

NEW BEGINNINGS PROGRAMMING: OCTOBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rosh Hashanah Luncheon 9:45 Mah Jongg (Advanced) - CANCELED 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg (Full)- CANCELED 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:15 Entertainment: Ron Dickson	2 9:00 Tech Class w/Trinity 10:00 Manicures w/Nancy 10:00 Chair Aerobics w/Stuart 10:00 Ping Pong 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Water Fitness	3 <p style="text-align: center;">Center Closed for Rosh Hashanah</p>	4 <p style="text-align: center;">Center Closed for Rosh Hashanah</p>
7 9:00 Stay Well Exercise (H) 9:00 Manicures w/Nancy 9:30 Jacob's Schmooze (H) 9:30 Conversational Spanish for Beginners 10:00 Caribeando: A Music and Dance Workshop 10:00 Chess Clinic 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop	8 AARP SAFE DRIVING COURSE at 9:30 AM 9:00 Chair Aerobics with Stuart 9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv	9 Trip: Apple Picking at 10AM 9:00 Tech Class w/Trinity 10:00 Manicures w/Nancy 10:00 Chair Aerobics w/Stuart 10:00 Ping Pong 10:45 Women's Group w/Lucy 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Water Fitness	10 9:15 Intermediate Level Spanish 10:00 Workshop: Lowering Prescription Drug Cost 10:00 One on one Tech Lab w/Jerry 10:30 Hebrew Reading Course 11:30 Hebrew Short Stories (H) 1:00 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem	11 Trip: Daniel Hauben's Studio at 10AM 9:00 Stay Well Exercise (H) 10:00 Spanish Language Current Events 10:00 Nutrition Lecture: Anti-Inflammatory Approach to Wellness: Eating to Heal 10:00 Ping Pong 10:30 Yizkor Service 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: Ghostbusters: Frozen Empire (2024)
14 9:00 Stay Well Exercise (H) 9:00 Manicures w/Nancy 9:30 Jacob's Schmooze (H) 9:30 Conversational Spanish for Beginners 10:00 Chess Clinic 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop	15 October Birthday Party 9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class - CANCELED 10:00 Tai Chi with Steve 10:30 Art Explorations - CANCELED 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:15 Entertainment: Mesha	16 Trip: Walmart at 10AM 9:00 Tech Class w/Trinity 10:00 Manicures w/Nancy 10:00 Chair Aerobics w/Stuart 10:00 Ping Pong 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Water Fitness 1:30 Food Pantry	17 <p style="text-align: center;">Center Closed for Sukkot</p>	18 <p style="text-align: center;">Center Closed for Sukkot</p>
21 9:00 Stay Well Exercise (H) 9:00 Manicures w/Nancy 9:30 Jacob's Schmooze (H)- CANCELED 9:30 Conversational Spanish for Beginners 10:00 Lecture: Edgar Allen Poe at the Movies 10:00 Advisory Council Meeting 10:00 Chess Clinic 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 12:45 Group Workshop: Decluttering 1:00 Bingo 2:00 Poetry Workshop	22 Sukkot Dessert with Rabbi Scott 9:00 Chair Aerobics with Stuart 9:45 Mah Jongg (Advanced) 10:00 Tech Lab w/Jerry and Jeannie 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv	23 9:00 Tech Class w/Trinity 10:00 Manicures w/Nancy 10:00 Chair Aerobics w/Stuart 10:00 Ping Pong 10:45 Women's Group w/Lucy 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Water Fitness	24 <p style="text-align: center;">Center Closed for Shemini Atzeret</p>	25 <p style="text-align: center;">Center Closed for Simchat Torah</p>
28 9:00 Stay Well Exercise (H) 9:00 Manicures w/Nancy 9:30 Jacob's Schmooze (H) 9:30 Conversational Spanish for Beginners 10:00 Nutrition Lecture: Blood Sugar Management 10:00 Chess Clinic 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 12:45 Group Workshop: Relationship with Stuff 1:00 Bingo 2:00 Poetry Workshop	29 9:00 Chair Aerobics with Stuart 9:45 Mah Jongg (Advanced) 10:00 One on one Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:15 Fall Entertainment: Walter B Levis	30 9:00 Tech Class w/Trinity 10:00 Manicures W/ Nancy 10:00 AARP Workshop: Social Security 10:00 Chair Aerobics w/Stuart 10:00 Ping Pong 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Water Fitness	31 9:15 Intermediate Level Spanish 10:00 Tech Lab w/Jeannie and Jerry 10:30 Hebrew Reading Course 10:30 Workshop: New York Health Act, Pt. II 11:30 Hebrew Short Stories (H) 1:00 Book Club (H-Full) 1:00 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem	Lunch Daily at 11:45 a.m. Dining Room Seating Begins at 11:30 a.m. PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 p.m. KEY: H = Hybrid

