


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| <p>10/3 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:45 Women's Group 1:00 Bingo</p> | <p>10/4 9:15 Stay Well Exercise-V 10:00 Tai Chi 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories -V 1:00 Knitting Class</p> | <p>10/5 CLOSED YOM KIPPUR</p> | <p>10/6 9:15 Stay Well Exercise-V 9:30 Spanish Advanced Beginners 10:00 Depression Screening 10:45 Functional Movement 11:30 Hebrew Short Stories-V 12:45 Mah Jongg 12:45 Health Talk: Fighting the Blues 1:00 Group Chat</p> | <p>10/7 9:15 Stay Well Exercise-H 10:30 Meditation 10:30 Men's Group-H 11:00 Current Events 12:45 Friday Flicks: Te Ata (2016)</p> |
| <p>10/10 CLOSED SUKKOT</p> | <p>10/11 CLOSED SUKKOT</p> | <p>10/12 9:15 Stay Well Exercise-V 10:00 Writing Circle-V 10:30 Law and Order 12:30 Mah Jongg 1:15 Bliss Fit-H 1:30 Water Aerobics</p> | <p>10/13 9:15 Stay Well Exercise-V 9:30 Spanish Advance Beginners 10:00 Trip-Lyndhurst Mansion 10:45 Functional Movement 11:30 Hebrew Short Stories-V 12:45 Health Talk: Blood Pressure 1:00 Group Chat</p> | <p>10/14 9:15 Stay Well Exercise-H 10:30 Meditation 10:00 Adult Fitness-V 11:00 Sukkah Visit 12:45 Friday Flicks:"Top Gun: Maverick" (2022)</p> |
| <p>10/17 CLOSED SHEMINI ATZERET</p> | <p>10/18 CLOSED SIMCHAT TORAH</p> | <p>10/19 9:15 Stay Well Exercise-V 10:00 Writing Circle-V 10:00 Ceramics 12:30 Mah Jongg 1:00 Karaoke 1:00 Menu Meeting 1:30 Water Aerobics</p> | <p>10/20 9:15 Stay Well Exercise-V 9:30 Spanish Advance Beginners 10:45 Functional Movement 11:30 Hebrew Short Stories-V 12:45 Health Talk: Stimulate Your Mind! 1:00 Group Chat</p> | <p>10/21 9:15 Stay Well Exercise-H 10:30 Meditation 10:30 Men's Group-H 11:00 Current Events 12:45 Friday Flicks:"Some Kind of Heaven" (2020) 1:00 Belly Dance Lessons</p> |
| <p>10/24 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:00 Silver Shoes 1:00 Bingo</p> | <p>10/25 9:15 Stay Well Exercise-V 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations-H 10:30 Nutrition Talk 11:30 Hebrew Short Stories-V 12:45 Mah Jongg 1:00 Knitting Class 1:00 Entertainment</p> | <p>10/26 9:15 Stay Well Exercise-V 10:00 Writing Circle-V 10:00 Ceramics 11:00 Senior Scams:Beware! 12:30 Mah Jongg 1:15 Bliss Fit-H 1:00 Karaoke 1:30 Water Aerobics</p> | <p>10/27 9:15 Stay Well Exercise-V 9:30 Spanish Advance Beginners 10:00 Trip-DUMBO Tour 10:45 Functional Movement 11:30 Hebrew Short Stories-V 12:45 Health Talk: Balance 1:00 Group Chat 1:00 Book Club-V 1:00 Chair Yoga- H</p> | <p>10/28 9:15 Stay Well Exercise-H 10:30 Meditation 11:00 Current Events 12:45 Discussion: The New Normal- Post Pandemic Social Norms 12:45 Piano Recital-In Person</p> |
| <p>10/31 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Nutrition Talk 10:45 Women's Group 1:00 Bingo</p> | <p>Tech Lab Tuesdays& Thursdays @ 10:00am Food Pantry TH 10/13 1:00pm - 3:00pm (Back Parking Lot)</p> | <p>OCTOBER 2022  Events listed in blue are detailed in the New and Noteworthy section</p> | <p>Lunch Daily at 11:45 Dining Room Seating Begins at 11:30am Birthday Party Tuesday October 25th</p> | <p>Blood Pressure Check Thursdays at 10:00 am</p> |