

LAKE LUZERNE SENIOR CENTER NEWSLETTER

539 LAKE AVE, LAKE LUZERNE NY 12846

BOX 370

518-696-6451

liseniorcenter@yahoo.com

Monday, Tuesday and Wednesday 9:00-3:30

Thursday closed for trips and shopping

Friday 11:00-1:00

The Hyde Collection

Wall Power

Thursday, November 10th

As an art form, quilts have deep roots in American life and experience. For more than three centuries, the artists, primarily women, have created highly individualized expressions in this medium that is both yielding and unforgiving, and challenges the maker to test the limits imposed by cutting and piecing bits of fabric.

This exhibition has been organized by the American Folk Art Museum, New York.

We will leave the Center at 9:00 am there is no cost for this tour. We will also go out for lunch which will be on you.

Cold/Flu Season

We are in the season for cold and flu, if you are experiencing any symptoms such as a runny nose, cough or fever. Please stay home until you are symptom free.

Please call Lisa at 518-696-2200 if you would like a take out meal during this time.

Vinyasa Flow Yoga

Mondays, at 5:30 for 75 minute vinyasa flow. Mats will be placed a minimum of 6 feet apart. For now, no props, food or beverage will be provided. Please bring mat, straps, blocks and any other yoga props you wish to practice with you. All personal belongings will be placed next to your mat while practicing.

Paint Class with Patrice

Tuesday, November 15th 1:00

Join us as Patrice leads us through a Christmas Tree painting. This class is a great way to let your creativity grow and relax with new friends. Call Barb at 518-696-6451 to reserve your spot. The cost to participate in this class is \$10.00 per person.

Movie and a Meal

Dog

Tuesday, November 8th 11:00

In this road-trip comedy, two hard-charging former Army Rangers paired against their will - Briggs (Channing Tatum) and a Belgian Malinois named Lulu - race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other completely crazy, confront the possibility that pet psychics are real, and begin to reckon with the one thing they were trained never to do: surrender.

Office for the Aging Meal Site

For those of you who would regularly dine in with us, you can still take home a frozen meal for Tuesday and Thursday. We are looking forward to seeing you all on Monday, Wednesday and Friday. Call Lisa at 518-696-2200 to let us know you are coming.

Grab and Go Meal

Office for the Aging is providing a “Grab and Go” program to those who are under 60! This new program is available for pick-up Monday, Wednesday and Friday. The cost for this meal is \$5.00 per person.

You must reserve a meal, please call the meal site 518-696-2200 by 9:00

Pick up your meal at the Lake Luzerne Senior Center at 11:30

Please share this information with friends and family! Where can you go for a \$5.00 meal! For anyone over 60 the cost is \$3.00 per person.

Thanksgiving Meal

Wednesday, November 16th 12:00

Join us for a traditional Thanksgiving Meal. This is a great meal to bring friends to who might want to taste a good home cooked meal. It will also be a good introduction to what types of meals we serve at the Center.

Please call 518-696-2200 to reserve your spot.

Mondays Osteo Busters 9:30-10:30

Coffee 10:30-11:30

Po-ke-no 12:30-2:30 (looking for those interested in playing)

Yoga 5:30-6:45

Tuesdays Movie/Meal 10/11 11:00

Wednesdays Osteo Busters 9:30-10:30

Coffee 10:30-11:30

Chicken Feet 12:30

Chess 12:30-3:30

Chess

Interested in playing chess on Wednesday 12:30-3:30. Call John Plantier at 518-696-4285 or call the Senior Center and let me know if you are interested in playing.

NOVEMBER

539 Lake Ave
Lake Luzerne NY 12846

*As the Thanksgiving season approaches, remember:
All it takes is one undercooked turkey, and you'll be the "dinner rolls" and "soda" person for life.*

