

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>PEER SUPPORT</b> - Mondays, Wednesdays, and Thursdays</p> <p><b>SPANISH LANGUAGE PROGRAM</b> - Mondays, Wednesdays, and Fridays</p> <p><b>PROGRAMS MARKED WITH AN ASTERISK (*)</b> are also offered via Zoom! Please reach out if you would like the link!</p>	<p><b>COMMUNITY ACTIVITIES</b> - New York Memory Center will support you in making arrangements to attend community activities you may enjoy. Please ask us and see our monthly newsletter and postings in the Center.</p> <p><b>PREFER ANOTHER ACTIVITY?</b> - You may choose your own activities at any time.</p>	<p><b>DON'T FORGET!</b></p> <p><i>Daylight Saving Time ends overnight on Saturday, November 2nd!</i></p> <p><b>set clocks BACK one hour</b></p>		<p><b>1</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Common Bonds 12:00 Lunch 12:30 Basketball 1:00 Music and Movement 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>4</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Name 10 If We Can 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>5</b> <i>Election Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Conversation Cards 1:00 Art Activity - Mixed Media 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>6</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Clue Trivia (20 Questions) 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>7</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 What Would You Do? 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p> <p>6:00 <i>ADVANCE DIRECTIVES SEMINAR - GY Law Group</i></p>	<p><b>8</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 A to Z 1:00 Art Activity - Painting 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>11</b> <i>Veterans Day</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Veterans Day 12:00 Lunch 12:30 Anagrams / Word Scramble 1:00 Music Appreciation - Songs about America 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>12</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Music and Movement 12:00 Lunch 12:30 Ball Toss 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>13</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 MAKE SPACE 12:00 Lunch 12:30 Word Grid 1:00 Sing-Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>14</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia - Finish the Phrase 12:00 Lunch 12:30 Card Bingo (UNO) 1:00 Art Activity - Wooden Stars 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>15</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Riddles 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>18</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Places 12:00 Lunch 12:30 Charades 1:00 NOVEMBER BIRTHDAYS - STAFF KARAOKE 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>19</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Art Activity - Mixed Media 1:30 JOINT ENRICHMENT MUSIC EVENT WITH SETH OKREND 2:30 Afternoon Snack and Jukebox</p>	<p><b>20</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 You Be The Judge! 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>21</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Mad Libs 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>22</b></p> <p>9:30 Coffee and Conversation 10:30 Hello It's Me 11:00 CHAIR YOGA WITH MAY 12:00 Lunch 12:30 Conversation Cards 1:00 AMERICAN FOLK ART MUSEUM 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>25</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What's That Symbol? 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Art Activity - Thanksgiving Collage 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>26</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Ball Toss 1:00 Table Games and Puzzles 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>27</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Fill in the Blank / Hangman 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>28</b></p> <p><b>CENTER CLOSED THANKSGIVING HOLIDAY</b></p>	<p><b>29</b></p> <p><b>CENTER CLOSED THANKSGIVING HOLIDAY</b></p>

