



MON	TUE	WED	THUR	FRI
	<p><b>HAPPY BIRTHDAY TO:</b>            JEAN D 1            JOY 4            BEA 19            MILDRED 26            LYNNE 27            HEIDE 27</p> 	<p><b>ACTIVITIES MAY NEED TO CHANGE DUE TO UNFORESEEN CIRCUMSTANCES</b></p> <p><b>CAREGIVERS SUPPORT GROUP</b>            DECEMBER 19 1:30            AT THE GLEN COVE SENIOR CENTER</p>		<p>10:00 Coffee &amp; Snacks            10:30 <b>CHRISTMAS COUNTDOWN!</b>            Holiday Hangman &amp; Brain Games            11:30 <b>Yoga</b> with Isabel            12:15 Lunch Time            1:00 Christmas Craft &amp; a Holiday Performance from our Talented <b>Girl Scouts</b> followed by <b>The Wonderful CONTINENTALS</b></p>
<p>10:00 <b>TRIP</b>  <b>THE GOLD COAST CINEMA:</b>            Musical Reminiscing Program at the Great Neck Arts Center followed by Lunch &amp; Art Exhibit</p>	<p>10:00 Current Events            10:30 <b>TRADITIONS &amp; TALES:</b>            Christmas Around the World            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:15 Stocking Crafting &amp; Decorating w/Liz            2:15 Colors of Christmas Quizzes</p>	<p>10:00 Science Times            10:30 <b>A MERRY LITTLE CHRISTMAS:</b>            Reflecting on Holidays Past &amp; Present            11:15 <b>Tai Chi</b> with Marie            12:15 Lunch Time            1:15 <b>AROMATIC ADVENTURES:</b> w/Lucy            The Art of Fondue (and Pear Tart Tool!)</p>	<p>10:00 Cozy Coffee Time            10:30 <b>FROSTY FORMATIONS:</b>            Discussing &amp; Creating Snowflakes            11:15 <b>Strength Training</b> with Sharon            12:15 Lunch Time</p> <p><b>TRIP</b>  <b>MEET ME IN THE 'UPPER' GALLERIES:</b>            "FOOL THE EYE" (PTII)            Guided Tour at the Nassau County Museum</p>	<p>10:00 World Events            10:30 <b>LITTLE DRUMMER BOY:</b>            Reminiscing about Toys from our Youth            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:30 <b>The Wonderful CONTINENTALS</b></p>
<p>10:00 In The News            10:30 <b>HARK THE HERALD:</b>            Angel Crafts &amp; Story Telling            11:15 <b>Strength Training</b> with Sharon            12:15 Lunch Time            1:30 <b>Zumba Gold</b> with Carol            2:15 Hot Chocolate &amp; Holiday Jingo</p>	<p>10:00 Headlines over Coffee            10:30 <b>THE HOLLY &amp; THE IVY:</b>            The Symbolism of these Festive Greens            11:15 <b>Meditation</b> with Judy            12:15 Lunch Time            1:15 A Seasonal Social!            Ornaments, Poetry, Cookies &amp; Eggnog</p>	<p>10:00 Science Times            10:30 <b>FESTIVAL OF LIGHTS:</b>            The Story of Hanukkah            11:15 <b>Tai Chi</b> with Marie            12:15 Lunch Time            1:30 A Christmas Sing-along with <b>The Sweet SOUNDS OF JOY</b></p>	<p>10:00 Morning News &amp; Coffee            10:30 <b>DECK THE HALLS...!</b>            Holiday Crafts with the <b>L.V. Interact Club</b>            11:15 <b>Strength Training</b> with Sharon            12:00 Lunch Time and <b>The Amazing Long Island Jazz Ensemble</b>            2:00 "Ornament" Word Search</p>	<p>10:00 Coffee &amp; Conversation            10:30 <b>WHITE CHRISTMAS:</b>            The White House Seasonal Traditions            11:30 <b>Yoga</b> with Isabel            12:15 Lunch Time            1:30 <b>The Wonderful CONTINENTALS</b></p>
<p>10:00 <b>TRIP:</b>  <b>MAKING MEMORIES WITH MUSIC:</b>            Musical Reminiscing Program            Huntington Cinema Arts Center            Followed by Lunch</p>	<p>10:00 Coffee &amp; a Snack            10:30 <b>WINTER WONDERLAND</b>            A.M. <b>Painting Club</b> with Liz            11:15 <b>Meditation</b> with Judy            12:15 Lunch Time            1:15 <b>"RHYTHM BREAK CARES":</b>            Getting into the Holiday "Swing" with Nathan &amp; Stine</p>	<p>10:00 Science Times            10:30 <b>HERE COMES SANTA CLAUS:</b>            The Origins of Ol' Saint Nick            11:15 <b>Meditation</b> with Judy            12:15 Lunch Time            1:15 <b>HOLIDAY PARTY TIME!</b>  <b>Holiday Buffet &amp; Celebrations</b> with music from the Incredible <b>Gail Storm</b> followed by Our Traditional <b>Gift Giving</b></p>	<p>10:00 Today's Headlines            10:30 <b>'TAS THE NIGHT BEFORE...:</b>            Time for our Readings &amp; Re-enactments            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:15 <b>TRIP</b>  <b>CELEBRATIONS BY THE SOUND</b>            Festive Desserts &amp; Dancing at the View Grill</p>	<p>10:00 News &amp; World Views            10:30 <b>EUPHORBIA PLUCHERRIMA:</b>            The Meaning Behind this Festive Icon            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time &amp; our <b>Cornell Cooperative Lecture:</b>            Making Healthy Choices When Eating Out            1:30 <b>The Wonderful CONTINENTALS</b></p>
<p><b>CLOSED</b>  <b>FOR THE HOLIDAYS</b>            Have a Happy &amp; Healthy One</p>	<p>10:00 Newsworthy Events over Coffee            10:30 <b>ROCKING AROUND THE...:</b>            A Virtual Tour of Radio City Music Hall            11:15 Stronger Seniors <b>Chair Exercise</b>            12:15 Lunch Time            1:30 <b>Zumba Gold</b> with Carol            2:15 <b>At The Movies:</b>            The Rockettes Christmas Spectacular</p>	<p>10:00 Science Times            10:30 <b>MATUNDA YA KWANZAA</b>            Discussing the 7 Principals of Kwanza            11:30 <b>Yoga</b> with Isabel            12:15 Lunch Time            1:30 An Afternoon with <b>The Angelic SOUNDS OF JOY</b></p>	<p>10:00 Coffee &amp; Conversation            10:30 <b>AULD LANG SYNE!</b>            The Story Behind the Song            11:15 <b>Strength Training</b> with Sharon            12:15 Lunch Time            1:30 <b>MEMORY LANE</b>            Seasonal Songs from Around the World w/ the Magical Lois Morton</p>	<p>10:00 Daily News over Coffee            10:30 <b>NEW YEAR, NEW BEGINNINGS!</b>            Creating Our Resolution Tree            11:30 <b>Yoga</b> with Isabel            12:15 Lunch Time followed by a <b>NEW YEAR'S PARTY</b>            Upstairs with our friends at the Senior Center</p>