

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEPTEMBER 2019	<div>2</div> <div>Labor Day</div> <div>Center Closed</div>	<div>3</div> <div>10:00 Men’s Club Business Meeting</div> <div>1:00 Shopping @ Trader Joe’s & CVS</div> <div>1:45 Yoga CANCELLED</div> <div>2:00 Words of Wisdom</div>	<div>4</div> <div>Bethpage Village Tour</div> <div>12:30 Leave Sandel</div> <div>12:45 Leave Rec Center</div>	<div>5</div> <div>11:15 New Member Committee Meeting</div>	<div>6</div> <div>1:00 Bingo \$4.00 paid @ door</div>	<div>7</div>
	<div>8</div> <div>10:30 Plants & Grounds Committee</div> <div>12:45 Center Stage Chorus Returns</div> <div>1:45 Headlines</div> <div>2:30 Sandel Circle visit to Atria Tanglewood</div>	<div>9</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood</div> <div>11:00 “Do’s & Don’ts’ of Taking Your Medications”</div> <div>1:00 Shopping @ King Kullen & CVS</div> <div>2:00 Talk it Out</div>	<div>10</div> <div>Landmark Theatre Trip</div> <div>12:30 Leave Sandel</div> <div>12:45 Leave Rec Center</div>	<div>11</div> <div>11:00 Senior Concerns Committee Mtg</div> <div>11:30 Supper Club Committee Meeting</div>	<div>12</div> <div>12:00 Birthday Brunch \$4.00pp (\$5.00 charged day of event)</div>	<div>13</div>
	<div>15</div> <div>1:30 Brain Fitness</div>	<div>16</div> <div>10:00 Men’s Club Business Meeting</div> <div>11:00 Artist Reception for Richard Law</div> <div>12:00 SPA Committee Lunch wrap-up</div> <div>1:00 Shopping @ Trader Joe’s & CVS</div> <div>2:00 Words of Wisdom</div>	<div>17</div> <div>11:00 Intergenerational Committee Mtg</div>	<div>18</div> <div>10:00 Cardio Dance CANCELLED</div>	<div>19</div> <div>11:15 Special Events Committee</div> <div>1:00 Paint Party \$5.00pp</div>	<div>20</div>
	<div>22</div> <div>10:30 Plants & Grounds</div>	<div>23</div> <div>10:00 Men’s Club Billiards @ Atria Tanglewood</div> <div>11:00 “Vitamins & Minerals in your Daily Diet”</div> <div>1:00 Shopping @ King Kullen & CVS</div> <div>2:00 Talk it Out</div>	<div>24</div> <div>11:00 Trip Committee Meeting</div> <div>2:00 Book Club</div> <div>6:00 Evening Dine Around at Brasserie Persil</div>	<div>25</div> <div>10:00 Cardio Dance CANCELLED</div>	<div>26</div> <div>10:45 Executive Committee Meeting</div> <div>1:00 General Meeting</div>	<div>27</div>
	<div>29</div> <div>1:30 Brain Fitness</div> <div>Rosh Hashanah begins at sundown</div>	<div>30</div>				
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Key: * This program is made possible with funding from the NC Dept. of Human Services Office for the Aging, the NYS Office for the Aging & Administration on Aging.	9:45 Core* 11:00 Range of Motion* 12:45 Center Stage Chorus 1:00 Scrabble/Rummikub	9:00 Aerobics 10:00 Pilates 12:40 Yoga* 1:00 Cards 2:00 Talk It Out/Words of Wisdom 2:00 Scrabble/Rummikub **To make a reservation for door-to-door shopping call transportation before 8AM \$2.00 transportation fee.	9:30 Stretch & Balance 10:30 Meditation 11:00 “The News” 12:45 Sit ‘n’ Dance 1:00 Cards & Dominoes 1:00 Line Dance*	10:00 Cardio Dance 10:30 Studio Art 10:30 Knitting & Crocheting 11:00 Card Making 1:00 Sing-a-long 1:00 MahJongg 1:00 Cards 1:00 Rummikub 2:30 Yoga	9:45 Total Body Workout (Sponsored by Town of Hempstead)	Updated 8/23