

NOVEMBER 2015

Thorpe Senior Center Dominican Convent 175 Route 340 Sparkill, NY 845-359-4058 or 845-359-5801

Monday	Tuesday	Wednesday	Thursday	Friday	Notes
2	3	4	5	6	<p>ALERT & ALIVE November 10 Design a Terrarium with Daly Flanagan *****</p> <p>November 18 Transform Your Dreams into Reality with Dr. Harriet Korn *****</p> <p>November 25 Decorating with Houseplants with Vivian Dieckmann *****</p> <p>November 30 Understanding Wine with Mitchell Bittman</p> <p>Meditation November 17 Inner and Outer Peace with Frank Pawlowski</p> <p>Red Hat Luncheon November 20 Mia Cucina</p> <p>Fall Prevention November 24 How to Walk on Ice with Peter Fella</p>
9:30 History Mandate The President and the People 12:45 Ceramics 1:00 Shop Rite- Northvale	9:45 Trip to Stew Leonard's 10:00 Banana grams 11:00 'Sister Chat' 12:45 Wii Games	10:00 Literature David Copperfield Video Part 111 11:00 Trivia 1:00 Memory "Helps" w/Anna M. Branton	10:00 Morning Yoga w/Mary 10:15 Farmers Market 11:00 Game Day Scrabble/ Upwords 1:00 Centering Circle w/Ellie	10:00 Flex & Stretch w/Marion 11:00 Red Hat Gathering 12:45 "Our View" 1:30 Orangeburg	
9	10	11	12	13	
9:30 History Syria (Behind the Lines) 12:45 Ceramics 1:00 Shop Rite-Northvale	9:45 Blood Pressure Screening 10:00 Officer's Meet 11:00 ALERT AND ALIVE Design a Terrarium w/Daly Flanagan Newsletter Writing	10:00 Literature David Copperfield Video Part IV 11:15 Newsletter Writing 1:00 Bingo 1:00 Stop and Shop	10:00 Diabetic Club Meets 10:15 Woo Rii Market 10:15 Tai Chi Chi 1:00 Art Techniques w/Sr. Ann	10:00 Physical Fitness w/Miriam 1:00 General Membership Meeting 1:30 Orangeburg	
16	17	18	19	20	
9:30 History The Saint of 9/11 12:45 Ceramics 1:00 Shop Rite-Northvale	10:00 Meditation Inner and Outer Peace w/Frank Pawlowki 11:00 Make Pumpkin Cookies w/Francine 1:00 Centering Circle w/Ellie	10:00 Bingo 11:00 ALERT AND ALIVE Transforming Your Dreams into Reality w/Dr. Harriet Korn 1:00 Rockland Historical Markers w/Bob Goldberg	THANKSGIVING DINNER	10:00 Gentle Exercise w/Carmen 11:00 Hearing Support Group w/Alice and Ellie 12:00 Red Hat Luncheon Mia Cucina Orangeburg	
23	24	25	26	27	
9:30 History The War that Made America 12:45 Ceramics 1:00 Shop Rite-Northvale	9:45 Blood Pressure Screening 10:30 Fall Prevention "How to Walk on Ice" w/Peter Fella 1:00 Line Dancing w/Charlese	9:45 Stop & Shop 10:00 Trivia 11:00 ALERT AND ALIVE Decorating with Houseplants w/V. Dieckmann 12:45 "Sing a Long" w/Sr. Eileen	HAPPY THANKSGIVING CENTER CLOSED 	CENTER CLOSED TODAY	
30					
9:30 History Greek Americans 11:00 ALERT AND ALIVE Understanding Wine w/Mitchell Bittman 12:45 Ceramics 1:00 Shop Rite-Northvale					

The Thorpe Senior Centers Program is a Division of Meals on Wheels Programs & Services of Rockland County