




<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	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	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 1:00 Bridge Game
<u>Calling All Cookie Bakers</u> We need members to bake homemade holiday favorites for our Sugar & Spice Holiday Cookie Sale on 12-15-22 or 12-16-22 (Please sign up with Mary or Nancy in the Program Office)	<u>Hanukkah Celebration</u> on Monday 12-19-22 starting at 11:30am Traditions of Hanukkah with Beth (Plus lunch & amazing jelly donuts too)	<u>New Year's Bingo Party</u> on Friday 12-30-22 starting at 11:30am Lunch at 12 noon, Mock count down to midnight & special bingo	1 11:15 Facts & Fun w/Adelphi Student Nurses 1:00 Safe Space Group 2:00 Caregiver's Group with Ruth	2 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
5 10:30 Holiday Baskets for Homebound Members w/Mary & Beth 11:00 Beginner Spanish w/Alvero 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/Courtney	6 10:00 Water Colours Class—Gnome Cards 11:00 Fall & Winter Skin Care Tips w/Mary from Emerge at Glen Cove 12:45 Bingo 6:30 Zoom Open Mic Night w/Barbara & Ken	7 9:30 Trip - Holiday Shopping to Tanger Outlets in Deer Park w/Patricia 11:45 Remembering Pearl Harbor 1:00 The Morning Show—TV Series with Beth	8 10:30 S.A.C. Meeting 11:30 When Did the Ugly Sweater Become A Holiday Tradition? (Don't Forget to Wear Yours) 2:00 Holiday Party LECOB Foodie Group R.S.V.P. w/Beth	9 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo
12 11:00 Beginner Spanish w/Alvero 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/Courtney	13 10:00 Water Colours Class—Gift Tags 11:00 Radio City Music Hall - Behind the Scenes w/Monica Randall 12:45 Bingo 6:30 Open Mic Night w/Barbara & Ken	14 11:30 Terri's Tappers Holiday Performance 12:45 Trip - Shopping to the Dollar Store 1:00 The Morning Show—TV Series with Beth	15 <u>Holiday Cookie Sale 10:30am-3:30pm</u> 2:00 Caregiver's Group with Ruth 5:30 Social Singles Holiday Mingle - Please register w/Nancy	16 <u>Holiday Cookie Sale 10:30am-3:30pm</u> 10:30 Tai Chi w/Spencer Gee 11:15 Holiday Pajama Party 12:00 Piano Music by Joan 12:45 Bingo
19 10:30 Beginner Spanish w/Alvero 11:30 Hanukkah Celebration 1:00 Stretch & Balance w/Gina 1:00 Time vs. Technology w/Courtney	20 10:00 Water Colours Class—Wintery Night 10:30 Bingo 11:45 Brunch 1:00 Help set up main hall for Christmas Celebration	21 <u>Christmas Celebration Luncheon</u> starts at 11:30am Entertainment by Theresa Morale (Please make your ticket reservations on or before 12-16-22)	22 11:00 Vernon School Holiday Performance with Chorus Director Louis Costidis	23 Center Closed Holiday
26 Center Closed Holiday	27 11:15 Snowflake Appreciation Day 12:45 Bingo	28 11:30 Birthday Day  12:45 Trip - Shopping to Stop & Shop 1:00 The Morning Show—TV Series	29 11:15 Nutritionist Khy Ee from Cornell Cooperative	30 10:30 Tai Chi w/Spencer Gee 11:30 New Year's Eve Bingo Party (Ticket reservations necessary for special bingo prizes) 12:00 Piano Music by Joan