



# NOVEMBER

## Throggs Neck Senior Center

### MONDAY

**Chair Aerobics at 10:30 am with Tommy the Experience**

### Tuesday

**Crafting with Sandra (3rd & 10th 1pm/17th & 24th 2:15pm)**

**Chronic Disease Self Management 1pm-2pm: 6 week workshop to learn how to better manage chronic pain. (17th&24th)**

### WEDNESDAY

**Chair Aerobics at 1pm with Tommy the Experience**

**Nutrition Presentation at 2:15 on the 18th (How to stock a healthy pantry)**

### THURSDAY

**Concerts In Motion English/Variety 11 a.m. (5th & 19th)**

**Meditation at 3pm with Tommy the Experience**

### FRIDAY

**Concerts In Motion Spanish 12 p.m.**

**Smartphone Technology 1:05 pm (6th) with Sue Ginsburg Director Victor Morell**

**Quarantine Cooking 4:45pm (13th & 20th)**

### CONTACT

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### MORE INFORMATION

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