

# October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>September 30</b> 9:30 Zumba 10:30 Bocce 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance <b>PORK LOIN</b>	<b>1</b> 10:30 Sculpture 10:30 Wise Workouts (canceled) 1:00 Soul Line Dancing 2:15 Yoga <b>BEEF BURRITO WITH CHEESE</b>	<b>2</b> 10:30 Special Friends 10:30 Business Mtg. 1:00 <u>Healthy Body &amp; Mind as You Age</u> presented by Family & Children's Association <b>CHICKEN FRANCAISE</b>	<b>3</b> <b>CENTER CLOSED FOR ROSH HASHANAH</b>	<b>4</b> <b>CENTER CLOSED FOR ROSH HASHANAH</b>
<b>7</b> 9:30 Zumba 10:30 Bocce 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance <b>PENNE ALLA VODKA W/ CHICKEN</b>	<b>8</b> 10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:00 Book Club 2:15 Yoga <b>SWEDISH MEATBALSS</b>	<b>9</b> 10:30 Special Friends 1:00 <u>Long Term Care Workshop</u> presented by: Health & Wellness Council Of LI 1:00 Intro to Wire Wrapping <b>CHICKEN CACCIATORI</b>	<b>10</b> 9:30 Learning Computers. 10:00 Drawing 10:00 Knitting 10:30 Harmonaires 10:45 Rhythm & Dance 10:45 Who Are You? 11:00 Painting 1:00 Meditation 1:00 Zumba / <b>SALISBURY STEAK</b>	<b>11</b> 9:30 Tai Chi 10:45 Exercise with Glenda 10:45 Wellness Development 1:00 Zumba Gold Toning <b>BREADED FISH</b>
<b>14</b> <b>CENTER CLOSED FOR COLUMBUS DAY</b>	<b>15</b> 10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 1:00 <u>Pat's Bingo Party</u> 2:15 Yoga <b>CHICKEN PARMIGIANA</b>	<b>16</b> 10:30 Special Friends 11:00 <u>Bread Making with Paco</u> presented by: Paco Lopez from Panaderia Bakery 1:00 <u>Pain Management</u> presented by: Sharon McDermott <b>HAMBURGER</b>	<b>17</b> <b>CLASSES SAME AS ABOVE</b>	<b>18</b> 9:30 Tai Chi 10:45 Pilates with Glenda 10:45 Wellness Development 1:00 Zumba Gold Toning <b>SPAGHETTI &amp; MEATBALLS</b>
<b>21</b> 9:30 Zumba 10:00 <b>BOD Mtg.</b> 10:30 Bocce 10:45 Silver Sneakers 10:45 Mad Hatter Scattergories 1:00 Writing Club 2:15 Move with Balance <b>CHICKEN MARSALA</b>	<b>22</b> 10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga <b>JUMBO RAVIOLI</b>	<b>23</b> 10:30 Special Friends 11:00 <u>Save The Plate</u> presented by: <b>Cooperative Ext.</b> 1:00 Falun Dafa 1:00 Wire Jewelry Making <b>SAUERBRATEN WITH GRAVY</b>	<b>24</b> <b>NO CLASSES DUE TO BAZAAR SET - UP</b>	<b>25</b> <b>NO CLASSES DUE TO BAZAAR SET - UP</b>
<b>28</b> <b>MORNING CLASSES CANCELED</b> 1:00 Writing Club 2:15 Move with Balance <b>VOLUNTEER PIZZA PARTY</b>	<b>29</b> 10:30 Sculpture 10:30 Wise Workouts 1:00 Soul Line Dancing 2:15 Yoga <b>SAUSAGE &amp; PEPPERS</b>	<b>30</b> 10:30 Special Friends 11:30 Celebration Day 12:00 Lunch 12:45 <u>Halloween costume parade</u> best costume wins a prize! 1:00 <u>Halloween Horse Racing</u> <b>VEGGIE BURGER</b>	<b>31</b> <b>CLASSES SAME AS ABOVE</b> <b>SPAGHETTI &amp; MEATBALLS</b>	<b>PENNE ALLA VODKA WITH CHICKEN</b>