

# OCTOBER 2018 EVENTS CALENDAR

SYJCC Senior Program



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>NO BUS SERVICE</b> <b>NO FOOD SERVICE</b> <b>NO PROGRAMS</b>	<b>2</b> <u><b>SIMCHAT TORAH</b></u> <b>CLOSED</b>	<b>3</b> 10:00am Current Events 11:00am Senior Shape-Up 11:00am Games/Scrabble 12:45pm Musical Entertainment with Timothy Richardson / Saxophone Player 2:00pm The Women's Room	<b>4</b> 10:30am Sound of Newness 5779 <i>Rejoice with the Torah / Simchat Torah / Rabbi Ian Silverman</i> 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Bingo	<b>5</b> 10:30am A Catskills "Tummler" Looks Back 50 Years And Beyond Jewish Experience Lunch & Learn <i>Lecture See separate schedule for speaker and fee information</i> 11:00am Silver Sneakers (Open to All) 12:45pm Friendly Fridays w/ Jessica 1:30pm Shop On The Way Home
<b>8</b> 10:00am Civilization & the Jews with Keve Karalitzky 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm Health Lecture / TED TALKS	<b>9</b> 10:00am Let's Be Honest 10:00am Connections with Michelle Herman 11:00am Chair Yoga 12:45pm Cards, Games, Bingo 12:45pm Influential Women w/ Freddie Friedman	<b>10</b> 10:00am Current Events 11:00am Senior Shape-Up 11:00am Blood Pressure Screenings 11:00am Games/Scrabble 12:45pm Musical Entertainment with Rhonda Denet / Soul Good Vocalist 2:00pm The Women's Room	<b>11</b> 10:00am Laugh Till It Hertz 12:45pm Reading Shakespeare Aloud 12:45pm Unleash Your Creativity 12:45pm Bingo 2:00pm Rosh Chodesh / Women's New Moon Circle / Cheshvan	<b>12</b> 11:00am Silver Sneakers (Open to All) 12:00pm Shabbat Luncheon (Preregister in Room 24 by Oct 5) 12:45pm Musical Entertainment w/ Steve Casano / Vocalist Sings Your Favorite Songs 12:45pm Friendly Fridays w/ Jessica 12:45pm Bingo
<b>15</b> 10:00am Civilization & the Jews with Irving Weiss or Film 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm A, B, C & D's of Medicare / Mitchell Staub, Medicare Specialist, Speaker (Preregister in Room 24 by 10/12)	<b>16</b> 10:00am Let's Be Honest 10:00am Bobbi & Bernice's Bissel Yiddish 11:00am Chair Yoga w/ Diana 12:45pm American History w/ Steve Rochester	<b>17</b> 10:00am Current Events 11:00am Senior Shape-Up 11:00am Games/Scrabble 12:45pm Musical Entertainment with Jerry Ross Duo / Vocals, Saxophone and Keyboard 2:00pm The Women's Room	<b>18</b> 10:00am Laugh Till It Hertz 11:00am STEM Intergenerational Program 12:30pm Unleash Your Creativity SYJCC Art Show & Reception	<b>19</b> 11:00am Silver Sneakers (Open to All) 12:45pm Friendly Fridays w/ Jessica 12:45pm Bingo 1:30pm Shop On The Way Home
<b>22</b> 10:00am Civilization & the Jews with Keve Karalitzky 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm Great American Songbook, Part V / Richard Knox, Speaker 6:30pm A, B, C & D's of Medicare / Steven Semryck, Speaker (Preregister in Room 24 by 10/17)	<b>23</b> 10:00am Let's Be Honest 10:00am Arts & Crafts w/ Michell Hertz 11:00am Chair Yoga 12:45pm Influential Women w/ Freddie Friedman	<b>24</b> 10:00am Current Events 11:00am Senior Shape-Up 11:45am Enjoy Lunch With A Special Film Showing After 12:30pm Special Film: <i>Three Billboards</i> / * Late Bus 2:00pm The Women's Room	<b>25</b> 10:00am Laugh Till It Hertz 11:00am STEM Intergenerational Program 12:45pm Unleash Your Creativity 12:45pm Reading Shakespeare Aloud 12:45pm Bingo	<b>26</b> 10:30am The Traveling Tap Museum Lifelong Learning Lecture <i>See separate schedule for speaker and fee information</i> 11:00am Silver Sneakers (Open to All) 12:45pm Friendly Fridays w/ Jessica 12:45pm Bingo
<b>29</b> 10:00am Civilization & the Jews with Irving Weiss or Film 11:00am Stretch & Strengthen 12:30pm Military History Roundtable 12:45pm BirthDay Party Celebration Musical Entertainment by Margo Cohen / Vocalist Sings Favorite Songs	<b>30</b> 10:00am Let's Be Honest 10:00am Building Bridges with Bernie / Bernie Gershen 11:00am Chair Yoga w/ Diana 12:45pm Bobbi & Bernice's Bissel Yiddish	<b>31</b> 10:00am Senior Resources Health Fair (Preregister in Room 24 by Oct 24) 11:00am Senior Shape-Up 2:00pm The Women's Room	<div style="border: 1px dashed black; padding: 5px;"> <p style="text-align: center;"><u>Don't Miss Out!</u></p> <p><b>Shabbat Luncheon / Fri, Oct 12<sup>th</sup></b>                      Register by OCT 5 (\$6pp Suggested Donation)</p> <p><b>SENIOR HEALTH RESOURCE FAIR:</b>                      Wed, Oct 31 / (Preregister by OCT 24)                      Info &amp; Register: Janine Mandera (Room 24) 631-462-9800 x147</p> </div>	
		<div style="border: 1px dashed black; padding: 5px;"> <p style="text-align: center;"><b>•SAVE THE DATE•</b></p> <p>MON, OCT 15<sup>TH</sup> • 12:45PM                      A, B, C, &amp; D's MEDICARE</p> <p>THU, OCT 18<sup>TH</sup> • ART SHOW • 12:30PM</p> <p>MON, OCT 22<sup>ND</sup> • 6:30PM                      A, B, C, &amp; D's MEDICARE</p> <p>Info: (631) 462-9800 x 121 or x 147</p> </div>		

For further information, please call Tina Block, Director of Senior Services, (631) 462-9800 x121  
 Janine Mandera, Nutrition Program, (631) 462-9800 x147  
**The SYJCC, 74 Hauppauge Road, Commack, NY 11725 www.syjcc.org**



This program is generously supported by The Suffolk County Office of the Aging.