

| 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 CLOSED  | 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  |