

JANUARY 2019 – MONTHLY SCHEDULE BY WEEK

** Represents classes where suggested donation is requested

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>	<p>2</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Breakfast with Friends • Arm Chair Yoga <p>10:00 am:</p> <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Bingo • Caregivers Program <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring 	<p>3</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Zumba w/Donna <p>9:30 am:</p> <ul style="list-style-type: none"> • Gentleman's Quarterly • Let's Groove in the Radio Room • Tai Chi** <p>10:00 am:</p> <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Open Recreation <p>11:00 am:</p> <ul style="list-style-type: none"> • Karaoke w/Stephanie <p>11:30 am:</p> <ul style="list-style-type: none"> • Creative Writing • Wii Bowling <p>1:00 pm:</p> <ul style="list-style-type: none"> • Current Events <p>1:30pm:</p> <ul style="list-style-type: none"> • Billiards <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>4</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>10:00 am:</p> <ul style="list-style-type: none"> • Quilting Class • SAIL – Fall Prevention • Dance Movement Therapy** <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga - CANCELLED • Bingo <p>11:15 am:</p> <ul style="list-style-type: none"> • Nutrition Class <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Sculpting <p>1:30 pm:</p> <ul style="list-style-type: none"> • Painting: Art Therapy**

BREAKFAST WITH FRIENDS

Wednesday, January 2, 2018

Enjoy a hearty breakfast and leisurely conversation with your friends beginning at 9:00. \$2.50 contribution for breakfast only and \$4.50 breakfast and lunch. The breakfast menu will consist of:

- Spinach and Mushroom Egg Bake, or Scrambled Eggs
- Sweet Potato Wedges
- Crispy Bacon
- Bagel, Kaiser or Challah Roll with Cream Cheese
- Assorted Danish or Donuts
- Banana
- Coffee or Tea



JOY

We can make the coming year
a year of joy...

By doing those things that
bring us aliveness

By focusing on the good in
everyone

By appreciating the
opportunities of
growth in each experience

By feeling gratitude for
everything we have

By affecting the world around
us with our joy

Joy...it's worth expressing.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 9:00 am: <ul style="list-style-type: none"> • Line Dancing w/Harrison 10:00 am: <ul style="list-style-type: none"> • Knitting & Crocheting Class • SAIL - <i>Fall Prevention</i> 11:00 am: <ul style="list-style-type: none"> • Exercise Class** - <i>Advanced</i> • Men's Discussion Group 11:15 am: <ul style="list-style-type: none"> • Meditation Class 1:00 pm: <ul style="list-style-type: none"> • Adult Coloring • Exercise Class** - <i>Beginners/Interm.</i> • Canasta 1:30 pm: <ul style="list-style-type: none"> • "Empowerment" Discussion Group with <i>Olivia</i> 	8 9:00 am: <ul style="list-style-type: none"> • Exercise Class** • Mahjong 9:30 am: <ul style="list-style-type: none"> • Let's Groove in the Radio Room 9:45 am: <ul style="list-style-type: none"> • Conversational Spanish w/Jo 10:00 am: <ul style="list-style-type: none"> • Tai Chi with June • Computers w/Ken (Dining Room) 10:30 am: <ul style="list-style-type: none"> • Reminiscence Group 11:00 am: <ul style="list-style-type: none"> • Canasta for Beginners • Looming 11:15 am: <ul style="list-style-type: none"> • Line Dancing** 1:00 pm: <ul style="list-style-type: none"> • Canasta 	9 9:00 am: <ul style="list-style-type: none"> • Arm Chair Yoga 10:00 am: <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong • New Member Tea • Haircuts by Marilyn (\$10) 10:30 am: <ul style="list-style-type: none"> • Bingo • Caregivers Program 11:00 am: <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring 1:00 pm: <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring 	10 9:00 am: <ul style="list-style-type: none"> • Zumba w/Donna 9:30 am: <ul style="list-style-type: none"> • Gentleman's Quarterly • Let's Groove in the Radio Room • Tai Chi** 10:00 am: <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong 11:30 am: <ul style="list-style-type: none"> • Creative Writing • Health Education 1:00 pm: <ul style="list-style-type: none"> • Current Events 1:30 pm: <ul style="list-style-type: none"> • Billiards 2:30 pm: <ul style="list-style-type: none"> • Exercise** 	11 9:00 am: <ul style="list-style-type: none"> • Exercise Class** 10:00 am: <ul style="list-style-type: none"> • Quilting Class • SAIL- <i>Fall Prevention</i> • Dance Movement Therapy** 11:00 am: <ul style="list-style-type: none"> • Chair Yoga • Bingo 11:15 am: <ul style="list-style-type: none"> • Nutrition Class 1:00 pm: <ul style="list-style-type: none"> • Body Sculpting 1:30 pm: <ul style="list-style-type: none"> • Painting: Art Therapy**

New Year Resolutions



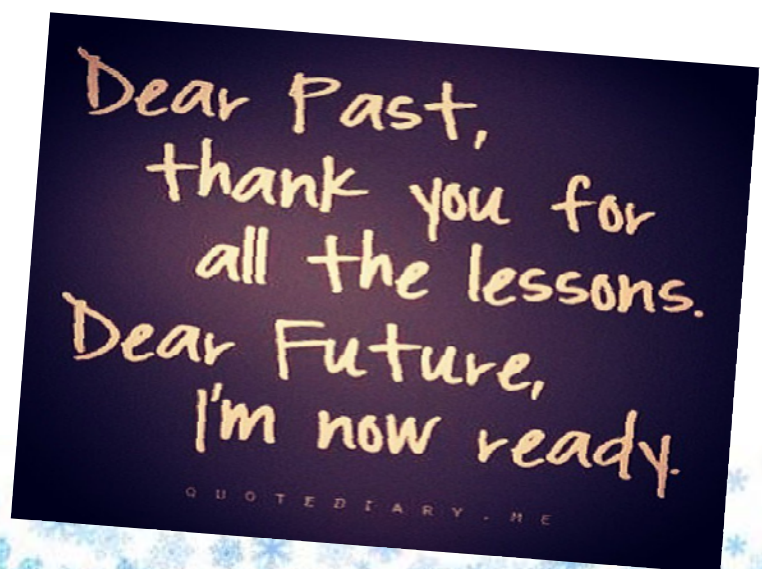
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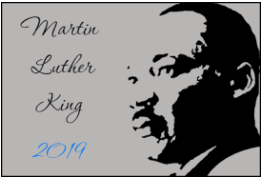
Life is full of traditions. Many are handed down through the years, and some are newly created between family and friends. One common tradition this time of year is making New Year's resolutions, which usually include stopping bad habits or starting good habits. Here are four resolutions to consider for 2019:

- **Start a letter journal.** Thanks to the internet, handwritten letters are almost a thing of the past. However, seniors come from an era when writing letters by hand was an important, valued form of etiquette—a more personal way of keeping in touch. Write a letter and give it to your loved one.
- **Plan to age gracefully.** Growing old has advantages as well as a few disadvantages, such as wrinkles, gray hair and changes to our bodies. It is never too late to decide to pursue a healthy lifestyle, which increases the odds of aging gracefully.
- **Get tech savvy.** A study in 2010 found that seniors are the fastest growing demographic on social networks. Communicating and trading pictures via email becomes a snap. Even better, webcams allow "face-to-face" conversations between family members who live far apart.
- **Talk about the hard stuff.** This resolution is not fun, but it is the most important. Set the standards of care that you desire should you become incapacitated later. Decide if you will designate a family member or hire a senior care professional to be the primary caregiver. Discussing these things in advance ensures that your wishes are recorded and understood by all.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>14</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Line Dancing w/Harrison <p>9:45 am:</p> <ul style="list-style-type: none"> • Advisory Board Meeting <p>10:00 am:</p> <ul style="list-style-type: none"> • Knitting & Crocheting Class • SAIL Fall Prevention <p>11:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** - <i>Advanced</i> • Men's Discussion Group <p>11:15 am:</p> <ul style="list-style-type: none"> • Meditation Class <p>1:00 pm:</p> <ul style="list-style-type: none"> • Adult Coloring • Exercise Class** - <i>Beginners/Interm.</i> • Canasta <p>1:30pm:</p> <ul style="list-style-type: none"> • "Empowerment" Discussion Group with <i>Olivia</i> 	<p>15</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>9:30 am:</p> <ul style="list-style-type: none"> • Let's Groove in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> • Conversational Spanish w/Jo <p>10:00 am:</p> <ul style="list-style-type: none"> • Tai Chi with June • Computers w/Ken (Dining Room) <p>10:30 am:</p> <ul style="list-style-type: none"> • Reminiscence Group <p>11:00 am:</p> <ul style="list-style-type: none"> • Canasta for Beginners • Looming <p>11:15 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> • Canasta 	<p>16</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Arm Chair Yoga <p>10:00 am:</p> <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Bingo <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring 	<p>17</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Zumba w/Donna <p>9:30 am:</p> <ul style="list-style-type: none"> • Gentleman's Quarterly • Tai Chi** • Let's Groove in the Radio Room <p>10:00 am:</p> <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong • Haircuts by Marilyn (\$10) <p>10:30 am:</p> <ul style="list-style-type: none"> • Open Recreation <p>11:00 am:</p> <ul style="list-style-type: none"> • Pedestrian Safety, Presented by NYC DOT <p>11:30 am:</p> <ul style="list-style-type: none"> • Creative Writing • Wii Bowling <p>1:00 pm:</p> <ul style="list-style-type: none"> • Current Events <p>1:30pm:</p> <ul style="list-style-type: none"> • Billiards <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>18</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>10:00 am:</p> <ul style="list-style-type: none"> • Quilting Class • SAIL Fall Prevention • Dance Movement Therapy** <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga <p>11:15 am:</p> <ul style="list-style-type: none"> • Nutrition Class <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Sculpting <p>1:30 pm:</p> <ul style="list-style-type: none"> • Painting: Art Therapy**

As we go into 2019 together, let's try to walk with heads held tall and proud remembering the years that have passed before, and hearts open and ready for the new adventures, experiences and memories that we have the opportunity to create this new year.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>21</p> <p style="text-align: center;">CENTER CLOSED</p>  <p>Martin Luther King Jr Day is a federal holiday held on the <i>third Monday of January</i>. It celebrates the life and achievements of Martin Luther King Jr, an influential American civil rights leader.</p>	<p>22</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>9:30 am:</p> <ul style="list-style-type: none"> • Let's Groove in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> • Conversational Spanish w/Jo <p>10:00 am:</p> <ul style="list-style-type: none"> • Tai Chi with June • Computers w/Ken (Dining Room) <p>10:30 am:</p> <ul style="list-style-type: none"> • Reminiscence Group <p>11:00 am:</p> <ul style="list-style-type: none"> • Canasta for Beginners • Looming <p>11:15 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> • Canasta 	<p>23</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Arm Chair Yoga <p>10:00 am:</p> <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Conditioning** • Adult Coloring • Men's Book Club 	<p>24</p> <div style="border: 1px dashed black; padding: 2px; text-align: center; width: fit-content; margin: 0 auto;">METRO BUS</div> <p>9:00 am:</p> <ul style="list-style-type: none"> • Zumba w/Donna • Metro Bus <p>9:30 am:</p> <ul style="list-style-type: none"> • Gentleman's Quarterly • Tai Chi** • Let's Groove in the Radio Room <p>10:00 am:</p> <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Open Recreation <p>11:00 am:</p> <ul style="list-style-type: none"> • Diversity Program: Celebrating MLK Day • Creative Writing • Wii Bowling <p>1:00 pm:</p> <ul style="list-style-type: none"> • Current Events <p>1:30pm:</p> <ul style="list-style-type: none"> • Billiards <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>25</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>10:00 am:</p> <ul style="list-style-type: none"> • Quilting Class • SAIL - <i>Fall Prevention</i> • Dance Movement Therapy** <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga <p>11:15 am:</p> <ul style="list-style-type: none"> • Meditation Class <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Sculpting <p>1:30 pm:</p> <ul style="list-style-type: none"> • Painting: Art Therapy**

DIVERSITY DAY
Thursday, January 24, 2018



Let us celebrate the memory of Dr. Martin Luther King, Jr. on **Thursday, January 24th** by learning about his life and legacy. His leadership of the modern American Civil Rights Movement, from December 1955 until April 4, 1968 was a significant period in the history of social action in this country. Let's brainstorm ways to demonstrate non-violent behavior while we enjoy Dr. King's favorite dessert – *Pecan Pie!*

