

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 10am Memoir Writing Workshop with Paul Lamar To register, call Vickie 518-273-4422	4 2 pm Seated Tai Chi with Cheryl Hurd To register, call Beth: 518-235-2420	5
8	9 1 pm Drum Circle To register, call Willard: 518-505-5944	10 2 pm Name That TV Show Trivia To register, call Vickie 518-273-4422	11 2 pm Paint-n-Sip at Home with Joan (part I)** To register, call Willard: 518-505-5944	12
15	16	17 2 pm BINGO To register, call Beth: 518-235-2420	18 2 pm Seated Tai Chi with Cheryl To register, call Beth: 518-235-2420 Ask Brittany from CDPHP (private appts 2pm - 3pm) To register, call Maria: 518-465-3322	19 10 am Cooking Demo with Kristyn, Regional Food Bank To register, call Beth: 518-235-2420
22 1 pm Book Club: <u>It's Not All Downhill From Here</u> by Terry McMillian To register, call Beth: 518-235-2420	23 10 am Card Making (2 cards) To register, call Beth: 518-235-2420	24	25 2 pm Paint-n-Sip at Home with Joan (part II)** To register, call Willard: 518-505-5944	26
29	30	31 2 pm Music Memories: <i>So You Think You Know the Beatles...</i> To register, call Vickie: 518-273-4422	<div style="border: 1px solid black; padding: 5px;"> <p>ONLINE LOG-IN DETAILS Zoom Meeting ID: 893 3322 4433 Password: March</p> <p>TELEPHONE CALL-IN DETAILS Phone Number: (929) 205-6099 Meeting ID: 893 3322 4433 Passcode: 546462</p> </div>	

* Registration is limited for the programs, call early to secure your spot.

* Registration for the shaded dates is required and must occur one week prior to the class.

* I understand it is my responsibility to consult with a physician before participating in physical activity and release LifePath from liability for illness/injury related to my participation. I understand LifePath may take photos of me participating and give my permission for their use in marketing/social media. With my registration for any of these programs, I agree to these conditions.

** This program has been sponsored in part by the Albany County Department for Aging, the NYS Department of Aging and the Administration for Community Living