NOVEMBER 2026 CALENDAR

NEW YORK MEMORY CENTER

199 14th Street
Brooklyn, NY 11215
718.499.7701
https://nymemorycenter.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 Rhyme Time 1:00 Balloon Volleyball 2:00 Gentle Leg Stretches 2:30 Afternoon Snack	**3** *Election Day* 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Word games 12:00 Lunch 12:30 Ring Toss 1:00 Jigsaw Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack	**4** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 12:30 Bean Bag Toss 1:00 Time Slips 2:00 Dance & Movement 2:30 Afternoon Snack	**5** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Table games 1:00 Fall Arts & Crafts 2:00 Upper Body Stretching 2:30 Afternoon Snack	**6** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:30 Basketball 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack
9 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 Art Activity 1:00 GUITAR W/DEBBY 2:00 Gentle Leg Stretches 2:30 Afternoon Snack	**10** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Crossword puzzles 12:00 Lunch 12:30 Balloon Volleyball 1:00 Table Games 2:00 Gentle Stretching 2:30 Afternoon Snack	**11** *Veteran's Day* 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 12:30 Honoring Veterans 1:00 HORTICULTURE (LC) 2:00 Dance & Movement 2:30 Afternoon Snack	**12** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Bean Bag Toss 1:00 ACCORDION W/ISMAIL 2:00 Upper Body Stretching 2:30 Afternoon Snack	**13** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Basketball 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack
16 9:45 Sip & Snack Social 10:30 PERCUSSION WITH DAVID 11:30 Fill in the Blank 12:00 Lunch + PIANO MUSIC 12:30 Rhyme Time 1:00 Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack	**17** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation 12:00 Lunch 12:30 Sing along 1:00 Find the Pair 2:00 Gentle Stretching 2:30 Afternoon Snack	**18** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT 12:00 Lunch 12:30 Name That Tune 1:00 Time Slips 2:00 Dance & Movement 2:30 Afternoon Snack	**19** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Aromatherapy 12:00 Lunch 12:30 Sing along 1:00 Bingo 2:00 Upper Body Stretching 2:30 Afternoon Snack	**20** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC 12:00 Lunch 12:30 Poetry Appreciation 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack
23 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch + PIANO MUSIC 12:30 Balloon Volleyball 1:00 ACCORDION W/ISMAIL 2:00 Gentle Leg Stretches 2:30 Afternoon Snack	**24** 9:45 Sip & Snack Social 10:30 PERCUSSION WITH DAVID 11:30 Art Activity 12:00 Lunch 12:30 Ring Toss 1:00 Card games 2:00 Gentle Stretching 2:30 Afternoon Snack	**25** 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Famous Places 12:00 Lunch 12:30 Thanksgiving Arts & Crafts 1:00 Bingo 2:00 Dance & Movement 2:30 Afternoon Snack	**26** **CENTER CLOSED** 	**27** **CENTER CLOSED**
30 9:45 Sip & Snack Social 10:30 Stretch and Move Exercise 11:00 Time Slips 12:00 Lunch + PIANO MUSIC 12:30 Balloon Volleyball 1:00 Aromatherapy 2:00 Gentle Leg Stretches 2:30 Afternoon Snack		**COMMUNITY ACTIVITIES -** New York Memory Center will support you in planning to attend community activities you may enjoy. Please ask us and see our monthly newsletter and postings in the Center. **PREFER ANOTHER ACTIVITY? -** You may choose your own individualized activities at any time.	**EARLY-STAGE LOTUS CLUB** Programs marked by "LC" *Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation*	**PEER SUPPORT** - Mondays, Wednesdays, and Thursdays **SPANISH LANGUAGE PROGRAM** - Wednesdays and Fridays



Funded in part by the New York State Office for the Aging (NYSOFA). All activities are subject to change without notice.