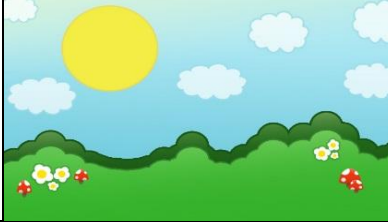


Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
* Denotes an established group. + Denotes reservations required. ++Denotes a “pay to go” class/event.	12:00-2:00 Open Mah Jongg, Canasta, and Rummikub	10:00 Exercise with Felicia 12:30 – 3:00 Lunch Group (all are welcome, bring your lunch!)*	11:00 Pop-Up Hula Hoop Class+ 1:00-3:30 Ladies Chat Group, all are welcome!*	11:15-12:15 Meditation with Abbott+
7	8	9	10	11
LABOR DAY CENTER IS CLOSED 	9:45-10:15 Express Sculpt with Cathy++ 12:00-2:00 Open Mah Jongg, Canasta, and Rummikub	10:00 Exercise with Felicia (Video) South Fork Trip++ 12:30 – 3:00 Lunch Group (all are welcome, bring your lunch!)*	9:15 Meditation with Tania 9:45 Yoga with Tania 12:15-1:00 Latin Line Dancing++ 1:00-3:30 Ladies Chat Group, all are welcome!*	11:00 Music Lecture Series: “Beatlemania” with Rose Marie Guzzo+. 11:15-12:15 Meditation with Abbott+
14	15	16	17	18
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Group* Ask about our Monday evening Duplicate Bridge Group	9:45-10:15 Express Sculpt with Cathy++ 10:30-11:15 Zumba Gold with Andrea++ 11:45-12:45 Home Health Care workshop with Harmony Road+ 12:00-2:00 Open Mah Jongg, Canasta, and Rummikub	12:00 Fall BBQ++	9:15 Meditation with Tania 9:45 Yoga with Tania 12:15-1:00 Latin Line Dancing++ 1:00 Book Club Meeting 1:00-3:30 Ladies Chat Group, all are welcome!*	10:00-11:00 Exercise with Antoinette++ 11:15-12:15 Meditation with Abbott+
21	22	23	24	25
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Group* Ask about our Monday evening Duplicate Bridge Group	9:45-10:15 Express Sculpt with Cathy++ 10:30-11:15 Zumba Gold with Andrea++ 12:00-2:00 Open Mah Jongg, Canasta, and Rummikub	10:00 Exercise with Felicia (Video) Trip to see Schmigadoon++ 12:30 – 3:00 Lunch Group (all are welcome, bring your lunch!)*	9:15 Meditation with Tania 9:45 Yoga with Tania 11:00 Information session for Music Cities trip with Collette Travel and AAA 12:15-1:00 Latin Line Dancing++ 1:00-3:30 Ladies Chat Group, all are welcome!*	10:00-11:00 Exercise with Antoinette++ 11:15-12:15 Meditation with Abbott+
28	29	30		
10:00 Exercise with Felicia Noon – 4:00 Retired Men’s Group* Ask about our Monday evening Duplicate Bridge Group	9:45-10:15 Express Sculpt with Cathy++ 10:30-11:15 Zumba Gold with Andrea++ 11:30-1:30 Hearing, Health and Aging Seminar+ 12:00-2:00 Open Mah Jongg, Canasta, and Rummikub	10:00 Exercise with Felicia 12:00 BINGO+ 12:30 – 3:00 Lunch Group (all are welcome, bring your lunch!)*		For further information on becoming a member of any group, please visit the front desk, or call (516) 385-8006

