



MID-ISLAND Y JCC

Adult & Social Services Center

Fall 2018/Winter 2019 Programming — Week At-A-Glance

For full program descriptions, go to miyjcc.org/adult-center.

For information, please call Bonnie: (516) 822-3535, x354

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength in Aging 10:00-11:00 am 2nd & 4th Mon./mo. Free	Current Events Discussion 10:30-11:30 am Free	Social Circle Discussion Group 10:30-11:30 am Free	Cover-to-Cover Book Club 10:30-11:30 am POB Library - Free	SUPPORT GROUP Caregivers 10:00-11:30 am Free		Poetry Reading Series <i>With Gayl Teller</i> 2:00-4:00 pm \$3 donation. Call for dates.
Building Your Brain 10:00-11:15am \$5/session	Veterans Discussion Group 10:30 am-12:00 pm 1st / 3rd / 5th Tues./mo. • Free	Social Circle Entertainment 11:30 am-1:30 pm M: Free NM: \$10	Game Open Play 10:30 am-2:30 pm M: Free NM: \$5 Call if you need a partner.	Intermediate Watercolor 10:00 am-12:30 pm M: \$205 NM: \$275		
Community Health Chat <i>with Anne Jaffe, RN</i> 11:15 am-12:15 pm 4th Mon./mo. At the MIYJCC Free	Knitting Circle 10:30 am-12:00 pm 2nd & 4th Tues./mo. Free	Advanced Watercolor 11:45 am-2:45 pm M: \$210 NM: \$280	Advanced Watercolor 11:45 am-2:45 pm M: \$210 NM: \$280	SUPPORT GROUP Bereavement: Loss of Spouse 10-week cycles 12:30-2:00 pm M:\$170 NM:\$200		
Lunch & Learn 12:30-1:30 pm M: Free NM: \$5 Call for dates.	Social Circle Entertainment 11:30 am-1:30 pm M: Free NM: \$10	SUPPORT GROUP Bereavement: Loss of Spouse 10-week cycles 6:00-7:30 pm M:\$170 NM:\$200	Community Health Chat <i>with Janet Golon, RN</i> 1:00-2:00 pm 2nd Thurs./mo. POB Library - Free			
	Canasta: Beginner Workshop 8 Sessions M: \$135 NM: \$175 Call if interested.	SUPPORT GROUP Loss of Spouse: Moving On 10-week cycles 7:30-9:00 pm Fee: \$5	Sharing Your Memories Workshop <i>with Marilyn Leibowitz</i> 3:30-4:30 pm 2nd & 4th Thurs./mo. POB Library - Free			
	Mahjong: Beginner Workshop 8 Sessions M: \$135 NM: \$175 Call if interested.		Jewish Movie Nights 7:00-9:00 pm POB Library - Free Call for dates.			

If you are interested in the following support groups, please call Bonnie, x354:

- Separation & Divorce
- Pregnancy Loss
- Growing up with Divorced Parents
- Beyond Bereavement: Moving On
- Siblings of Children with Special Needs

