



# December 2021 Activity Calendar

Programs are offered at no cost however

**REGISTRATION IS REQUIRED**

To register, please visit: [www.lifepathny.org/activities](http://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	31	

<p><b>PLAY READING CLUB: A CHRISTMAS CAROL</b> Friday(s), December 3 &amp; 17   9:30 a.m</p>	<p>Join the play reading club as we read "A Christmas Carol" by Charles Dickens. This timeless classic recounts the story of Ebenezer Scrooge, an elderly miser who is visited by the ghost of his former business partner Jacob Marley and the spirits of Christmas Past, Present and Yet to Come. <b>Location:</b> Watervliet Senior Center &amp; Zoom</p>
<p><b>BEGINNER RUMBA DANCE CLASS</b> Friday(s), December 3 &amp; 10   1 pm</p>	<p>Come join us as we learn the basic moves and elements to dance around the floor to beautiful music! Masks and gloves will be available. <b>Location:</b> Watervliet Senior Center</p>
<p><b>GAMES AND MORE!!</b> Friday(s), December 3, 10 &amp; 17   1 pm</p>	<p>Get ready for Games and More!! Every Friday you can play all sorts of favorite classics, from Scrabble, Uno, Mexican Train Dominos, to Bridge. Enjoy time with others, and challenge the mind! <b>Location:</b> Westview Home Apartments</p>
<p><b>MORNING MEDITATION</b> Monday(s), December 6, 13, 20, &amp; 27 10 am</p>	<p>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. <b>Location:</b> Watervliet Senior Center &amp; Zoom</p>
<p><b>TRAVEL LOG: AURORA BOREALIS</b> Monday, December 6   12:30 pm</p>	<p>Join us as we learn about the Northern Lights - The astronomical phenomenon that occasionally lights up the night sky with a stunning aurora! <b>Location:</b> Watervliet Senior Center &amp; Zoom</p>
<p><b>BINGO</b> Monday(s), December 6, 20 &amp; 27   1 pm</p>	<p>Join us for an hour of fun as we play BINGO, Crazy T, Coverall, Postage Stamp, 4-Corners, &amp; more. 1-2 cards and chips available. <b>Location:</b> Westview Home Apartments</p>
<p><b>PAUL LAMAR'S MEMOIR WRITING</b> (5-Part Series started 11/30) Tuesday(s), December 7, 14, 21, 28 10:30 am</p>	<p>Who are you? Who were you? We'll discuss the challenges of writing about ourselves, read some good examples, &amp; write short essays about our lives. For beginning &amp; experienced writers. <b>Sponsored by:</b> Albany County Dept. for Aging   <b>Location:</b> Watervliet Senior Center &amp; Zoom</p>
<p><b>EQUIPPED FOR THE JOURNEY: MAKING OUR WAY TO A GOOD DEATH</b> Tuesday, December 7   3 pm</p>	<p><b>Session 5 of 5:</b> A good death - what services and supports are offered during this phase of life? <b>Sponsored by:</b> Albany Guardian Society &amp; The Community Hospice   <b>Location:</b> Zoom</p>
<p><b>CRAFT CREATORS - HOLIDAY EDITION</b> Tuesday(s), December 7 &amp; 14 1 pm</p>	<p>Create crafty new holiday decor for your home or to gift to friends and family. Each of the sessions will focus on a different craft creation. Registration is required &amp; fun is guaranteed. Small fee for supplies may apply. <b>Location:</b> Cohoes Senior Center</p>
<p><b>CELEBRITY BINGO</b> Wednesday, December 8   1 pm</p>	<p>Join our celebrity host, Dan from Arsenal City Tavern, as he pull the numbers for an hour of BINGO fun. Crazy T, Round Robin, Letter X, Kite, &amp; more. 1-2 cards and chips available. <b>Location:</b> Watervliet Senior Center &amp; Zoom</p>
<p><b>LIFEPATH TIME MACHINE: HISTORY OF THE WINTER HOLIDAYS</b> Thursday, December 9   12:30 pm</p>	<p>This month, we'll learn about how different cultures celebrate the winter holidays. <b>Location:</b> Watervliet Senior Center &amp; Zoom</p>
<p><b>SEATED TAI CHI</b> Thursday(s), December 16 &amp; 30   2 pm</p>	<p>Stretch your body through a series of movements designed to improve alignment and release stress. No experience required! <b>Sponsored by:</b> CDPHP   <b>Location:</b> Cohoes Senior Centers &amp; Zoom</p>
<p><b>CARD MAKING CLASS</b> Tuesday, December 21   1 pm</p>	<p>Create beautiful cards with our expert crafters, Sheila, Patty &amp; Nicky. For Zoom attendees, supplies will be available the Thursday before class, please call LifePath at the Cohoes Senior 518-235-2420 to arrange pick-up. <b>Location:</b> Cohoes Senior Center &amp; Zoom</p>
<p><b>LIFEPATH BOOK CLUB: CALYPSO ESSAY</b> Monday, December 27   1 pm</p>	<p>A selection of essays <i>Calypso</i> by famous essayist David Sedaris. Be prepared to laugh and cry as we read about the antics of moving and establishing himself in the south. An easy read for a busy month. <b>Location:</b> Cohoes Senior Center &amp; Zoom</p>

\* 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 these conditions.

#### ONLINE LOG-IN DETAILS

Zoom Meeting ID: 811 9283 6600

Password: December

#### TELEPHONE CALL-IN DETAILS

Phone Number: 929 205 6099

Meeting ID: 811 9283 6600

Passcode: 42896735