



# November



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Medical Rap 11am-12pm & Nutrition Group 1pm-2pm	3 Reading Room (Zoom) 11am-12pm & Tea & Creativity 1pm-2pm	4	5 Music & Melody 1pm-2pm	6
7	8 Morning Meditation 11am-12pm	9 Medical Rap 11am-12pm	10 Reading Room (Zoom) 11am-12pm & Tea & Creativity 1pm-2pm	11	12 Back to Basics Decluttering Workshop 2pm-3pm	13
14	15	16 Medical Rap 11am-12pm & Nutrition Group 1pm-2pm	17 Reading Room (Zoom) 11am-12pm & Tea & Creativity 1pm-2pm	18 Pooled Trust Webinar(Zoom) 1pm-2pm & Vocal Ease 2pm	19 Tech Time 12pm-1pm	20 Pet Workshop: <b>CAT TALK</b> (Zoom) Jennifer Van de Kieft 11am-12pm
21	22 Morning Meditation 11am-12pm & News Room 1pm-2pm	23 Medical Rap 11am-12pm	24 Reading Room (Zoom) 11am-12pm & Tea & Creativity 1pm-2pm	25 	26 	27
28	29 Advisory Group 1pm-2pm	30 Medical Rap 11am-12pm & Nutrition Group 1pm-2pm Budgeting Workshop 2pm-3pm (Zoom)	<p><b>All groups are currently being held telephonically or virtually until further notice.</b></p> <p><b>For any questions regarding groups, please contact: Austin at 212-289-5300 extension 221</b></p>			

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