

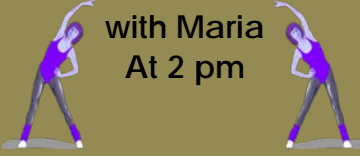
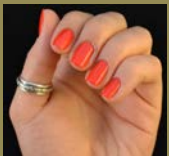
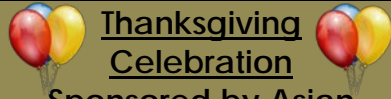






Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Bingo Party with Liz at 1 pm (Arts & Craft Room)		
6	7	8	9	10
Zumba Fitness with Maria At 2 pm 	Manicures by Liz at 1 pm 		<u>Health and wellness</u> "All about Benefits" Sponsored by Integra	<u>Arts and Crafts</u> At 2 pm "Thanksgiving Theme Baskets"
13	14	15	16	17
	 <u>Thanksgiving Celebration</u> Sponsored by Asian Community and I.S.61	<u>Health & Wellness</u> All about Nutrition at 2 pm Sponsored by SWH	 Aging Mastery Class (Board Room) at 2pm	
20	21	22	23	24
	Chair Exercise Sponsored by SWH AT 2 PM		 Office Closed  Happy Thanksgiving!	
27	28	29	30	PSS ALBERTA L. ALSTON HOUSE 52-09 99 th Street Corona, NY 11368 (718) 271-0245 Sponsored by PSS Funded by HUD
			 <u>November Birthday Celebration</u> Sponsored by Xtreme Care	