

OCTOBER



Monday

Piano/Keyboard
6:40-7:30pm
Oksana Management
#9856

Wednesday

Chair Yopalates
11:15am-12:15pm
Ilene Berke
#9796

MELT® Method
12:30-1:30pm
Ilene Berke
#9799 or 9800

Senior Concerns Advocate
Appointments at
11:00am or 12:00pm
*1st & 3rd Wed only

Caregiver Support Group
1:00-2:30pm
#9770
*1st & 3rd Wed only

Let's Speak Italian!
7:10-8:00pm
Oksana Management
10/14-11/25
#9855

Thursday

Jazzercise
8:45-9:45am
Elizabeth Eaves

Arthritis
10:30-11:30am
Lois Jackson
#9782

Let's Speak Spanish!
6:45-7:35pm
Oksana Management
#9872

Learn to Play Guitar!
7:10-8:00pm
Oksana Management
#9869

Tuesday

Jazzercise
8:45-9:45am
Elizabeth Eaves

Laugh, Flex & Stretch
10:30-11:30am
Lois Jackson
#9791

Watercolor
1:00-3:00pm
David Deyell
#9785

Meditation
4:00-4:45pm
Ilene Berke
#9806

COVID-19 Women's Support Group
11:30am-1:00pm
Susan Wellerstein
#9707

Hammer Museum Tour #1 - 10/6 ONLY
1:00-2:00pm
#9845

Hammer Museum Tour #2 - 10/20 ONLY
5:00-6:00pm
#9846

Senior Concerns Seminar: Will You Pass Your Next Drivers Test? - 10/27 ONLY
4:00-5:00pm
*See website for details

Senior Concerns Seminar: What's New in Medicare 2021-10/13 ONLY
4:00-5:00pm
*See website for details

Let's Learn French
6:45-7:35pm
Oksana Management
#9870

Friday

Chair Yopalates
11:15am-12:15pm
Ilene Berke
#9803

Farhana's Cooking Class - 10/30 ONLY
10:30am-12:30pm
Farhana Sahibzada
#9788

Saturday

Farhana's Cooking Class - 10/3 ONLY
10:30am-12:30pm
Farhana Sahibzada
#9831

