























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every Thursday we Will collect for the Food pantries. If you would like to contribute Please see * note. Thank you for your cooperation.	"Life is like riding a bicycle. To keep your balance, you must keep moving." Albert Einstein.		1 <b>CLOSED</b> 	2 
5 Community Room  10:00 am Chair Yoga	6 Community Room 10:00AM Crochet w/ Bev 	7 Community Room 10:00 AM Bands 	8 Community Room 10:00 AM Chair Yoga  *Bring a box of Pasta  12:00-1pm Tai Chi w/ Hai	9 
12 Community Room  10:00 am Chair Yoga	13 Community Room 10:00 AM BINGO 	14 Community Room 10:00 AM Bands 	15 Community Room  10:00 AM Chair Yoga * Can of Soup  12:00-1pm Tai Chi w/ Hai	16 
19  	20 Community Room 10:00 AM Cards 	21 Community Room  10:00 am Bands	22 Community Room 10:00AM Chair Yoga  *Toothpaste	23 
26 Community Room  10:00 AM Chair Yoga 	27 Montauk Room 10:00 am Book Club 	28 Community Room 10:00 am Bands 	29 Community Room 10:00AM Chair Yoga  *Bar of Soap	30 