

# TLC SDP Calendar

## November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Oct 28, 2024</b></p> <p>Morning Message 9:00-10:00</p> <p>Personal Shopping</p> <p>Park - Picnic Lunch</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>29</b></p> <p>Morning Message 9:00-10:00</p> <p>Senior Center 10-12</p> <p>Chair Yoga and Meditation 1:00-2:00</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>30</b></p> <p>Morning Message 9:00-10:00</p> <p>Halloween Party</p> <p>Grounding Activities 1:00-2:00</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>31</b></p> <p>Morning Message 9:00-10:00</p> <p>Walk and Picnic</p> <p>Brain Game Exercises and Arts and Crafts</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>1</b></p> <p>Morning Message 9:00-10:00</p> <p>Bank Day</p> <p>Seniors Center 10:30-12:30</p> <p>Daily Round-Up 2:00-3:00</p>
<p><b>4</b></p> <p>Morning Message 9:00-10:00</p> <p>Personal Shopping</p> <p>DC Sports</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>5</b></p> <p>Morning Message 9:00-10:00</p> <p>Senior Center 10-12</p> <p>Chair Yoga and Meditation 1:00-2:00</p> <p>Daily Round-Up 2:00-3:00</p> <p><b>Election Day</b></p>	<p><b>6</b></p> <p>Morning Message 9:00-10:00</p> <p>Joe's Dairy Barn</p> <p>Grounding Activities 1:00-2:00</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>7</b></p> <p>Morning Message 9:00-10:00</p> <p>Galleria Mall Shopping and Lunch</p> <p>Brain Game Exercises and Arts and Crafts</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>8</b></p> <p>Morning Message 9:00-10:00</p> <p>Seniors Center 10:30-12:30</p> <p>Daily Round-Up 2:00-3:00</p>
<p><b>11</b></p> <p>Morning Message 9:00-10:00</p> <p>Village of Wappingers Falls Veterans Ceremony 11-1</p> <p>Daily Round-Up 2:00-3:00</p> <p><b>Veterans Day</b></p>	<p><b>12</b></p> <p>Morning Message 9:00-10:00</p> <p>Senior Center 10-12</p> <p>Chair Yoga and Meditation 1:00-2:00</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>13</b></p> <p>Morning Message 9:00-10:00</p> <p>Crockpot Cooking</p> <p>Grounding Activities 1:00-2:00</p> <p>Daily Round-Up 2:00-3:00</p> <p>World Kindness Day</p>	<p><b>14</b></p> <p>Morning Message 9:00-10:00</p> <p>Locust Manor Museum</p> <p>Brain Game Exercises and Arts and Crafts</p> <p>Daily Round-Up 2:00-3:00</p>	<p><b>15</b></p> <p>Morning Message 9:00-10:00</p> <p>Seniors Center 10:30-12:30</p> <p>Daily Round-Up 2:00-3:00</p> <p><b>Happy Birthday Joe!!</b></p>

<p><b>18</b> Morning Message 9:00-10:00  Walmart Shopping- Personal and SDP Shopping  Daily Round-Up 2:00-3:00</p>	<p><b>19</b> Morning Message 9:00-10:00 Senior Center 10-12 Chair Yoga and Meditation 1:00-2:00  Daily Round-Up 2:00-3:00</p>	<p><b>20</b> Morning Message 9:00-10:00 Bowling 11:30-1:30  Grounding Activities 1:00-2:00  Daily Round-Up 2:00-3:00</p>	<p><b>21</b> Morning Message 9:00-10:00 Aldi Shopping  Brain Game Exercises and Arts and Crafts  Daily Round-Up 2:00-3:00  <b>Great American Smoke Out</b></p>	<p><b>22</b> Morning Message 9:00-10:00  Seniors Center 10:30-12:30  Daily Round-Up 2:00-3:00</p>
<p><b>25</b> Morning Message 9:00-10:00  Personal Shopping  Volunteer Food Drive  Daily Round-Up 2:00-3:00</p>	<p><b>26</b> Morning Message 9:00-10:00  <b>Thanksgiving Feast</b>  Chair Yoga and Meditation 1:00-2:00  Daily Round-Up 2:00-3:00</p>	<p><b>27</b> Morning Message 9:00-10:00 Crockpot Cooking  Grounding Activities 1:00-2:00  Daily Round-Up 2:00-3:00</p>	<p><b>28</b>  <b>Happy Thanksgiving!</b> <b>SDP Closed</b></p>	<p><b>Nov 29, 2024</b> Morning Message 9:00-10:00 Bank Day Seniors Center 10:30-12:30  Daily Round-Up 2:00-3:00</p>

THANKSGIVING PARTY! Please join us as a repeat to last year's fun event! We will gather at the Red Line Diner for a Thanksgiving FEAST provided by TLC Support Services! After lunch we will head back to the program for coffee and dessert! Terri will bring pies, ice cream and whipped cream. Come one come all!

# Events

## Local Parks

All local parks are free. Unless noted **BRING YOUR LUNCH**. All park outings are weather permitting.

### Library

Browse books, materials, and use of computers pending availability.

### Senior Center

A group of volunteers have the opportunity to give back to the community. They participate in recreational time and help facilitate BINGO and other group games.

### Working on Self:

Word Search

Word Scrambles

Positive Affirmations

Cognitive Exercises

Arts and Crafts

Journal/Reflective Writing

Journal Prompts

Fun Facts

On This Day

Riddles

## Trips

**Group Outing** —If you need assistance budgeting for this, we can contact your SC. Food is extra at all. .

### Bowling

Cost is \$10.50 for 1 game, must wear socks, but can go on trip and just observe. Cost includes rental shoes.

### Holiday Parties

All may attend and bring and or make something to contribute to the party. Not necessary though.

### Group Games:

UNO and Tournament with Prizes

Chess, Checkers, Monopoly, Boggle

Card Games

BINGO

Pictionary

Charades

QBitz

Music Trivia and Name That Tune

Trivia

## Shopping

Weekly trip to stores for SDP supplies. Participants may purchase needed groceries. We will store it in the SDP fridge in your bags, until pick up. Light shopping only; the limit is what you can carry.

### Galleria

Walking and shopping. Lunch can be bought at the food court or brought from home.

### Mini Golf

DC Sports Indoor is \$8 and Outdoor is \$12  
Arcade games are various prices  
Golf Simulation is \$20

### Exercise/Movement:

Walking

Chair yoga.

Recumbent Bikes

Hand weights

Resistance Bands

Breathing/Meditation Exercises

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