

Monday	Tuesday	Wednesday	Thursday	Friday
<i>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</i>	<i>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</i>	<u>Physical Exercise</u> underlined in green		
				9:00 Sudoku Puzzles w/ MS <b>10:30 Zumba w/Ability B.</b> <u>10:00 Tech made Easy info w/Group</u> 11:00 Leisure Games w/Group 12:00 Lunch 1:00-2:30 Bingo <b>2:30 Painting for Beginners w/ Helen D.</b>
4	5	6	7	8
9:00 Spot the Difference: Brain Teaser w/MS 9:30 Ballroom Dancing w/Harrison <b>10:30 Line Dancing w/Wen T.</b> 11:00 Acrylic Painting w/Tony 12:00 Lunch <b>1:00 Alzheimer's Awareness Month Celebration w/DJ Woody.</b>	 9:00 Word Search w/ MS <b>10:00 Gentle Stretching w/Carl S.</b> <b>11:00 Chair Zumba w/Abi</b> <b>11:00 Nutrition Lecture w/Jen D.</b> 12:00 Lunch 1:00-2:30 BINGO <b>2:30 Watercolor Painting w/Helen D.</b>	<b>Coffee Hour at 10AM</b> 9:00 Word fill in Puzzle w/MS <b>10:00 Tai Chi w/Wen T.</b> 11:00 Board Games w/Group 12:00 Lunch 1:00-2:30 BINGO <b>4:30*Virtual Painting w/Joel A.-Zoom</b>	<b>MEETING</b> 9:00 Word Scramble w/MS <b>9:30 Cognitive Class w/Ability.</b> <b>10:00 Chair Yoga w/ Ability B.</b> <b>11:00 Guided Meditation</b> 10:00 Board Games w/Group <b>10:30AM HealthFirst</b> 11:00 General Membership Meeting w/Advisory Board 12:00 Lunch <b>12:00 *Respiratory Virus Season Webinar-Zoom</b> 1:00-2:30 BINGO	9:00 Sudoku Puzzles w/ MS <b>10:30 Zumba w/Ability B.</b> <b>10:00 *COPD : What Is It? w/St. John's University-Zoom</b> 11:00 Leisure Games w/Group 12:00 Lunch 1:00-2:30 Bingo <b>2:30 Painting for Beginners w/ Helen D.</b>
11	12	13	14	15
 9:00 Spot the Difference: Brain Teaser w/MS 9:30 Ballroom Dancing w/Harrison <b>10:30 Line Dancing w/Wen T.</b> 11:00 Acrylic Painting w/Tony 12:00 Lunch <b>1:00 Veteran's Day Celebration w/DJ Valentine</b>	9:00 Word Search w/MS <b>10:00 Gentle Stretching w/Carl S.</b> <b>11:00 Chair Zumba w/Abi</b> <b>10:00 Nutrition Lecture &amp; Food Demonstration w/Neron hosted by VillageCareMax</b> 11:00 Crocheting w/Vanessa 12:00 Lunch <b>2:30 Watercolor Painting. w/ Helen D.</b>	<b>Coffee Hour at 10AM</b> 9:00 Word fill in Puzzle w/MS 10:00 Tai Chi w/Wen T. 11:00 Health & Wellness Education w/Jen D. 12:00 Lunch 1:00-2:30 BINGO <b>4:30*Virtual Painting w/Joel A.-Zoom</b>	9:00 Word Scramble w/MS <b>9:30 Cognitive Class w/Ability.</b> <b>10:00 Chair Yoga w/ Ability B.</b> <b>11:00 Guided Meditation</b> 10:00 Wellness Creative movement w/Eugene <b>11:00 Coping Skills- Anger Shield! w/Miriam S.</b> 12:00 Lunch 1:00-2:30 BINGO	9:00 Sudoku Puzzles w/ MS <b>10:30 Zumba w/Ability B.</b> <u>10:00 Tech made Easy info w/Group</u> 11:00 Leisure Games w/Group 12:00 Lunch 1:00-2:30 Bingo <b>2:30 Painting for Beginners w/ Helen D.</b>
18	19	20	21	22
 9:00 Spot the Difference: Brain Teaser w/MS 9:30 Ballroom Dancing w/Harrison <b>10:00 DOH Mold &amp; Moisture w/Jewel Gosh</b> 11:00 Acrylic Painting w/Tony <b>10:30 Line Dancing w/Wen T.</b> 12:00 Lunch <b>1:00 November Birthday Part w/ DJ Valentin (Birthday Cake)</b>	9:00 Word Search w/MS <b>9:30 MET Art in a Box w/Miriam S.</b> <b>10:00 Gentle Stretching w/Carl S.</b> <b>11:00 Chair Zumba w/Abi</b> <b>11:00 *Alzheimer's Presentation w/ Donna Ivey.</b> 11:00 Crocheting w/Vanessa 12:00 Lunch 1:00-2:30 BINGO <b>2:30 Watercolor Painting. w/ Helen D.</b>	<b>Coffee Hour at 10AM</b> 9:00 Word fill in Puzzle w/MS <b>10:00 Tai Chi w/Wen T.</b> <b>*10:30AM SHARE Cancer Support w/Helen Falk</b> <b>11:00 *The Diabetic Foot w/Mt. Sinai-Zoom</b> 12:00 Lunch 1:00-2:30 BINGO <b>4:30*Virtual Painting w/Joel A.-Zoom</b>	9:00 Word Scramble w/MS <b>9:30 Cognitive Class w/Ability.</b> <b>10:00 Chair Yoga w/ Ability B.</b> <b>11:00 Guided Meditation</b> <b>10:00 Jewelry Making w/Miriam S.</b> <b>11:00 NYPD Safety. Presentation w/Sgt. Diaz</b> 12:00 Lunch 1:00-2:30 BINGO	9:00 Sudoku Puzzles w/ MS <b>10:30 Zumba w/Ability B.</b> <u>10:00 Tech made Easy info w/Group</u> 11:00 Leisure Games w/Group 12:00 Lunch 1:00-2:30 Bingo <b>2:30 Painting for Beginners w/ Helen D.</b>
25	26	27	28	29
9:00 Spot the Difference: Brain Teaser w/MS 9:30 Ballroom Dancing w/Harrison <b>10:30 Homecare presentation w/MHC-Singing Concert</b> 11:00 Acrylic Painting w/Tony <b>10:30 Line Dancing w/Wen T.</b> 12:00 Lunch <b>1:00 Thanksgiving-Dance &amp; DJ Celebration w/VNS</b>	9:00 Word Search w/MS <b>10:00 Gentle Stretching w/Carl S.</b> <b>11:00 Chair Zumba w/Abi</b> 11:00 Crocheting w/Vanessa 12:00 Lunch <b>12:00 *Respiratory Virus Season Webinar-Zoom</b> 1:00-2:30 BINGO <b>2:30 Watercolor Painting w/Helen</b>	<b>Coffee Hour at 10AM</b> 9:00 Word fill in Puzzle w/MS <b>10:00 Tai Chi w/Wen T.</b> <b>11:00 Health &amp; Wellness Education w/Jen D.</b> 12:00 Lunch 1:00-2:30 BINGO <b>4:30*Virtual Painting w/Joel A.-Zoom</b>		<b>CLOSED</b> 