


January 2019

Center for Adult Life Enrichment 516.374.4747 The Carriage House-37 East Rockaway Road, Hewlett, NY 11557 Lee Gerardi, New Executive Director
 Website: www.hw-cale.com email: hwcale@aol.com We welcome all at CALE! Come join us for coffee or tea

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sunday 1/20/19 Class "Art & Painting" with Iris Gorenberg 1-3PM (Mbrs Free/Non-Members\$5.00) (Mbrs Free - \$5 Non-Mbr) & Word games/Bridge, Etc RSVP by 1/14/19 Bus Transportation:N31/32</p>	<p>1 HOLIDAY CALE Closed</p>  <p>Additional Parking at Hewlett House: 86 East Rockaway Road Pick up service until 10AM</p>	<p>2 10:00 Exercise class 12:00 Canasta/Mahjong 12:30 Social Bridge 1:00 Conversational French</p>	<p>3 10:00 Singing Group 11:30 Chair Yoga**with Connie 1:00 TBA</p>	<p>4 9:30 Painting & Drawing 10:30 Tai Chi with Joe** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>
<p>7 10:00 Flexercise with Claire 11:00 Social & Major Topics 1:30 Intermediate French</p>	<p>8 10:00 Current Events with Carol 11:00 Creative Writing 11:15 **Arthritis Exercise** with Barrie 1:00 Lecture: Dr. Peter Luecken (Health Professional) "7 Steps to to Peak Energy and Better Sleep" (Sponsored by Marilyn Cranin)</p>	<p>9 10:00 Exercise class 12:00 Canasta/Mahjong 12:30 Social Bridge 1:00 Conversational French</p>	<p>10 10:00 Singing Group 11:30 Chair Yoga**with Connie 1:00 ADVISORY COUNCIL MEETING - COMMITTEE GOALS (Coffee & Bagels) In memory of Lester Ganzfried)</p>	<p>11 9:30 Painting & Drawing 10:30 Tai Chi with Joe ** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>
<p>14 10:00 Flexercise with Claire 11:00 Social & Major Topics 12:30 Stuart Markus-Singer & Guitarist: Winter/Tropical Island Get Away! (Sponsored by Rita Palley) 1:30 Intermediate French</p>	<p>15 10:00 Current Events with Carol 11:00 Creative Writing 10am-12pm Carol** Health Assessment 11:15 Arthritis Exercise with **Barrie 12:15 Robyn Littman, Cornell Cooperative Extension: Eating Right With Less Salt 12:45 (New)Paul Joseph Symphonic Composer Pianist -Cole Porter Jazz Concert (Sponsored by DIME GIVE BACK Fundraiser)</p>	<p>16 10:00 Board Meeting 10:00 Exercise class 12:00 Canasta/Mahjong 12:00 Social Bridge 1:00 Conversational French</p>	<p>17 10:00 Singing Group 11:00 Dr. Marino Superintendent Roundtable discussion 11:15** Chair Yoga**with Connie 12:30: Entertainment:Squeaky Clean Band Sponsored by NCJW (Bagel party sponsored by Bric A Brac sale)</p>	<p>18 9:30 Painting & Drawing 10:30 Tai Chi with Joe** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>
<p>21 CALE Closed Martin Luther King Day</p>	<p>22 10:00 Current Events with Claire Sponsors: Claire & Lester Ganzfried 11:00 Creative Writing 11:15 Arthritis Exercise with **Barrie 1:00 Liz Ropers " Divine Sarah" Bernhardt 19th Century legendary french actress</p>	<p>23 10:00 Exercise 12:00 Canasta/Mahjong 12:30 Social Bridge 1:00 Conversational French</p>	<p>24 10:00 Singing Group 11:30 Chair Yoga**with Connie 1:00 John Kenrick- The Music Man: The All-American Musical (coffee&cake) (Sponsored by Inwood Charities Fund)</p>	<p>25 9:30 Painting & Drawing 10:30 Tai Chi with Joe** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>
<p>28 10:00 Flexercise with Claire 11:00 Social & Major Topics 12:00 Book Club "Me Before You" by JoJo Moyes Group Review with Claire & Brown Bag Lunch 1:30 Intermediate French</p>	<p>29 10:00 Current Events with Carol 11:00 Creative Writing 11:15 Arthritis Exercise with **Barrie 12:00 Brown Bag Lunch 1:00 Joseph Margolin: "Pan Slavism" Is It Reluctantly On It's Way back?</p>	<p>30 10:00 Exercise 12:00 Canasta/Mahjong 12:30 Social Bridge 1:00 Conversational French</p>	<p>31 10:00 Singing Group 11:15 Chair Yoga** 12:30 CONCERT - George Friedman & Wendy Garfield Opera & Broadway Concert (Sponsored by Marilyn Cranin) Coffee & Cake by donated by Walls</p>	<p>** Funded by Nassau County Dept. of Aging Town Of Hempstead NCJW Walls Bakery Dime Gives Back</p>

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