

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>DECEMBER 2022</p>  <p>Events listed in blue are detailed in the New and Noteworthy section</p>	<p>Birthday Party Tuesday Dec. 13th 11:30am</p> <p>Chanukah Luncheon Wednesday Dec. 21 @11:30am</p> <p>New Year's Luncheon - Thursday December 29 @ 11:30am</p>	<p>Blood Pressure Check Thursday 12/8 @ 10:00 am</p> <p>Food Pantry-Tuesday 12/20 1:30pm - 3:30pm</p> <p>Tech Lab Tuesdays &Thursdays @ 10:00am</p>	<p>12/1 9:30 Conv.Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 12:45 Mah Jongg (FULL) 1:00 Group Chat with Carmen 1:00 Chair Yoga-H 1:00 Book Club-V</p>	<p>12/2 9:15 Stay Well Exercise-H 10:30 Men's Group-H 11:00 Current Events 12:45 Friday Flicks: <i>The Lost city</i> (2022)</p>
<p>12/5 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Greer Mayhew Lecture 10:45 Women's Group 1:00 Bingo</p>	<p>12/6 9:30 Baking with Galina 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories -V 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>12/7 10:00 Stay Well Exercise-V 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg (Beg.) (FULL) 1:00 Karaoke 1:15 Bliss Fit-H 1:30 Water Aerobics</p>	<p>12/8 9:30 Conv. Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:00 Trip to Bergen Mall 10:45 Functional Movement 11:30 Hebrew Short Stories-V 12:45 Health Talk: Preparing for Medical Emergencies 1:00 Group Chat with Carmen 1:00 Chair Yoga-H</p>	<p>12/9 9:15 Stay Well Exercise-H 10:00 Adult Fitness-V 10:30 Leona Frank Art Lecture 11:00 Current Events 12:45 Friday Flicks: <i>Jerry and Marge Go Large</i> (2022)</p>
<p>12/12 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 1:00 Bingo</p>	<p>12/13 9:30 Baking with Galina 10 :00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Painting Class 10:30 Art Explorations-H 10:30 Nutrition Talk with Arnie Pt.2 11:30 Hebrew Short Stories -V 1:00 Knitting with Barbara 1:00 Brain Games with Marv 1:15 Birthday Entertainment</p>	<p>12/14 10:00 Stay Well Exercise-V 10:00 Ceramics (FULL) 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 10:30 Law and Order 12:30 Mah Jongg (Beg.) (FULL) 1:00 Karaoke 1:30 Water Aerobics</p>	<p>12/15 9:00 Trip to Grand Central with Streetwise NYC 9:30 Conv. Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga-H</p>	<p>12/16 9:15 Stay Well Exercise-H 10:30 Men's Group-H 11:00 Current Events 12:45 Friday Flicks: <i>Where the Crawdads Sing</i> (2022)</p>
<p>12/19 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Manicures with Frances 10:30 Gentle Exercises with Midtown PT 1:00 Bingo</p>	<p>12/20 9:30 Baking with Galina 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories-V 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>12/21 10:00 Stay Well Exercise-V 10:00 Chair Aerobics with Stuart 10:30 Law and Order 12:30 Mah Jongg (Beg.) (FULL) 1:30 Water Aerobics 1:30 Chanukah Party (Concert)</p>	<p>12/22 9:30 Conv. Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga-H</p>	<p>12/23 9:15 Stay Well Exercise-H 10:30 Meditation 11:00 Current Events 1:15 Concert: <i>The Bardekova Ensemble</i></p>
<p>12/26</p> <p style="text-align: center;">Closed</p> <hr style="border-top: 1px dashed black;"/> <p>Lunch Daily @ 11:45 Dining Room Seating Begins @ 11:30am</p>	<p>12/27 9:30 Baking with Galina 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg (FULL) 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories-V 1:00 Knitting with Barbara 1:00 Brain Games with Marv</p>	<p>12/28 10:00 Stay Well Exercise-V 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg (Beg.) (FULL) 1:00 Karaoke 1:15 Bliss Fit-H 1:30 Water Aerobics</p>	<p>12/29 9:30 Conv. Spanish-Advance Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga-H 1:00 Book Club 1:15 New Year's entertainment</p>	<p>12/30 9:15 Stay Well Exercise-H 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: <i>The Greastest Showman</i>" (2017)</p>