

12:00 Concerts in Motion:

12:30 Write On! w/ Susan

1:00 Current Events w/Tim

Balance Training

with Peggy Levine Writing with Susan

Meditative Mondays

12:45 Duplicate Bridge w/Rich

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

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

Monday Tuesday Wednesday Thursday Friday 10:00 Leisure Games - Canasta 10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Get Fit with Stuart 9:00 Breakfast Club 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 10:00 Get Fit with Stuart 10:00 Women's Group w/GG 10:00 Sculpture Class 11:00 Brain Booster/Trivia 10:00 Intern Meeting 10:00 Pastels w/Daniel Hauben 10:00 Creative Writing 11:00 Poetry Group 10:00 Stay Active & Independent for 12:00 Lunch 11:00 Folk Dancing 11:00 Beginners Tech: 11:00 Tap Dancing w/Maria 11:00 Art with Linda **Concerts in Motion:** Cybersecurity Basics 11:00 Feldenkrais Life (SAIL) w/Paula 12:00 Lunch 12:00 11:00 EFT Tapping with Margo 10:15 Trip: Walmart 12:00 Lunch Songbook Tuesday 1:00 Collage Class w/Annelen Concerts in Motion:
Coffeehouse Thursday
Crafting w/Recyclables 12:00 12:00 Lunch 10:15 Trip: 12:00 Concerts in Motion: **Holiday Train Show** 1:00 Coloring Books 1:00 12:00 Grief Group for Spouse & Partner w/Jane 12:00 Lunch **Meditative Mondays** 1:00 Exercise With Eva **Chorus with Cheryl** 12:45 Non ACBL Duplicate 12:30 Write On! w/ Susan **Chair Yoga for** 1:15 Presentation: 1:00 Movie: Beetlejuice, Beetlejuice
1:00 Concerts in Motion: Chinese
1:00 Leisure Games-Mah Jongg
1:00 Learn Mah-Jongg w/Ariana 12:45 Duplicate Bridge w/Rich Joint Health w/Kathleen Bridge w/Rich "The disconnect from caregiver 1:00 Current Events w/Tim 2:30 Intro to Al & Art : What is Al? What is a prompt? recipients and caregiver needs "
2:00 Guided Meditation & Reiki 2:00 Concerts in **Motion: Celebration Friday** 2:00 Leisure Gamesw/Barbara 3:30 Balance Training **Watercolor with April Beginners Bridge** 3:00 Grief Group for Loss Child with Peggy Levine Writing with Susan 5:00 Lecture: Magical Holiday Season in NYC by Sylvia Meo Caring Caregiver 5:00 Cybersecurity Basics @ Kingsbridge Library w/Tabitha KNITTING & ADAP HOLIDAY SALE 12 13 10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Leisure Games-9:00 Breakfast Club 10:00 Get Fit with Stuart Self Massage w/Kathleen Canasta, Mah Jongg 9:30 **Conversational English** 10:00 Sculpture Class 9:30 10:00 Women's Group w/GG 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 10:00 Get Fit with Stuart 10:00 Trip Committee mtg. 11:00 Beginners Tech: 11:00 Brain Booster/Trivia (Cancelled) 10:00 Intern Meeting Cybersecurity Basics 10:00 Stay Active & Independent for 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Folk Dancing Life (SAIL) w/Paula 11:00 Creative Writing 12:00 Lunch 10:00 Pastels w/Daniel Hauben 11:45 Int'l. Volunteer Lunch & 11:00 Feldenkrais 11:00 EFT Tapping with Margo
11:00 NEW: Fit for Life-Mobility Class
w/Female-Fight Club nyc 11:15 Trip: Maude Restaurant 11:00 Art with Linda **Concerts in Motion:** Toy Drive (Invite ONLY) 12:00 12:00 Lunch 11:15 Trip: Songbook Tuesday Stew Leonards'/Costco 12:00 Lunch 12:45 Non ACBL Duplicate 1:00 Collage Class w/Annelen 12:00 **Concerts in Motion:** Coffeehouse Thursday Crafting w/Recyclables 11:15 Trip: Ridgehill Mall 12:00 Lunch 1:00 Coloring Books 12:00 Concerts in Motion: 1:00 Exercise With Eva 3:00 Chair Yoga for Joint Health w/Kathleen 12:00 Grief Group for 1:00 Bridge w/Rich 1:15 NY Presbyterian:
"Let's talk about:
"Happy & Healthy Holiday
Eating!" **Chorus with Cheryl Meditative Mondays** Spouse & Partner w/Jane 12:30 Write On! w/ Susan
12:45 Duplicate Bridge w/Rich
1:00 Current Events w/Tim (Cancelled) 12:00 Lunch 4:00 Dinner & Movie: A Special Movie @RSS: 1:15 Trip: The Nutcracker 1:00 Movie: Xmas Movie 1:00 Concerts in Motion: Chinese 1:00 Learn Mah-Jongg w/Ariana @ Lehman College 2:00 Concerts in Wizard of Oz & 2:30 Watercolor with April Intro to AI & Ary: What apps can I use? **Introductory Video to Wicked** 1:00 Caregivers Group w/GG **Motion: Celebration Friday** 1:00 Leisure Games-Mah Jongg 2:00 Leisure Games-How do I write a prompt? 3:30 Balance Training **Beginners Bridge** with Peggy Levine 4:45 Writing with Susan **BIRTHDAY PARTY BAKE SALE** 10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Leisure Games-9:00 Breakfast Club 10:00 Get Fit with Stuart 9:30 **Conversational English** Chair Yoga w/ Anita Knitting Club 10:00 Sculpture Class Canasta, Mah Jongg 10:00 Blood Pressure w/Sarah 11:00 Feldenkrais 11:00 Beginners Tech: 10:00 10:00 Get Fit with Stuart 10:00 Intern Meeting 11:00 Brain Booster/Trivia 10:00 Women's Group w/GG 10:00 Stay Active & Independent for Life (SAIL) w/Paula (Cancelled) 11:00 Folk Dancing **Email Basics** 11:00 Poetry with Ro **Concerts in Motion:** 12:00 Lunch 11:00 Tap Dancing w/Maria Songbook Tuesday 10:00 Pastels w/Daniel Hauben **Concerts in Motion:** 11:00 Creative Writing 12:00 **Coffeehouse Thursday** 11:00 Art with Linda 12:00 Lunch 11:00 NEW: Fit for Life-Mobility Class 11:15 Trip: w/Female Fight Club nyc
11:00 EFT Tapping with Margo
11:10 Trip: Trader Joes' Crafting w/Recyclables 1:00 Collage Class w/Annelen 1:00 Coloring Books 10:45 Trip: Wegman Supermarket 1:00 Lombardo's Restaurant 12:00 Lunch 12:45 Non ACBL Duplicate **Chorus with Cheryl** 1:00 12:00 Lunch Watercolor with April 1:00 Belly Dancing w/Noora 2:30 Bridge w/Rich 12:00 Concerts in Motion: 1:00 **Advisory Council** 12:00 Grief Group for **Meditative Mondays Chair Yoga for** Spouse & Partner w/Jane 1:15 Nutrition: 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich Joint Health w/Kathleen 12:00 Lunch From High Cholesterol to Low Vitamin D: 1:00 Concerts in Motion: Chinese 1:00 Current Events w/Tim 2:30 Intro to: How to put into practice Doctor's Nutrition advice 1:00 Leisure Games-Mah Jongg 1:00 Learn Mah-Jongg w/Ariana Al & Art What's fake? What's real? And what's 2:00 Concerts in **ADVISORY** 1:15 Birthday Celebration Party **Motion: Celebration Friday** COUNCIL in the fine print? 2:00 Leisure Games-**Beginners Bridge 3:30 NO CLASS Balance Training** with Peggy Levine 24 CHRISTMAS/HANUKKAH 23 25 10:00 Leisure Games-10:00 Get Fit with Stuart LUNCH Canasta, Mah Jongg 10:00 Memoir Writing **CHRISTMAS & HANUKAH CHRISTMAS & HANUKAH** (Cancelled) 11:00 Brain Booster/Trivia (Cancelled) HOLIDAY 10:00 Sculpture Class 10:00 Get Fit with Stuart **HOLIDAY** CENTER CLOSED 10:00 Intern Meeting **CENTER CLOSED** 11:00 Creative Writing 11:00 Poetry with Robert
11:00 Tap Dancing w/Maria 12:00 Lunch 11:00 Feldenkrais 12:00 Lunch **HANUKAH** Concerts in Motion: 12:45 Non ACBL Duplicate 11:00 Art with Linda HANUKAH 12/25/2024 TO 1/2/2025 Songbook Tuesday 12/25/2024 TO 1/2/2025 12:00 Lunch 1:00 Collage Class w/Annelen Bridge w/Rich 12:00 Concerts in Motion: 1:00 Coloring Books 2:00 Concerts in **Meditative Mondays Motion: Celebration Friday** 1:00 Belly Dancing w/Noora 30 Write On! w/ Susan Chair Yoga for 2:00 Leisure Games-Joint Health w/Kathleen 12:45 Duplicate Bridge w/Rich **Beginners Bridge** 1:00 Current Events w/Tim 2:15 Horticultural Wellness w/ Barbara 2:30 Intro to Al & Art: Let's Create! (Al imagwe generator) 3:30 No CLASS! Balance **Training with Peggy Levine** 4:45 Writing with Susan **NEW YEARS' TOAST DECEMBER 1** 10:00 Memoir Writing **MUSIC APPRECIATION** 10:00 Leisure Games-4:00 PM Canasta, Mah Jongg 11:00 Brain Booster/Trivia 10:00 Get Fit with Stuart 12:00 Lunch ANDRE RIEU KEY: 10:00 Intern Meeting 12:00 Concerts in Motion: Red-Virtual CHAIR/CHI/PRANA 11:00 Poetry with Robert Songbook Tuesday **Black-Onsite** 11:00 Tap Dancing w/Maria 1:00 Collage Class w/Annelen **DECEMBER 8, 15,22 & 29** 11:00 Art with Linda 1:00 Coloring Books REIKI @5PM Blue-Hybrid 10:45 Trip: **DECEMBER 8, 15, 22 & 29** 3:00 Chair Yoga for Green-Offsite 12:00 Lunch Joint Health w/Kathleen

COMPUTER HELP

AND

LAB

AVAILABLE

10:00 TO 4:00

(BY APPOINTMENTS)

Sunda with RSS