














# At HOME

*on the Sound*

## Member Events At a Glance December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 	<b>2</b> Lecture Series – 3:00PM (ST. JOHN'S CHURCH)	<b>3</b> Canasta – 9:30AM Mahjong – 12:30PM Knitting – 2:30PM	<b>4</b> AHOTS Self Care Program 11AM (TOWN CENTER – CONF ROOM C) Women's Group – 3:30PM (AHOTS OFFICE)	<b>5</b> 	<b>6</b> AHOTS Strength & Balance Training – 1:30PM (GRIT FITNESS STUDIO) Men's Group – 1:30PM (at Mamaroneck Library)	<b>7</b> 
<b>8</b> 	<b>9</b> Lunch Outing – 12:30PM - Sedona 	<b>10</b> Canasta – 9:30AM Mahjong – 12:30PM	<b>11</b> 	<b>12</b> <b>AHOTS Holiday            Party</b> <b>1PM – 3PM</b> <b>(St. Thomas            Church)</b>	<b>13</b> AHOTS Strength & Balance Training – 1:30PM (GRIT FITNESS STUDIO)	<b>14</b>
<b>15</b> Symphony of Westchester – 3PM (IONA COLLEGE)	<b>16</b> 80's Group – 1PM (RED PLUM)	<b>17</b> Canasta – 9:30AM Mahjong – 12:30PM Knitting – 2:30PM	<b>18</b> AHOTS Self Care Program 11AM (TOWN CENTER – CONF ROOM C) Women's Group – 3:30PM (AHOTS OFFICE)	<b>19</b> Happy Hour 4PM – 6PM 	<b>20</b> AHOTS Strength & Balance Training – 1:30PM (GRIT FITNESS STUDIO) Men's Group – 1:30PM (at Mamaroneck Library)	<b>21</b> 
<b>22</b> <b>National Cookie            Exchange Day</b> 	<b>23</b> <b>COOKIE            EXCHANGE</b> Coffee & Chat 10AM – 11:30AM (AHOTS OFFICE)	<b>24</b>  <b>OFFICE CLOSED</b>	<b>25</b>  <b>OFFICE CLOSED</b>	<b>26</b> 	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b> 		<b>Call if you need            transportation:            914-899-3150</b>	<b>Please give us as            much notice as            possible for any            rides you need.</b>	