

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>2</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Who Am I? / Famous Faces 1:00 Basketball 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>3</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Reminiscing 1:00 Sing Along 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 Balloon Toss 12:00 Lunch 12:30 Watercolors 1:00 Name 10 If We Can 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>5</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Fill in the Blank / Hangman 12:00 Lunch 12:30 What's That Symbol? 1:00 ACCORDION WITH ISMAIL 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 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Price Is Right 1:00 Art Activity - Keepsake Boxes 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>9</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Charades 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>10</b></p> <p>9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 11:00 Ring Toss 12:00 Lunch 12:30 Finish the Phrase 1:00 20 Questions 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>11</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 State Trivia 12:00 Lunch 12:30 Poetry Appreciation 1:00 Sing-Along - Holiday Favorites 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 Current Events Discussion 12:00 Lunch 12:30 Dance and Music 1:00 Riddles 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 Word Chain 12:00 Lunch 12:30 Rhyme Time 1:15 GUITAR WITH DEBBY* 2:15 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>16</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM 12:00 Lunch 12:30 Anagrams / Word Scramble 1:00 BINGO 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>17</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Finish the Phrase 12:00 Lunch 12:30 Holiday Coloring 1:00 Table Games 2:00 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 What's That Symbol? 12:00 Lunch 12:30 Name the Flag 1:00 ACCORDION WITH ISMAIL 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 Sing Along 12:00 Lunch 12:30 Reminiscing 1:00 Art Activity - Candle Jars 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>20</b> <i>Winter begins (21st)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Balloon Toss 12:00 Lunch 12:30 Pictionary 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>23</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Finish the Phrase 12:00 HOLIDAY LUNCH 12:30 Sing-Along - Holiday Favorites 1:00 Craft Projects 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>24</b> <i>Christmas Eve</i></p> <p>9:30 Coffee and Conversation 10:00 Stretch and Move Exercise 10:45 PERCUSSION WITH DAVID 12:00 Lunch 12:30 Creative Storytelling 1:00 Sing Along 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>25</b> <i>Hanukkah begins</i></p> <p><b>CENTER CLOSED CHRISTMAS HOLIDAY</b></p>	<p><b>26</b> <i>Kwanzaa</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Charades 12:00 Lunch 12:30 Hangman 1:00 ACCORDION WITH ISMAIL 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 Poetry Appreciation 12:00 Lunch 12:30 Before and After 1:00 Conversation Cards 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>
<p><b>30</b></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Clay 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>31</b> <i>New Year's Eve</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Ring Toss 12:00 Lunch 12:30 New Year's Toast 1:00 Staff Karaoke 2:00 Gentle Leg Stretches 2:30 Afternoon Snack and Jukebox</p>	<p><b>COMMUNITY ACTIVITIES</b> - 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.</p> <p><b>PREFER ANOTHER ACTIVITY?</b> - You may choose your own activities at any time.</p>		<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>

