### December 2021

*Niskayuna Senior Center*

**2682 Aqueduct Rd., Niskayuna, New York 12309**

**518-372-4969**

**Tuesdays & Thursdays 9 am to 3 pm**

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<td><strong>Happy Hanukkah Nov. 28th – Dec. 6th</strong></td>
<td>**Gershon’s Lunches -$5.00 per meal. Pre-Ordering is REQUIRED Call 518-372-4969 by 11A Monday of that week’s offerings. <strong>Eat-in or Drive-thru Menu’s Available Upon Request</strong></td>
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<td>11 am SilverSneakers Zumba Gold-Zoom</td>
<td>11 am Gershon’s Lunch - coffee svc avail</td>
<td>11 am Alzheimers Association Caregivers</td>
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<td>5</td>
<td>6</td>
<td>7 Gershon’s Lunch - coffee svc avail. PLUS Holiday Specials!! 9:00-12 Tom’s Computer Clinic 10:00 Tai Chi 10:00 Mahjongg/Cards 11:00-12:00 Eddy Senior Care PACE –Blood Pressure</td>
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<td>11am CDPHP Zumba Gold UL &amp; Zoom</td>
<td>13 NO CDPHP Zumba Gold</td>
<td>14 Gershon’s Lunch - coffee svc avail 9:00-12 Tom’s Computer Clinic 10:00 Tai Chi 10:00 Mahjongg/Cards 12:30 Chestnut Day 1:00 Chair Aerobics</td>
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<td>22</td>
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<td>25 Christmas Day</td>
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<td>11am CDPHP Zumba Gold UL &amp; Zoom</td>
<td>26 Kwanzaa Begins</td>
<td>28</td>
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<td>31 New Years Eve!!</td>
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<td>11am CDPHP Zumba Gold UL &amp; Zoom</td>
<td>27 NO CDPHP Zumba Gold</td>
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<td>UL-Upper Level LL-Lower Level TH-Town Hall</td>
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**Transportation is available for Niskayuna Seniors age 60+. Please call 495-6202 by noon the day before ($5 per day).**

**December 2021 QR Code for Niskayuna Senior Center**
Niskayuna Senior Center December 2021

*Denotes registration or possible additional fee. Pre-order Gershon’s lunch or bring your own. Coffee service available.

**Tuesdays:**
- 9am-12 pm Tom’s Computer Class (1st & 3rd Tues of ea. mo.)
- 10a Tai Chi
- 10a - 2p Open for Indoor/Outdoor Socialization/Coffee service
- 10:00 am– Cards, Mahjong, Bridge, Bocci avail
- 12:00pm– Gershon’s, BYOL and coffee service
- 1:00m Chair Aerobics

**Thursdays:**
- 10a Tai Chi
- 10a - 2p Open for Indoor/Outdoor Socialization/Coffee service
- 10:00 am– Cards, Mahjong, Bridge, Bocci avail
- 12:00pm– Gershon’s, BYOL and coffee service
- 1:00pm-The Eddy Health Alert Chair Yoga In House & ZOOM (Dec.2nd & 16th)

**Friday:**
- 11a Alzheimer’s Assoc. Caregiver’s Group (1st Friday of each month)
- 11a CDPHP Chair Pilates ZOOM only (Dec. 3rd, 10th. & 17th)

**Exercise Update:**
- 11a Mon CDPHP Zumba Gold available in House & ZOOM (Dec. 6th & 20th)
- 11a Wed SilverSneakers Zumba Gold ZOOM only (Dec. 1st, 8th & 15th)

Classes remain avail. on ZOOM with a couple in-house. You can email Edie for registration, dates and times @ ecannizzo@niskayuna.org. Pilates, yoga, walks & art are avail. on You Tube at ‘Niskayuna Seniors.’

**Center Closed**
Dec. 22 – Jan. 3

Stop by and socialize! Bring friends, activities, interests or just pop over for coffee and conversation. We’ll provide the space and hospitality.

**Monthly Activities:**
December 2 - 11a Book Club (Comfort and Joy - K. Hannah); 12:30pm B’day Celebration
December 7 – Holiday Specials; 11:00-12:00 Eddy Senior Care PACE –Blood Pressure Clinic
December 9 - 1:00 Art & Crafts w/Edie
December 14 - 12:30 Chestnut Day
December 16—Ugly Sweater Day; Treat from Kingsway
December 21 - 1:00 Holiday Bingo/Discuss and Holiday Traditions

Center Closed Dec. 22 – Jan. 3
Welcome Back and Happy New Year! Tues, Jan 4th