closed<br>Holiday  |
| <b>28</b><br>11:00 <a href="#">Beginner Spanish</a> w/Alvero<br>1:00 Stretch & Balance w/Gina<br>1:00 <a href="#">Time vs. Technology</a> w/<br>Courtney   | <b>29</b><br>10:00 Water Colour Studio<br>12:45 Bingo  | <b>30</b><br>11:15 Nutritionist Khy Ee from<br><a href="#">Cornell Cooperative</a><br>12:45 <a href="#">Trip - Shopping to the Dollar Store</a><br>11:30 Birthday Day  | If you are a homebound senior and need<br>a Thanksgiving meal delivered, please<br>call the Program Office and make a<br>reservation on or before 11-15-22.   | <a href="#">Shop at The LECOB</a><br><a href="#">Creative Fall Festival Market</a><br><b>Sat. November 12th</b><br><b>from 10:30am - 3:30pm</b><br><b>Featuring local crafters and vendors</b>                                   |