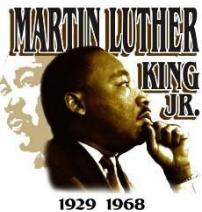




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>January Special Programs &amp; Events:</b>  <b>9th - "Recall and Reminiscence" Group:</b> Guided by LIU Post professors and their students  <b>12th - Trip:</b> Tilles Center - Silver Edition Dance Class  <b>26th - "In the Moment:"</b> Long Island Museum virtual gallery tour and art-making session</p>	<p><b>January Special Programs &amp; Events:</b>  <b>Every Thursday</b> - Sign Language Class with Mill Neck Manor  <b>Thursday 15th @ 10:15 am - Caregiver Support Group!</b> Facilitated by FCA (Please contact Amanda to inquire, as dates are subject to change)</p>	<p><i>"The magic in new beginnings is truly the most powerful of them all."</i>  <i>- Josiyah Martin</i></p>	<p><b>Closed</b></p> 	<p><b>New Year Reflections</b></p> <p>10a - Sip &amp; Share:  <b>Fresh Starts!</b> - Discussing the mythology of Janus &amp; New Year customs around the world  11a - <b>Expressive Art</b> - "Hopes &amp; Dreams" craft  11:45a - <b>Brain Fitness</b>: New Year I Spy game  12:15p - <b>Lunch, music, &amp; a wish word play</b>  1-2p - End of Day: <b>Exercise</b> - Mind &amp; Body Movement w/ Marvin</p>
<p><b>Tea</b></p> <p>10a - Sip &amp; Share:  <b>Tea for Two!</b> - Tracing the captivating history behind this comforting all-weather brew  11a - <b>Pictorial Prompt:</b> Teatime Story crafting  12p - <b>Lunch, music, &amp; a beverage round robin</b>  1-2p - End of Day: <b>Watercolor Works</b> - Teacup pattern painting, tea tasting, &amp; a game of balloon volleyball</p>	<p><b>3 Kings</b></p> <p>10a - Conversation &amp; Connections:  <b>Dia De Reyes</b> - Exploring the centuries-old traditions behind "3 Kings Day"  11a - <b>Exercise:</b> Zumba w/ Carol  11:45a - <b>Cognitive Challenge:</b> Holiday Crossword  12p - <b>Lunch, music, &amp; a Categories game</b>  1-2p - End of Day: <b>King Crafting Bash</b> - Crown &amp; star abstractions, King cake, &amp; a game of Bingo</p>	<p><b>Pasta</b></p> <p>10a - Tea &amp; Trivia:  <b>Kitchen Staple</b> - Examining the colorful history of this delicious and ever-popular Italian consumable  11a - <b>Exercise:</b> Tai Chi w/ Maria  12p - <b>Lunch, music, &amp; a game of Categories</b>  1-2p - End of Day: <b>Pasta Party!</b> Macaroni mosaic artwork, hot cider, and a brain teaser</p>	<p><b>Puzzles</b></p> <p>10a - Show &amp; Tell:  <b>Jig of the Week</b> - Delving into the intriguing history behind this popular pastime of the great depression  11a - <b>Sign Language Class</b> - w/ Mill Neck Manor  11:45a - <b>Exercise:</b> Aerobicize w/ Agatha  12:15p - <b>Lunch, music, &amp; a game hangman</b>  1:15-2p - End of Day: <b>Recycle Creations</b> - Puzzle piece frames and tabletop games</p>	<p><b>Opposites / Recall &amp; Reminiscence</b></p> <p>10a - Tea &amp; Trivia:  <b>Backward Day:</b> Celebrating the weird and wonderful day of opposites  11a - <b>"Recall &amp; Reminiscence" Group</b> - Guided by LIU Post professors &amp; student interns  12p - <b>Lunch, music, &amp; an opposite word play</b>  1-2p - End of Day: <b>Exercise</b> - Mind &amp; Body Movement w/ Marvin</p>
<p><b>Trip - Tilles Center</b></p> <p>10a - <b>A.M. Brain Game:</b>  11a - 2p <b>TRIP</b>  <b>Tilles Center</b>  <u>Silver Edition Dance Classes</u>  Let's dance our way into the New Year. A boxed lunch will be provided after the lesson</p>	<p><b>Potions &amp; Brews</b></p> <p>10a - Tea &amp; Trivia:  <b>Winter Cure All's</b> - Reminiscing on rescue remedies and home treatments from our past  11a - <b>Exercise:</b> Zumba w/ Carol  11:45a - <b>Cerebral Boost:</b> Medicinal word search  12p - <b>Lunch, music, &amp; a Complete a Phrase game</b>  1-2p - End of Day: <b>Sensory Craft</b> - Essential oil-infused soap making, and a garden Jingo</p>	<p><b>Sleep</b></p> <p>10a - Coffee &amp; Conversation:  <b>Rest &amp; Restore</b> - Discussing the rejuvenating and restorative health benefits of a good night's sleep  11a - <b>Exercise:</b> Tai Chi w/ Maria  12p - <b>Lunch, music, &amp; a restore wordplay</b>  1-2p - End of Day: <b>Slumber Social</b> - Aromatic sachet crafting, hot cocoa, and a game of cards</p>	<p><b>Pinecones</b></p> <p>10a - Sip &amp; Share:  <b>Life, Love, Enlightenment</b> - The mysticism, magic, and meaning of this common conifer  11a - <b>Sign Language Class</b> - w/ Mill Neck Manor  11:45a - <b>Exercise:</b> Aerobicize w/ Agatha  12:15p - <b>Lunch, music, &amp; a Pinecone wordplay</b>  1:15-2p - End of Day: <b>Pine Painting Party:</b> Decorative pinecones, pineapple punch, &amp; a Jingo</p>	<p><b>MLK</b></p> <p>10a - Readings &amp; Recitals:  <b>I Have a Dream</b> - Discussing the leadership and legacy of Dr. Martin Luther King  11a - <b>Expressive Art:</b> Weaving Dream Catchers  11:30a - <b>Brain Booster:</b> Advice Crossword  12p - <b>Lunch, music, &amp; a dream category game</b>  1-2p - End of Day: <b>Exercise</b> - Mind &amp; Body Movement w/ Marvin</p>
<p><b>CLOSED FOR</b></p> 	<p><b>Zodiac</b></p> <p>10a - Sip &amp; Share:  <b>Independent or Imaginative?</b> - Discussing the personality traits of our January birthdays  11a - <b>Exercise:</b> Zumba w/ Carol  11:45a - <b>Cerebral Challenge:</b> Zodiac word find  12p - <b>Lunch, music, &amp; a star category game</b>  1-2p - End of Day: <b>Zodiac Soiree</b> - Collage craft, cards, and a game of kickball</p>	<p><b>Penguins</b></p> <p>10a - Tea &amp; Trivia:  <b>Friendship, Unity, Duality</b> - Shining a light on the symbolism and folklore of this glorious aquatic bird  11a - <b>Exercise:</b> Tai Chi w/ Maria  12p - <b>Lunch, music &amp; a bird A-Z word game</b>  1-2p - End of Day: <b>Chiaroscuro Shindig</b> - Black &amp; White art works, cookies, and a game of Pokeno</p>	<p><b>Polka Dots</b></p> <p>10a - Coffee &amp; Short Stories:  <b>She Wore an...</b> Exploring the captivating origins of this iconic textile pattern  11a - <b>Sign Language Class</b> - w/ Mill Neck Manor  11:45a - <b>Exercise:</b> Aerobicize w/ Agatha  12:15p - <b>Lunch, music, &amp; a game of outburst</b>  1:15-2p - End of Day: <b>Rock the Dots Party</b> - Polka dot painting, dominoes, &amp; a game of Singo</p>	<p><b>Oatmeal / LIU Nursing Students Start</b></p> <p>10a - Coffee &amp; Conversation:-  <b>Ancient Grains</b> - Shining a light on the fascinating origins of this breakfast porridge  11a - <b>Culinary Explorations:</b> Oatmeal cookies  11:30a - <b>Brain Teaser:</b> Cookie word search  12p - <b>Lunch, music, &amp; a Breakfast hangman</b>  1-2p - End of Day: <b>Exercise</b> - Mind &amp; Body Movement w/ Marvin</p>
<p><b>LIM - "In the Moment"</b></p> <p>10a - Reflecting &amp; Remembering:  11a - <b>Childhood Companion</b> - The heartwarming origins of AA Milne's famous Pooh Bear  11a - <b>"In the Moment":</b> LIM virtual gallery tour  12p - <b>Lunch, music, &amp; a Companion word play</b>  1-2p - End of Day: <b>Pooh Party</b> - Mini bear crafting, honey cakes, and a game of volleyball</p>	<p><b>Snowflakes</b></p> <p>10a - Show &amp; Tell:  11a - <b>Frosty Formations</b> - Tracing the science behind the unique patterns of snowflakes  11a - <b>Exercise:</b> Zumba w/ Carol  11:45a - <b>Brain Fitness:</b> Snow word find  12p - <b>Lunch, music, &amp; a Winter Hangman</b>  1:30-2p - End of Day: <b>"Let it Snow" Social</b> - Snowflake crafting, apple cider, &amp; volleyball</p>	<p><b>Art Day</b></p> <p>10a - Sip &amp; Share:  <b>Deconstructed Images</b> - Discussing the vibrant and bold world of these pioneers of pop art with heart week  11a - <b>Exercise:</b> Tai Chi w/ Maria  12p - <b>Lunch, music, &amp; Painting wordplay</b>  1-2p - End of Day: <b>Artistic Soiree</b> - Watercolor pop artworks, Pop-Tarts, and a game of Bingo</p>	<p><b>Soup</b></p> <p>10a - Tea &amp; Trivia:  <b>Spread the Warmth</b> - The nourishing history of this beloved "pottage"  11a - <b>Sign Language Class</b> - w/ Mill Neck Manor  11:45a - <b>Exercise:</b> Aerobicize w/ Agatha  12:15p - <b>Lunch, music, &amp; a Team word search</b>  1:15-2p - End of Day: <b>3D Craft</b> - Decorative soup can holders, followed by a Food Jingo game</p>	<p><b>Radio</b></p> <p>10a - Milestones &amp; Memories:  <b>Fireside Chats</b> - Discussing the invention of the radio and the birth of family entertainment  11a - <b>Creative decoupage:</b> 1930's memorabilia collages  11:30a - <b>Brain Booster:</b> Invention I Spy  12p - <b>Lunch, music, &amp; a radio scattergory</b>  1-2p - End of Day: <b>Exercise</b> - Mind &amp; Body Movement w/ Marvin</p>