

# SENIOR ADULTS SCHEDULE: NOVEMBER 18-29

**MON**

**TUES**

**WED**

**THUR**

**FRI**

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**8:50 AM**  
Chair Yoga w/ Michelle

**10 AM**  
Light Cardio & Pilates w/ Mandi

**11 AM**  
Israeli Dance with Ora

**11:30 AM**  
Women's Aqua Aerobics

**12:30 PM**  
Master Artisans

**1:40 PM**  
Beginner's Hebrew

**2 PM**  
Bingo, Bubbly, & Beer

**8:20 AM**  
Zumba w/ Michelle

**9:15 AM**  
Chair Movements w/ Hava

**10 AM**  
Women & Their Journey: Widows Support Group

**10:30 AM**  
Light Conditioning w/ Mike

**11 AM**  
In-person Rock Steady Boxing

**12:30 PM**  
Virtual Rock Steady Boxing

**1 PM**  
Class: The Amidah Prayer

**9 AM**  
Shakin It Old School w/ Levi

**10 AM**  
Floor Yoga w/ Marissa

**11 AM**  
Boot Camp w/ Mike

**12 PM**  
Women's Aqua Aerobics

**12 PM**  
Trip: NY Historical Society

**12:30 PM**  
Master Artisans

**2 PM**  
Tai Chi: Arthritis w/ Ann

**6 PM**  
Ladies Night Out: Thanksgiving Celebration

**9 AM**  
Chair Movements w/ Hava

**10 AM**  
Drum Exercise w/ Levi

**11 AM**  
Music & Stretch w/ Levi

**11 AM**  
Connect with the Center

**11:30 AM**  
Virtual Rock Steady Boxing

**10 AM**  
Busy Boomers Men's Club



## SENIOR ADULT LOUNGE IS OPEN! MON-THURS, 12:30-4 PM

Bring your cards, games, Mahjong tiles, and friends. Open to Senior Adult members.

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These programs are made possible in part through the generous support of the NYC Department for the Aging.