

November 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30 Holiday Card Writing to the Troops 11:45 Men’s Club Meeting 1:00 Holiday Fair Committee Meeting	2 Lunch: Baked Ziti & Salad 1:00 Guest Speaker, Understanding Sweeteners 2:15 Creative Writing Class	3 11:30 Holiday Card Writing to the Troops 11:45 Trip Committee Meeting 1:15 Rummikub Lesson	4 Fitness Cancelled 12:15 Birthday Brunch 1:00 Bingo
7 Lunch: Pulled Pork Sandwich & Butternut Squash 1:45 Sign Language Class 2:00 Jewelry Making	8 11:30 Holiday Card Writing to the Troops 12:30 Special Events Committee Meeting 12:30 Blood Pressure Screening*	9 Pilates Cancelled 12:15 Veteran’s Day Luncheon 2:15 Creative Writing Class	10 11:30 Holiday Card Writing to the Troops 12:00 Senior Concerns Committee 1:15 Rummikub Lesson	11 CLOSED
14 10:00 Holiday Fair Cookie Baking 1:45 Sign Language Class 2:00 Card Making	15 Fitness Cancelled 11-3 Holiday Boutique	16 10:00 Intergenerational Committee at SSHS 1:00 How to access your medical records on a portal (Bring Cell Phones) 2:15 Creative Writing Class	17 Sherri’s Conference Call Cancelled 12:00 Senior ID program 1:15 Rummikub Lesson	18 Fitness Cancelled 12:15 Thanksgiving Lunch
21 1:45 Sign Language Class 1:45 Headlines 2:00 Jewelry Making	22 Nassau County Museum of Art Trip (leave Sandel at 10:45, leave Rec at 11)	23 12:00 How to use Uber (Bring Cell Phones)	24 CLOSED	25 CLOSED
28 1:45 Sign Language Class 2:00 Card Making	29 11:45 Executive Board Meeting	30 Pilates Cancelled 11:00 General Meeting 1:00 Artist Display 2:00 Book Club		
EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
10:00 Cardio-Sheila* 11:00 Yoga - Lucia* 12:45 Center Stage 1:00 Cards & Games if space permits 2:00 Art with Zelda Randell 2:00 Knitting & Crocheting	AM Grocery Shopping @ Key Food. Call 766-1266 for transportation 10:30 Fun & Fit–Nancy 1:00 Scrabble, Cards, Poker, Dominoes, Rummikub	10:30 Pilates-Mary 1:00 Cards & Games if space permits	10:30 Fun & Fit—Nancy 1:00 MahJongg 1:00 Poker 1:00 Rummikub 1:00 Sherri’s Conference Call	10:30 Total Body Workout Megan or Claudia
* Funded by Nassau County Department of Human Services Office for the Aging & New York State Office for the Aging & Administration on Aging				