



November 2021 Activity Calendar

Programs are offered at no cost however

REGISTRATION IS REQUIRED

To register, please visit: www.lifepathny.org/activities

or call 518-465-3322

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Morning Meditation Monday(s) 11/1, 11/8, 11/15, 11/22, 11/29 10 a.m.	Breathe in... breathe out... focus on the right now, and gain an awareness of your feelings, sensations and emotions. Practice relieving stress and start of your Monday mornings with peaceful group meditation. Location: Watervliet Senior Center & Zoom
Art History Tuesday, November 2 10 a.m.	Learn about the History of Art and its relevance with Virtual Senior Center Speaker, Nadjim attends St. John's University and is an Art lover/historian! Location: Watervliet Senior Center
Seated Tai Chi with Cheryl Herd Thursday(s), November 4 & 18 2 p.m.	Stretch your body through a series of movements designed to improve alignment and release stress. No experience required! Sponsored by: CDPHP Location: Cohoes Senior Centers & Zoom
Beginner Waltz Class Friday, November 5 1 p.m.	Come join us as we learn the basic moves and elements to dance around the floor to beautiful music! Masks and gloves will be provided. Location: Watervliet Senior Center
Travel Log: The White House Monday, November 8 12:30 p.m.	Join us as we explore one of the most historically iconic homes in America! Location: Watervliet Senior Center & Zoom
Virtual Senior Center (VSC) Tour Tuesday, November 9 & 22 10 a.m.	Take a tour of the wonderful "Virtual Senior Center" program with your LifePath Coordinator, Tim Frost! See all that the VSC has to offer and why it's becoming one of the largest communities of older adults in the world! Location: Watervliet Senior Center
Equipped for the Journey: Embracing Emotions as Part of Life & Love: Tuesday, November 9 3 p.m.	<u>Session 3 - Facing Serious Illness:</u> We will explore steps to take when facing a serious illness. How can emotions be managed to navigate through obtaining needed services? Sponsored by: Albany Guardian Society & The Community Hospice Location: Zoom
BINGO Wednesday, November 10 1 p.m.	Join our mystery celebrity host as they pull the numbers for an hour of BINGO fun. Crazy T, Round Robin, Letter X, Kite, & more. 1-2 cards and chips available. Location: Watervliet Senior Center & Zoom
Play Reading Club: "A Company of Wayward Saints" Friday (s), November 12 & 19 9:30 a.m.	Join as a reader or audience member as we find out how this comedic troupe of actors put on a play about the history of man to finance their way home. Location: Watervliet Senior Center & Zoom
Seated Tap & Jazz Class Monday(s), November 15 & 29 1 p.m.	This will bring dancing in your seat to a whole new level! Learn tap and jazz foot moves while staying safely seated on a chair. Location: Watervliet Senior Center & Zoom
Cooking Demo with Kristyn Bopp Friday, November 19 10 a.m.	Join Chef Kristyn to learn tips & tricks for safe food prep and healthy cooking. Location: Cohoes Senior Center & Zoom
LifePath Book Club: "Where the Crawdads Sing" Monday, November 22 1 p.m.	A poignant story of a young woman's journey to survive after her parents abandon her in the marshes of North Carolina. A mystery, a romance, and perspective changing novel. —Delia Owens Location: Cohoes Senior Center & Zoom
Card Making Tuesday, November 23 10 a.m.	Create beautiful holiday cards with the help of talented card makers, Sheila and Patti. Registration Required. Location: Cohoes Senior Center & Zoom
Memoir Writing Class with Paul Lamar (5-Part Series) Tuesday, November 30 10:30 am	Who are you? Who were you? We'll discuss the challenges of writing about ourselves, read some good examples, & write short essays about our lives. For beginning & experienced writers. Sponsored by: Albany County Dept. for Aging Location: Watervliet Senior Center & Zoom

* Registration is limited for some programs, be sure to register early to secure your spot.

* 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 the conditions.

ONLINE LOG-IN DETAILS

Zoom Meeting ID: 871 3776 4985

Password: November

TELEPHONE CALL-IN DETAILS

Phone Number: 929 205 6099

Meeting ID: 871 3776 4985

Passcode: 62355277