

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Exercise for Mobility 11:00 Art with Linda 12:00 Concerts in Motion: Classical 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Mah Jongg 1:00 Current Events w/Tim 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>2</p> <p>9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 10:00 Memoir Writing with Donald 11:00 Tech How To's: Home Tech- Then & Now 11:00 Trivia 12:00 Lunch 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Concerts in Motion: Jewish/Klezmer (Holocaust Survivor Series) 3:00 Chair Yoga for Joint Health w/Kathleen 4:00 Bridge with Audrey (No Class) 5:30 MET Women Warriors : "The Art of Powerful Women"</p>	<p>3</p> <p>9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Basic Pastel Drawing with Daniel Hauben 10:00 Women's Group w/Susan 11:00 Exercise for Mobility 11:00 Concerts in Motion: Russian 12:00 Lunch 12:00 Open Art Studio 1:00 Concert in Motion: Chinese 1:00 Movie: A MAN CALLED OTTO 1:00 Mah Jongg 1:00 Caregiver Support Group 4:30 Genealogy- Preserving your Family Photos & Documents- Center for Jewish History</p> 	<p>4</p> <p>10:00 Horace Mann 12th Graders Visit 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech How To's: Home Tech- Then & Now 12:00 Concerts in Motion: Latin 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Grief Support Group with Susan 1:00 Chair Exercise with Eva 1:00 Drama Club 2:00 Tai Chi with Bill 2:30 Watercolor with April</p>	<p>5 CINCO DE MAYO</p> <p>10:00 Get Fit with Stuart 11:00 Feldenkrais 12:00 Lunch 12:00 Concerts in Motion: Latin Music</p> <p>RSS INTERGENERATIONAL TECH EXPO</p> <p>FRIDAY MAY 5TH & SATURDAY MAY 6TH</p> <p>CENTER OPEN (10:00-4:00)</p>
<p>8</p> <p>10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Exercise for Mobility 11:00 Art with Linda 12:00 Concerts in Motion: Classical 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Current Events w/Tim 1:00 Mah Jongg 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>9</p> <p>9:00 Qi Gong with Bruce 10:00 Jewelry Sale w/Lowell 10:00 Health Mgt./B.P. 10:00 Memoir Writing with Donald 11:00 Tech How To's: What is Bluetooth? 11:00 Trivia 12:00 Lunch 12:45 Special Membership Meeting in Dining Room 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Concerts in Motion: Jewish/Klezmer (Holocaust Survivor Series) 2:00 Belly Dancing 3:00 Chair Yoga for Joint Health w/Kathleen 4:00 Bridge with Audre</p>	<p>10</p> <p>9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Trip: Catacombs** 10:00 Basic Pastel Drawing with Daniel Hauben 10:00 Women's Group w/Susan 11:00 Exercise for Mobility 11:00 Concerts in Motion: Russian 12:00 Lunch 12:00 Open Art Studio 1:00 Concert in Motion: Chinese 1:00 Movie: I WANNA DANCE WITH SOMEBODY 1:00 Mah Jongg 5:00 Guided Meditation & Spiritual Growth</p> 	<p>11</p> <p>9:30 NEW: Yoga for Better Bones 10:00 Knitting Club 11:00 Tech How To's: What is Bluetooth? 11:00 Folk Dancing 12:00 Concerts in Motion: Latin 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Chair Exercise with Eva 1:00 Sing Along with Cheryl & RSS Chorus 1:00 Drama Club 2:00 Tai Chi with Bill 2:30 Watercolor with April 3:00 Law & Order = Verdict with Aytan Adler</p> <p>OLDER AMERICAN CELEBRATION</p>	<p>12</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Creative Writing 11:00 Feldenkrais 11:00 Galaxy Tablet: Reviewing Basics 11:00 Social Action 12:00 Lunch 12:00 Music Appreciation - w/Diana -Luciano Pavarotti 12:00 Concerts in Motion: Latin Music 1:00 How to Enjoy Nutrition Super Foods w/ Maudene 2:00 Gardening on the Terrace 2:00 Beginners Bridge</p>
<p>15</p> <p>10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Exercise for Mobility 11:00 Art with Linda 12:00 Concerts in Motion: Classical 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Current Events w/Tim 1:00 Mah Jongg 1:00 Edward Hopper @ The Whitney w/Sylvia Ludien-Meo 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan MOTHER'S DAY LUNCH</p>	<p>16</p> <p>9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 10:00 Memoir Writing with Donald 11:00 Tech How To's: App Safety 11:00 Trivia 12:00 Lunch 1:00 Concerts in Motion: Jewish/Klezmer (Holocaust Survivor Series) 1:00 Collage Class w/Annellen 1:00 Coloring Books 3:00 Let's Talk Vegetables- Spinach & Fiddleheads 3:00 Chair Yoga for Joint Health w/Kathleen 4:00 Bridge with Audrey</p> 	<p>17</p> <p>9:00 Trip: Wind Creek Casino** 9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Basic Pastel Drawing with Daniel Hauben 10:00 Women's Group w/Susan 11:00 Exercise for Mobility 11:00 Book Club 11:00 Concerts in Motion: Russian 12:00 Lunch 12:00 Open Art Studio 1:00 Concert in Motion: Chinese 1:00 Movie: GUILT TRIP 1:00 Caregiver Support Group 1:00 Mah Jongg</p> 	<p>18</p> <p>9:30 Yoga for Better Bones 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech How To's: App Safety 12:00 Concerts in Motion: Latin 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Grief Support Group with Susan 1:00 Chair Exercise with Eva 1:00 Drama Club 2:00 Tai Chi with Bill 2:30 Watercolor with April</p>	<p>19</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Galaxy Tablet: Searching on Google 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:00 Concerts in Motion: Latin Music 1:00 Guided Meditation & Spiritual Growth 2:00 Gardening on the Terrace 2:00 Beginners Bridge</p>
<p>22</p> <p>10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Exercise for Mobility 11:00 Art with Linda 12:00 Concerts in Motion: Classical 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Mah Jongg 1:00 Current Events w/Tim 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>23 BIRTHDAY PARTY</p> <p>9:00 Qi Gong with Bruce 10:00 Jewelry Sale w/Lowell 10:00 Health Mgt./B.P. 10:00 Memoir Writing with Donald 11:00 Trivia 11:00 Tech How To's: What is Streaming Media? 12:00 Lunch 1:00 Concerts in Motion: Jewish/Klezmer (Holocaust Survivor Series) 1:00 Birthday Party w/D.J.** 1:00 Collage Class w/Annellen 1:00 Coloring Books 2:00 Belly Dancing 3:00 Chair Yoga for Joint Health w/Kathleen 4:00 Bridge with Audrey</p>	<p>24</p> <p>9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Basic Pastel Drawing with Daniel Hauben 10:00 Women's Group w/Susan 11:00 Exercise for Mobility 11:00 Concerts in Motion: Russian 12:00 Open Art Studio 12:00 Lunch 1:00 Concert in Motion: Chinese 1:00 Movie: 80 FOR BRADY 1:00 Mah Jongg 2:00 NEW: Yiddish Club with Judge First</p> 	<p>25</p> <p>9:30 Yoga for Better Bones 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech How To's: What is Streaming Media? 12:00 Concerts in Motion: Latin 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Chair Exercise with Eva 1:00 Drama Club 1:00 Chorus 2:00 Tai Chi with Bill 2:30 Watercolor with April 3:00 Law & Order = Verdict with Aytan Adler</p>	<p>26</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Galaxy Tablet: Apps: Install, Delete & customize 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:00 Music Appreciation w/Diana- Tango 12:00 Concerts in Motion: Latin Music 1:00 RSS Cooking Club 2:00 Beginners Bridge (Cancelled) 2:00 Gardening on the Terrace 2:00 Pet Therapy w/ Foo Foo & Friends MEMORIAL DAY LUNCH</p>
<p>29</p> <p>CENTER CLOSED MEMORIAL DAY</p>  <div>KEY: Red-Virtual Black-Onsite Blue-Hybrid ** Reg. Required</div>	<p>30</p> <p>9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 11:00 Trivia 12:00 Lunch 1:00 Concerts in Motion: Jewish/Klezmer (Holocaust Survivor Series) 1:00 Advisory Council 1:00 Collage Class w/Annellen 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen 4:00 Bridge with Audrey (Cancelled)</p>	<p>31</p> <p>9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Basic Pastel Drawing with Daniel Hauben (Cancelled) 10:00 Women's Group w/Susan 11:00 Exercise for Mobility 11:00 Concerts in Motion: Russian 12:00 Lunch 12:00 Open Art Studio 1:00 Concert in Motion: Chinese 1:00 Movie: SAM & KATE 1:00 Mah Jongg 1:00 Savvy Solos</p> 	 <div>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)</div>	<div>Self Care Sunday</div> <div>MAY 7, 14, 21 & 28</div> <div>10 am to 12 pm Chair, Chi & Prana with Melissa Meditation with Paula & Virtual Reiki @ 5 pm</div>