

Tuesday

Monday

RSS: Center for Ageless Living 2600 Netherland Avenue, Bronx, NY 10463 718-884-5900 **NOVEMBER 2024**

Funded in part by the NYC Department for the Aging Online Classes www.rssny.org

Thursday

Wednesday

Friday

NOVEMBER 10 MUSIC APPRECIATION RSS **BARGAIN BONANZA BAZAAR** 10:00 Get Fit with Stuart **WITH DIANA** 10:00 Sculpture Studio **BARBARA STREISAND SUNDAY** 10:00 Creative Writing KEY: CHAIR/CHI/PRANA **NOVEMBER 10TH** 11:00 Feldenkrais Red-Virtual @11:00 AM NOV. 3, 10, 17 & 24 12:00 Lunch 10:00-3:00 12:45 Non ACBL Duplicate **Black-Onsite** Bridge w/Rich <u>REIKI</u> **COMPUTER HELP** Blue—Hybrid 1:00 Garden of The NW Bronx: Guerilla Gardening @5:00PM **AND** Green-Outside NOV. 3, 10, 17 & 24 LAB on Kappock St. **AVAILABLE** 2:00 Concerts in 10:00 TO 4:00 Motion: Celebration Friday (BY APPOINTMENTS) 2:00 Leisure Games-**Beginners Bridge ELECTION DAY** Qi Gong with Bruce Menu Committee 10:00 Leisure Games-9:00 Breakfast Club 9:30 Conversational English 10:00 Get Fit with Stuart Canasta, Mah Jongg 10:00 10:00 Women's Group w/GG 9:45 Chair Yoga w/ Anita 10:00 Sculpture Studio 10:00 Memoir Writing 11:00 Creative Writing
11:00 Feldenkrais 10:00 Intern Meeting 10:00 Stay Active & Independent for 10:00 Knitting Club 10:00 Get Fit with Stuart Life (SAIL) w/Paula 10:00 Pastels w/Daniel Hauben Brain Booster/Trivia 11:00 Folk Dancing 10:15 Trip: Walmart 12:00 Lunch 10:30 Trip: 11:00 Tech how To: The Hebrew Home @ 11:00 Poetry Group **Concerts in Motion:** 11:00 Presentation: **Understanding qr codes** 11:00 Tap Dancing w/Maria Songbook Tuesday What to do in a Disaster 12:00 Lunch Riverdale 11:00 Art with Linda with Lt. Rosario **Concerts in Motion:** 12:00 Lunch 12:00 11:00 EFT Tapping with Margo 11:15 Trip: NY Public Library 12:00 Lunch 12:45 Non ACBL Duplicate **Coffeehouse Thursday** 12:00 Concerts in Motion: 1:00 Crafting w/Recyclables Bridge w/Rich No Onsite 12:00 Grief Group for **Chorus with Cheryl Guided Meditation Meditative Mondays** 1:00 1:15 Presentation: **Programming** Spouse & Partner w/Jane **Understanding Chronic Pain:** 12:30 Write On! w/ Susan 2:15 after Lunch 12:45 Duplicate Bridge w/Rich 12:00 Lunch with Barbara The Brain's Role 1:00 Current Events w/Tim 1:00 Concerts in Motion: Chinese 2:30 **Watercolor with April** in Pain Perception 1:00 Learn Mah Jongg w/Ariana 2:00 Concerts in **Balance Training** 1:00 Discover your pathway:
Navigate emotions through the arts
with Columbia OT Students with Peggy Levine **Motion: Celebration Friday** 4:45 Writing with Susan 2:00 Leisure Games-**Beginners Bridge** Drumming to explore, manage and regulate our emotions Join the Choir... 1:00 Leisure Games-Mah Jongg **BAZAAR** You'll Be Glad You Did! 1:00 Movie: <u>Coming2America</u> 3:00 Grief Group for Loss Child **NOVEMBER 10TH** 10 t0 3 12 10:00 Leisure Games-9:00 Breakfast Club **Conversational English** 10:00 Get Fit with Stuart Qi Gong with Bruce 9:30 9:30 Self Massage w/Kathleen 10:00 Stay Active & Independent for 10:00 Sculpture Studio Canasta, Mah Jongg 10:00 Trip Committee mtg. Chair Yoga w/ Anita 10:00 Get Fit with Stuart 10:00 Intern Meeting 10:00 Knitting Club 11:00 Feldenkrais 11:00 Creative Writing 10:00 Memoir Writing 11:00 Tech how To: Life (SAIL) w/Paula 11:00 Folk Dancing 11:00 Poetry Group Understanding qr codes 10:00 Women's Group w/GG 11:15 Trip: Olive Garden 11:00 Tech how To: 11:00 Brain Booster/Trivia 11:00 Tap Dancing w/Maria 10:00 Pastels w/Daniel Hauben Digital payments-12:00 Lunch 11:00 EFT Tapping with Margo 11:00 Trip: Trader Joes' 11:00 Art with Linda 12:00 Concerts in Motion: Zelle, PayPal, cash app 12:45 Non ACBL Duplicate 11:15 Trip: Songbook Tuesday 12:00 Lunch Bridge w/Rich 1:00 Medicare Update 2025 with Caitlin Stiene Stew Leonards'/Costco 12:00 Lunch 12:00 Grief Group for 12:00 **Concerts in Motion:** Spouse & Partner w/Jane 1:00 Collage Class w/Annelen **Coffeehouse Thursday** 12:00 Lunch 12:00 Concerts in Motion: 1:00 Coloring Books 12:00 Lunch 1:00 Crafting w/Recyclables 2:00 Concerts in 1:00 Concerts in Motion: Chinese 1:00 Exercise With Eva 3:00 Chair Yoga for Joint Health w/Kathleen **Chorus with Cheryl** Motion: Celebration Friday **Meditative Mondays** 1:00 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Learn Mah Jongg w/Ariana 2:00 Leisure Games-2:00 **Hudson Rehab:** 1:00 Discover your pathway: Keeping your balance **Beginners Bridge** 1:00 Current Events w/Tim 5:00 Submitting Your Writing to Navigate emotions through the arts in slippery conditions. Watercolor with April with Columbia OT Students 2:30 1:00 Derfner Presentation: A Literary Magazines: Dancing to enhance emotional Are Your Ready! Flowers in Art awareness and regulation 3:30 Balance Training 1:00 Leisure Games-Mah Jongg with Peggy Levine Nedicare 4:45 **Writing with Susan** 1:00 Movie: Marlowe 1:00 Caregivers Group w/GG 3:00 Grief Group for Loss Child **BAKE SALE** THANKSGIVING LUNCH 18 21 10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Get Fit with Stuart CANCELED 10:00 Leisure Games-9:00 Breakfast Club 9:30 **Conversational English** 9:45 Chair Yoga w/ Anita 10:00 Knitting Club Canasta, Mah Jongg 10:00 Women's Group w/GG 10:00 Get Fit with Stuart 11:00 Tech how To: 10:00 Pastels w/Daniel Hauben 10:00 Sculpture Class Digital payments—
Zelle, PayPal, cash app
11:00 Brain Booster/Trivia 10:00 Intern Meeting
11:00 Poetry Group
11:00 Tap Dancing w/Maria 10:45 Horace Mann-9th Graders 10:15 Trip: Morgan Library 10:15 Trip: Stay Active & Independent for Life (SAIL) w/Paula 11:00 Folk Dancing **Farmers Market** 10:00 11:00 Creative Writing 11:00 Tech how to: 11:00 EFT Tapping with Margo 12:00 Grief Group for 11:00 Art with Linda 12:00 Lunch Online Safety and 11:00 Feldenkrais: 12:00 Lunch **Concerts in Motion: Fraud Prevention** CANCELED 12:00 Concerts in Motion: Songbook Tuesday Spouse & Partner w/Jane **Concerts in Motion:** 12:00 Lunch 1:00 Collage Class w/Annelen 12:00 Thanksgiving Lunch 12:45 Non ACBL Duplicate **Meditative Mondays Coffeehouse Thursday** 1:00 Crafting w/Recyclables 1:00 Social Action w/GG 1:15 The Myth of Procrastination 1:00 Special Thanksgiving Concert With Cheryl & RSS Chorus 1:00 Bridge w/Rich 12:30 Write On! w/ Susan **Coloring Books** 12:45 Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday **Belly Dancing w/Noora** 1:00 1:00 Learn Mah Jongg w/Ariana 1:00 Current Events w/Tim 1:00 **Advisory Council** 1:00 Discover your pathway: 2:00 Leisure Games-1:00 Lecture: Dance in Modern 3:00 **Chair Yoga for** with Valerie Keane Art with Sylvia Meo Lauden Joint Health w/Kathleen Navigate emotions through the arts 1:00 **Chorus with Cheryl Beginners Bridge** 5:00 with Columbia OT Students-3:30 Balance Training **Submitting Your Writing to** (Cancelled) A Literary Magazines: Collaging to reflect on our **Watercolor with April** with Peggy Levine 4:45 Writing with Susan Are Your Ready! personal growth and future goals 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 3:00 Grief Group for Loss Child 5:00 Presentation: How to Look at Art like a **Cro Magnon by Phoenix Museum BIRTHDAY PARTY** 28 29 10:00 Memoir Writing 10:00 Leisure Games-9:00 Breakfast Club 9:30 Self Massage w/Kathleen
10:00 Stay Active & Independent for Life (SAIL) w/Paula 11:00 Brain Booster/Trivia THANKSGIVING Canasta, Mah Jongg **THANKSGIVING HOLIDAY CENTER CLOSED** 10:00 Get Fit with Stuart 10:00 Intern Meeting 11:00 Tech how to: **HOLIDAY CENTER CLOSED** Online Safety and 10:00 St. Stevens **Fraud Prevention** 10:00 Women's Group w/GG **Thanksgiving Lunch FREE** 12:00 Lunch 10:00 Pastels w/Daniel Hauben 11:00 Poetry Group Concerts in Motion: 11:00 Trip: Apple Store (Tech Trip) 11:00 Tap Dancing w/Maria 11:00 EFT Tapping with Margo 12:00 Grief Group for Songbook Tuesday



Spouse & Partner w/Jane

1:00 Movie: Something from Tiffany's'

1:00 Learn Mah Jongg w/Ariana

1:00 Leisure Games-Mah Jongg

1:00 Concerts in Motion:

Chinese

1:00 Caregivers Group w/GG

3:00 Grief Group for Loss Child

12:00 Lunch

Birthday Party W/D.J.

Belly Dancing w/Noora

Joint Health w/Kathleen

BIRTHDAY

1:00 Collage Class w/Annelen

(Cancelled)

Coloring Books

Chair Yoga for

1:00

3:00

11:00 Art with Linda

12:00 Concerts in Motion:

12:30 Write On! w/ Susan

1:00 Current Events w/Tim

2:15 Horticultural Therapy:

Balance Training with Peggy Levine **Writing with Susan**

Meditative Mondays

Fall Watercolor Painting

12:45 Duplicate Bridge w/Rich

12:00 Lunch