November 2026

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3 An Afternoon of Movement with Wayfit	4 Art Appreciation with Arts & Minds	5 Creative Movement with Jodie	6	7
8	9 An Afternoon with the Therapy Dog with The Good Dog Foundation Noey	10 Jazz through the Decades with Anthony Ferrara	11 VETERANS DAY	12 Dance Performance & Movement Experience with Isadora Duncan Dance Foundation	13	14
15	16 Movement & Sound Healing Journey with Boshko	17 Broadway Hour with Sing For Your Seniors	18 Art Appreciation with Arts & Minds	19 Creative Games with Jodie	20	21
22	23 THANKSGIVING PARTY	24 Jazz through the Decades with Anthony Ferrara	25 THANKFUL	26 HAPPY Thanks Giving	27	28
29	30 I love Lucy Watch Party					

All classes are from 2:30 pm - 3:30 pm
Unless otherwise stated
Please register in advance

JOIN US IN AFA'S EDUCATION & RESOURCE CENTER!

AFA's Education & Resource Center | 322 8th Ave. **7th Floor** | New York, NY 10001

— Please register in advance —

TO REGISTER:

alzfdn.org/communityclasses
or call: 866-232-8484

Let's Practice Gratitude!

Let's use this month to take time to practice gratitude.
Check out below to see how you can lead your day with a grateful heart:

- What would I never want to change about myself?
- Which relationships in my life can I be thankful for?
- What can I do for others today to show them I care?
- What in nature inspires me and why?
- What abilities do I have that I'm grateful for?

All AFA Teal Room Community Classes are **FREE** and open to the public.