

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
	1 pm Drum Circle To register, call Willard: 518-505-5944	10am Memoir Writing Workshop with Paul Lamar To register, call Vicky 518-273-4422	2 pm Seated Tai Chi with Cheryl Hurd To register, call Nora: 518-482-2120	2 pm Music Memories & Trivia with Vicky...Motown To register, call Vicky: 518-273-4422
8	9	10	11	12
1 pm Book Club: <u>Pegasus</u> by Danielle Steele To register, call Beth: 518-235-2420	Ask Brittany from CDPHP (private appointments from 2pm - 3pm) To register, call Maria: 518-465-3322	10am Memoir Writing Workshop - Paul Lamar To register, call Vicky 518-273-4422 2 pm Floral Design with Michele from Ambiance Floral To register, call Nora: 518-482-2120	2 pm Paint-n-Sip at Home with Joan (part I)** To register, call Willard: 518-505-5944	10 am Learn about ICAN - a NYS program for people with Medicaid who need long term care services with Krista Harbacz, HCDCI To register, call Beth: 518-235-2420
15	16	17	18	19
	10 am How to Get the Most Out of a Conversation with your Doctor with Keith Hornbrook, RN To register, call Beth: 518-235-2420	10am Memoir Writing Workshop - Paul Lamar To register, call Vicky 518-273-4422 2 pm BINGO To register, call Nora: 518-482-2120	2 pm Seated Tai Chi with Cheryl Hurd To register, call Nora: 518-482-2120	10 am Cooking Demo with Kristyn, Regional Food Bank To register, call Beth: 518-235-2420
22	23	24	25	26
1 pm Book Club: <u>Pegasus</u> by Danielle Steele To register, call Beth: 518-235-2420	10 am Card Making (2 cards) To register, call Beth: 518-235-2420	10am Memoir Writing Workshop with Paul Lamar To register, call Vicky 518-273-4422	2 pm Paint-n-Sip at Home with Joan (part II)** To register, call Willard: 518-505-5944	

* Registration is limited for the programs, call early to secure your spot.

* Registration for the shaded dates is required and must occur one week prior to the class

* By attending a class you understand that LifePath may use your photograph for publications, social media, and website.

** This program has been sponsored in part by the Albany County NYS Department of Aging and the Administration for Community Living

ONLINE LOG-IN DETAILS

Zoom Meeting ID: 860 3542 2280
Password: February

TELEPHONE CALL-IN DETAILS

Phone Number: (929) 205-6099
Meeting ID: 860 3542 2280
Passcode: 70859752