

"NOVEMBER SENIOR MOMENTS"

****SENIOR CENTER HOURS 10:00AM-3:30PM****

MONDAYS – Poker, Board Games, CHAIR YOGA – 1:15

TUESDAYS – Bridge, Mahjong, Board Games

WEDNESDAYS - DANCERISE with Kathy - 10:30

STAY STRONG AND FIT Exercise Class – 1:00 & 2:00

AM and PM shopping to Stop and Shop & CVS

If interested call 834-8840 the day before or by 9:00am on Wed.

If you come for the Nutrition Program you may go shopping after your meal.

ADVANCED ART CLASS – Senior members work in different mediums of art.

THURSDAY- TAI CHI Exercise Class, Poker, Bridge, Board Games

FRIDAY - Special Events and Movies, Board Games, Mahjongg

SMALL GROUP PIANO LESSONS

Are you interested in learning to play the piano?

We have the opportunity for small group piano lessons at the Senior Center –

Cost per participant: \$15/one-hour lesson. (Total: \$120 for 8-week session).

Contact Staff if Interested

*****CALLING ALL CANASTA PLAYERS!!!**

Stop by office for details!

NOV. 5TH DAYLIGHT SAVINGS TIME

TURN CLOCKS BACK ONE HOUR

NOVEMBER 5 CHAIR YOGA - 1:15

NOVEMBER 7 STAY STRONG & FIT Group A at 1:00 and Group B at 2:00

NOVEMBER 9 MOVIES AND MUNCHIES 12:45

“IS ANYONE THERE” - Set in 1980s seaside England, this is the story of Edward, an unusual ten year old boy growing up in an old people's home run by his parents. Whilst his mother struggles to keep the family business afloat, and his father copes with the onset of mid-life crisis, Edward is busy tape-recording the elderly residents to try and discover what happens when they die. Starring: Michael Caine, Bill Milner, David Morrissey

NOVEMBER 12 VETERANS DAY – SENIOR CENTER CLOSED

NOVEMBER 14 STAY STRONG & FIT Group A at 1:00 and Group B at 2:00

**NOVEMBER 15 HOMMOCKS THANKSGIVING LUNCHEON
MUST RSVP to attend BY 11/13 – SENIOR CENTER CLSOED**

**NOVEMBER 16 ZUMBA GOLD with Laura at 1:30pm
FREE for members Non-members \$5.00**

**NOVEMBER 19 WEDNESDAY SHOPPING TODAY
CHAIR YOGA - 1:15**

NOVEMBER 20 EMPIRE CITY CASINO TRIP –Bus leaves 9:30am - \$6.00
\$5.00 food voucher & \$10.00 free play-plus daily promotions! Bring Empire Card & picture ID
***Because of limited busing – You can only Sign Up for one Empire Casino Trip
MEDICARE MINUTE Our Medicare Representative, Carolyn, will be here to bring us
the latest in Medicare News 12:30PM Activities suspended during presentation and attendance
required of all members

NOVEMBER 21 STAY STRONG & FIT Group A at 1:00 and Group B at 2:00

NOVEMBER 22 AND 23 THANKSGIVING HOLIDAY – SENIOR CENTER CLOSED

NOVEMBER 26 CHAIR YOGA - 1:15 -2:15
Blood Pressures-Nurse Kathy 12:30-1:00 in Office.
Bring blood pressure card.

NOVEMBER 28 STAY STRONG & FIT Group A at 1:00 and Group B at 2:00

NOVEMBER 30 BIRTHDAY/PIZZA/BINGO
RSVP for PIZZA \$1.25/slice (eat in only)
Bingo Boards - \$1.00 FREE Bingo Board for all NOVEMBER Birthdays
ALL ACTIVITIES SUSPENDED

NOVEMBER 3 SHOPPING TRIP TO CO-OP CITY
MUST RSVP FOR BUS \$1.00

DECEMBER 4 HOLIDAY LUNCHEON – 12:00
Live Music with Dancing and Holiday FUN!!!- \$4.00
Maybe a Visit from a Special Someone *** HoHoHo Must RSVP by Dec. 6t

*****SAVE THE DATES*****

**Two Empire Casino trips – Please sign up for only one –
Tuesday, Nov. 20th and Monday, Dec.10th**

Holiday Party Luncheon – Tuesday, December 4th

**Westchester Dinner Theatre Trip – Friday, December 7th \$57.00
“A CHRISTMAS CAROL”**

News Year’s Eve Party Luncheon – Friday, December 28th

OCTOBERFEST 2018

