

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>OCTOBER</div> <div>2019</div>		<div>1</div> <div>10:00 Men’s Club Meeting with guest speaker Lawrence Manfried “Veteran’s Benefits”</div> <div>10:00 Seniorversity Pilates Begins</div> <div>1:00 Shopping @ Trader Joe’s &amp; CVS</div> <div>2:00 Words of Wisdom</div>	<div>2</div> <div>10:30 Meditation CANCELLED</div> <div>Brigadoon @ Broadhollow Theatre</div> <div>12:30 Leave Sandel &amp; Rec Center</div>	<div>3</div> <div>11:15 WINS Committee Meeting (Welcome in New Sandels)</div> <div>2:30 Seniorversity Yoga Begins</div>	<div>4</div> <div>1:00 The Movies @ Sandel: “A Star is Born”</div> <div>Wear pink for Breast Care Awareness</div>	<div>5</div>
<div>6</div>	<div>7</div> <div>10:30 Plants &amp; Grounds Committee Fall shopping @ Alma’s</div> <div>1:30 Brain Fitness</div> <div>2:30 Sandel Circle visit to Rockville Skilled Nursing</div> <div>7:00 Village Board Meeting</div>	<div>8</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood</div> <div>10:00 Seniorversity Pilates #2</div> <div>Downton Abbey @ Lynbrook Theatre</div> <div>12:30 Leave Sandel</div> <div>1:00 Shopping @ King Kullen &amp; CVS</div> <div>2:00 Talk it Out</div> <div>Yom Kippur begins @ Sundown</div>	<div>9</div> <div>10:30 Seniorversity Meditation Begins</div>	<div>10</div> <div>11:00 Senior Concerns Committee Mtg</div> <div>2:30 Seniorversity Yoga #2</div>	<div>11</div> <div>12:00 Birthday Brunch \$4.00pp (\$5.00 charged day of event)</div> <div>Wear pink for Breast Care Awareness</div>	<div>12</div>
<div>13</div>	<div>14</div> <div>Columbus Day</div> <div>Center Closed</div>	<div>15</div> <div>10:00 Men’s Club Meeting with mystery speaker</div> <div>10:00 Seniorversity Pilates #3</div> <div>11:00 Artist Reception for Sylvia Metzelaar</div> <div>1:00 Shopping @ Trader Joe’s &amp; CVS</div> <div>2:00 Canasta Lesson #1</div> <div>2:00 Words of Wisdom</div>	<div>16</div> <div>11:00 Senior Concerns Committee Open House</div> <div>12:00 Fashion Show \$5.00pp (\$7.00 charged day of event)</div> <div>ALL CLASSES CANCELLED</div>	<div>17</div> <div>11:15 Special Events Committee Mtg</div> <div>2:30 Seniorversity Yoga #3</div>	<div>18</div> <div>Oktoberfest @ Plattduetsche</div> <div>11:00 Leave Sandel</div> <div>11:15 Leave Rec Center</div> <div>Wear pink for Breast Care Awareness</div>	<div>19</div>
<div>20</div>	<div>21</div> <div>12:45 Friendly Callers Committee Meeting</div> <div>1:45 Headlines</div> <div>4:30 New Member Dinner (by invitation only)</div> <div>Start bringing in Flea Market donations</div>	<div>22</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood</div> <div>10:00 Seniorversity Pilates #4</div> <div>1:00 Shopping @ King Kullen &amp; CVS</div> <div>2:00 Canasta Lesson #2</div> <div>2:00 Talk it Out</div>	<div>23</div> <div>10:30 Seniorversity Meditation #2</div> <div>11:00 Supper Club Meeting</div> <div>2:00 Seniorversity MahJongg Begins</div>	<div>24</div> <div>Center Closed for Flea Market Set-up</div> <div>11:15 Flea Market Set-up Begins</div>	<div>25</div> <div>Flea Market</div> <div>10:00am-3:00pm</div> <div>Golden Gathering @ Rec Center 9:00am-1:00pm</div> <div>Last day for Supper Club refund</div>	<div>26</div>
<div>27</div>	<div>28</div> <div>1:30 Brain Fitness</div> <div>2:30 Lancaster Travelers Trip Meet &amp; Greet</div>	<div>29</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood</div> <div>10:00 Seniorversity Pilates #5</div> <div>Intergenerational Committee @ HS</div> <div>10:30 Leave Sandel</div> <div>10:40 Leave Rec Center</div> <div>11:00 Lecture: “Healthy Cooking from The Pantry”</div> <div>1:00 Shopping @ Trader Joe’s &amp; CVS</div> <div>2:00 Canasta Lesson #3</div> <div>2:00 Words of Wisdom</div>	<div>30</div> <div>10:30 Seniorversity Meditation #3</div> <div>11:00 Trip Committee Mtg.</div> <div>Landmark Theatre Trip</div> <div>12:30 Leave Sandel</div> <div>12:45 Leave Rec Center</div> <div>2:00 Book Club</div> <div>2:00 Seniorversity MahJongg #2</div> <div>4:00-7:00 Sandel Supper Club</div>	<div>31</div> <div>2:30 Seniorversity Yoga #4</div>	<div>SENIORVERSITY CLASSES ARE IN BOLD</div> <div>\$15.00 Fee Applies</div>	
	EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY	
<div>Key:</div> <div>* This program is made possible with funding from the NC Dept. of Human Services Office for the Aging, the NYS Office for the Aging &amp; Administration on Aging.</div>	<div>9:45 Core*</div> <div>11:00 Range of Motion*</div> <div>12:45 Center Stage Chorus</div> <div>1:00 Scrabble/Rummikub</div>	<div>9:00 Aerobics</div> <div>10:00 Seniorversity Pilates</div> <div>12:40 Yoga*</div> <div>1:00 Cards</div> <div>2:00 Talk It Out/Words of Wisdom</div> <div>2:00 Scrabble/Rummikub</div> <div>**To make a reservation for door-to-door shopping call transportation before 8AM \$2.00 transportation fee.</div>	<div>9:30 Stretch &amp; Balance</div> <div>10:30 Seniorversity Meditation</div> <div>11:00 “The News”</div> <div>12:45 Sit ‘n’ Dance</div> <div>1:00 Cards &amp; Dominoes</div> <div>1:00 Line Dance*</div> <div>2:00 Seniorversity MahJongg</div>	<div>10:00 Cardio Dance</div> <div>10:30 Studio Art</div> <div>10:30 Knitting &amp; Crocheting</div> <div>11:00 Card Making</div> <div>1:00 Sing-a-long</div> <div>1:00 MahJongg</div> <div>1:00 Cards</div> <div>1:00 Rummikub</div> <div>2:30 Seniorversity Yoga</div>	<div>9:45 Total Body Workout (Sponsored by Town of Hempstead)</div>	<div>Updated 9/27</div>