

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEPTEMBER 2022</p>  <p>Events listed in blue are detailed in the New and Noteworthy section</p>	<p>Tech Lab Tuesdays& Thursdays @ 10:00am</p> <p>September-Beginners' Maj Jongg @ 12:30 to 2:00 pm Wed Sept 7,14,21& Th 29 Food Pantry TH 9/22 1:00-3:00pm</p>	<p>Lunch Daily at 11:45 Dining Room Seating Begins at 11:30am</p> <p>Birthday Party Tuesday September 13th</p>	<p>9/1 9:30 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:45 Functional Movement-In Person 11:30 Hebrew Short Stories-Virtual 1:00 Group Chat-In Person 1:00 Chair Yoga-Hybrid</p>	<p>9/2 10:00 Stay Well Exercise-Hybrid 10:30 Men's Group-Hybrid 11:00 Current Events-In Person 12:45 Friday Flicks:Mrs.Harris Goes To Paris (2022)-In Person</p>
<p>9/5</p> <p>CLOSED LABOR DAY</p>	<p>9/6 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 11:30 Hebrew Short Stories-Virtual 1:00 Knitting-In Person</p>	<p>9/7 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:00 Baking with Galina-In Person 10:00 Lecture: Age Well and Stay Forever Young-In Person 12:45 Welcome our New Program Coordinator-In Person 1:00 Karaoke-In Person 1:30 Water Aerobics-In Person</p>	<p>9/8 9:30 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:45 Functional Movement-In Person 11:30 Hebrew Short Stories-Virtual 1:00 Group Chat-In Person 1:00 Chair Yoga-Hybrid 12:45 Blood Pressure Screening 1:00 Klezmer Concert-In Person</p>	<p>9/9 10:00 Stay Well Exercise-Hybrid 11:00 Current Events-In Person 12:45 Friday Flicks:Downton Abbey: New Era (2022)-In Person</p>
<p>9/12 9:30 Jacob's Schmooze-Virtual 10:00 Stay Well Exercise-Hybrid 10:00 Chess Clinic-In Person 10:00 Monkeypox:What You Need to Know-In Person 10:30 Women's Group-In Person 10:00 Bingo-In Person</p>	<p>9/13 10:00 Stay Well Exercise-Virtual 10:00 Tai Chi-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 11:30 Hebrew Short Stories -Virtual 12:30 Blood Pressure Screening 1:00 Entertainment -In Person 1:00 Knitting Class-In Person</p>	<p>9/14 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:00 Baking with Galina-In Person 10:00 Law and Order with Aytan Adler In Person 11:00 Cooking Live/DFTA-Hybrid 1:15 Bliss Fit-Hybrid 1:30 Water Aerobics-In Person</p>	<p>9/15 9:30 Apple Picking Trip 9:30 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:00 Blood Pressure Screening 10:45 Functional Movement-In Person 11:30 Hebrew Short Stories-Virtual 12:45 Health Lecture-In Person 1:00 Group Chat-In Person 1:00 Chair Yoga-Hybrid</p>	<p>9/16 10:00 Stay Well Exercise-Hybrid 10:00 Adult Fitness-Virtual 10:30 Men's Group-Hybrid 11:00 Current Events-In Person 12:45 Friday Flicks:Letters to Juliet (2010)-In Person</p>
<p>9/19 9:30 Jacob's Schmooze-Virtual 10:00 Stay Well Exercise-Hybrid 10:00 Chess Clinic-In Person 10:30 Women's Group-In Person 1:00 Bingo-In Person</p>	<p>9/20 10:00 Stay Well Exercise-Virtual 10:00 Nutrition Fact Labels-In Person 10:00 Tai Chi-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 11:30 Hebrew Short Stories-Virtual 1:00 Knitting Class-In Person</p>	<p>9/21 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:00 Baking with Galina-In Person 10:00 Silver Shoes-In Person 1:00 Karaoke-In Person 1:30 Water Aerobics-In Person</p>	<p>9/22 9:30 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:00 Blood Pressure Screening 10:45 Functional Movement-In Person 11:30 Hebrew Short Stories-Virtual 11:30 Rosh Hashanah Lunch 12:45 Health Lecture-In Person 1:00 Group Chat-In Person 1:00 Chair Yoga- Hybrid</p>	<p>9/23 10:00 Stay Well Exercise-Hybrid 11:00 Current Events-In Person 12:45 Friday Flicks:Dean Spanley (2008)-In Person</p>
<p>9/26</p> <p>CLOSED ROSH HASHANAH</p>	<p>9/27</p> <p>CLOSED ROSH HASHANAH</p>	<p>9/28 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:00 Baking with Galina-In Person 10:00 Lecture:PFLAG NYC-In Person 1:15 Bliss Fit-Hybrid 1:30 Water Aerobics-In Person</p>	<p>9/29 9:30 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:00 Blood Pressure Screening 10:45 Functional Movement-In Person 11:30 Hebrew Short Stories-Virtual 12:45 Health Lecture 1:00 Group Chat-In Person 1:00 Book Club 1:00 Chair Yoga- Hybrid</p>	<p>9/30 10:00 Stay Well Exercise-Hybrid 11:00 Current Events-In Person 12:45 Friday Flicks:Loving Vincent (2017)-In Person 1:00 Mental Health: What's On Your Mind?-In Person</p>