








<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 10:30 New! Creative Writing w/ Kathy and JoAnn 11:00 Gentle Flow Yoga w/Patricia 1:00 Stretch & Balance w/Gina</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</p>	<p>9:00 Low Impact Cardio w/ Terri 10:00 Mahjongg 10:00 Women of the Ages w/Beth 10:05 Stretch & Balance w/Gina 11:00 Gentle Chair Yoga w/Patricia</p>	<p>9:00 Strength Training w/John 10:15 Strength Training w/John 1:00PM NEW! Tea Time w/Miranda (Time may be subject to change)</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 groups and clubs are beginning in November!</p> <p>10:30 Mondays- Creative Writing 1:00 One Wednesday per month: Veterans Club</p>	<p>THE CENTER WILL BE CLOSED ON: THURSDAY, NOVEMBER 23RD & FRIDAY, NOVEMBER 24TH</p>	<p>1 11:30 Seated Stretch with Theresa 12:45 Crafts w/ Marge and Sue (Pre-register in Program Office) 12:45 Rottkam Farm Trip</p>	<p>2 ANNUAL GALA 10:30 SAC Activities Meeting 11:30 Autumn Trivia with Theresa 12:45 New! Chair Dance w/ Kim</p>	<p>3 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games with Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>6 11:30 New! Family Feud w/ Theresa 12:45 New! Musical Bingo w/ Emily</p>	<p>7 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 11:00 Syosset Talented Young Musicians 12:45 Bingo</p>	<p>8 11:15 New: Brain Fitness w/ Michelle 2:00 Decorate for Veterans Tribute 12:45 Stop & Shop Trip</p>	<p>9 VETERANS TRIBUTE  11:15 Veterans Day Celebration 2:00 Caregiver's Group w/Ruth</p>	<p>10 DIWALI PROGRAM 10:30 Tai Chi w/Spencer Gee 11:15 Diwali Dance with Students 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>13 11:15 New! Jeopardy w/ Nancy 12:45 Name that Piano Tune With Michele</p>	<p>14 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 11:15 Legal Education Session Presented by Stefans Law Group: Estate Planning Info w/ Donna 12:45 SUPER Bingo</p>	<p>15 Birthday Day  12:45 Crafts w/ Marge and Sue (Pre-register in Program Office) 1:00PM NEW Veterans Club w/Michael 12:45 Trip to Del Vino</p>	<p>16 HOLIDAY SALE 10am-2:30pm Holiday Sale 10:30 SAC MEETING 11:15 Music & Movement w/ Gina 2:00 Foodie Group w/ Anthony & Beth</p>	<p>17 HOLIDAY SALE 10am-2:30pm Holiday Sale 10:30 Tai Chi w/Spencer Gee 11:30 Brain Games w/Beth 12:00 Piano Music by Joan 12:45 Bingo</p>
<p>20 11:30 New! Proverbs and Sayings w/ Theresa 12:45 Chorale Group w/ Theresa</p>	<p>21 9:30 Adelphi Nursing Students 10:00 Watercolour Painting Class 11:30 BRUNCH 12:45 Bingo 2:00 Decorate for Thanksgiving</p>	<p>22 11:30 Gratefulness Group Poetry Writing Session with Theresa 12:00 Thanksgiving Celebration</p>	<p>CENTER CLOSED </p>	<p>CENTER CLOSED </p>
<p>27 11:30 New! Finish the Line w/ Theresa 12:45 Virtual Broadway Musical Tunes Compilation</p>	<p>28 11:15 Award Presentation to Kathy By Long Island Volunteer Center 12:45 Bingo</p>	<p>29 10am-2pm St. Francis Health Van (Blood Pressure, Cholesterol & Diabetes Screening, Flu Shots) 11:15 Virtual Trip to Israel  12:45 Trip to Trader Joes</p>	<p>30 11:15 "MIND Diet" Presentation w/ Ky Ee of Cornell Cooperative 2:00 Caregiver's Group w/Ruth</p>	<p><u>Save The Dates in December</u> 12/5 Diabetes Prevention, Management and Reversal w/ Alexandria 12/7 Hanukkah Celebration 12/14-12/15 Cookie Sale 12/20 Christmas Party (ticket) 12/21 Vernon School Chorus</p>