











Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
<p>9:00 Low Impact Cardio w/Terri 10:30 New! Creative Writing w/ Kathy and JoAnn 11:00 Gentle Flow Yoga w/Patricia 1:00 Stretch & Balance w/Gina 1:00 New: Texas Hold 'Em Club!</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 Line Dancing w/Kathy 1:00 Meditation w/ Patricia</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 Chair Yoga w/Patricia 1:00 Art Expressions Club</p>	<p>9:00 Strength Training w/John 10:15 Strength Training w/John 1:00PM NEW! Tea Time w/Miranda </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 1:00 Bridge Game</p>
<p>The following new clubs are beginning in December! 1:00 <i>One Wednesday per month:</i> <i>Book Club</i> 1:30 <i>One Wednesday per month:</i> <i>Veterans Club</i></p>	<p>THE CENTER WILL BE CLOSED ON: Monday, December 25 Tuesday, December 26</p>	<p>SAVE THE DATES IN JANUARY 2024 Jan 8th– Family Feud w/ Kathy & Mary Jan 9th– “Exercise at Home Seminar” with John Jan 15th Martin Luther King Day-Closed</p>	<p>If you are unable to fill out the Reservation Papers at the front desk, please call the Bus & Lunch Reservation Line at: (516) 922-6422 to leave message</p>	<p>1 10:30 Tai Chi w/Spencer Gee 11:15 Fraud & Scam Presentation By the US Attorneys Office 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>4 11:15 Jeopardy w/Kathy & Mary from Emerge & Glen Cove Rehab Center 12:45 Chorale Group/Holiday Sing-A-Long w/Michele</p>	<p>5 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 11:00 Diabetes Prevention w/ Alexandra 12:45 Bingo</p>	<p>6 10:30 Trip to Tanger Outlets 11:30 Chair Fitness w/ Theresa 12:45 Crafts w/ Marge and Sue (Pre-register in Program Office)</p>	<p>7 1:00 Activities Meeting w/Theresa 1:00PM Tea Time w/Miranda 1:00PM Coloring and Tea with Alice</p>	<p>8  10:30 Tai Chi w/Spencer Gee 11:15 Syosset High School Vocal Jazz Choir Performance 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>11 11:15 Hannukah Celebration with Songs & Traditions  12:45 Seated Dance with Kim</p>	<p>12 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 11:15 Brain Fitness and Games w/ Michele of Home Instead, Inc. 12:45 SUPER Bingo</p>	<p>13 BIRTHDAY DAY  10:00 Baskets for the Homebound 11:30 Birthday Day 12:45 Crafts w/ Marge and Sue 1:30PM NEW Veterans Club w/Mike 12:45 Trip to Trader Joes</p>	<p>14 10am-2:30pm Cookie Sale 10:30 SAC MEETING 11:15 Music & Movement w/ Gina 2:00 Foodie Group w/ Anthony & Beth 2:00 Caregiver's Group w/Ruth</p>	<p>15 10am -2:30pm Cookie Sale 12:00 Educational Presentation: Social Drinking w/ Bill 12:00 Piano Music by Joan 12:45 Bingo 4:00 Social Singles Holiday Mingle</p>
<p>18 11:00 Christmas Jeopardy w/ Nancy 11:45 Ugly Sweater Contest 12:45 Chorale Group/Holiday Sing-A-Long w/Theresa</p>	<p>19 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 11:30 BRUNCH 12:45 Bingo</p>	<p>20 11:30 Songs of Faith: Finish the Lyric 12:45 Christmas Party!  with Dance Performance by Terri's Troupe and Singing by LECOB Chorale Group</p>	<p>21  10:30-11:00 Vernon School Chorus Performance 1:00PM Tea Time w/Miranda</p>	<p>22 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>25 CENTER CLOSED </p>	<p>26 CENTER CLOSED </p>	<p>27 11:15 Chair Fitness w/ Theresa 12:45 Trip to Lidl Grocery 1:00 New! LECOB Book Club</p>	<p>28 11:15 Intuitive Eating w/ Ky Ee of Cornell Cooperative 1:00PM Tea Time w/Miranda 2:00 Caregiver's Group w/Ruth</p>	<p>29 NEW YEARS CELEBRATION! 10:30 Tai Chi w/Spencer Gee 11:30 New Year's Celebration 12:00 Piano Music by Joan 12:45 New Year's Bingo</p>