

<div> <div>  <div> CENTER FOR AGELESS LIVING 2600 Netherland Avenue, Bronx, NY 10463 (718) 884-5900 rssny.org </div> </div> <div> <div> RSS: Center for Ageless Living 2600 Netherland Avenue, Bronx, NY 10463 718-884-5900 </div> <div> FEBRUARY 2023 Funded in part by the NYC Department for the Aging Online Classes www.rssny.org </div> </div> </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div> Self Care Sunday February 5, 12, 19 & 26 10 am to 12 pm Chair, Chi & Prana with Melissa Meditation with Paula & Virtual Reiki @ 5 pm </div> </div>	<div>  <div> COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS) </div> </div>	<div> 1 GROUNDHOG DAY 9:00-12:00 Open Art Studio 9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Women's Group w/Susan 11:00 NEW: Exercise for Mobility 11:00 COVID Support Group 11:00 Changing Habits Workshops with Lori (Canceled) 11:00 Concerts in Motion: Russian 12:00 Lunch 1:00 Concert in Motion: Chinese 1:00 Movie: Father of the Bride 1:00 Mah Jongg 1:00 Caregiver Support Group <div>   </div> </div>	<div> 2 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech How To's: Reviewing Settings & Reminders 12:00 Concerts in Motion: Latin 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Chair Exercise with Eva 1:00 Drama Club 1:15 Pot Luck w/ Community Garden (Invite Only) 2:00 Tai Chi with Bill 2:30 Watercolor with April </div>	<div> 3 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:00 Concerts in Motion: Latin Music 1:00 Guided Meditation 1:00 Silver Dance Class 2:00 Beginners Bridge </div>
<div> 6 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 Event w/Tim 1:00 Mah Jongg 1:00 MET: "The African Origin of Civilization" 1:00 Fall Prevention Program with Columbia O.T. Students: Outdoor Hazards 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan </div>	<div> 7 9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 10:00 Importance of Having a Power of Attorney 11:00 Tech How To's: Password Management 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 3:30 Horace Mann Service Learning Team—Art & Chat 4:00 Bridge with Audrey </div>	<div> 8 9:00-12:00 Open Art Studio 9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Women's Group w/Susan 11:00 NEW: Exercise for Mobility 11:00 Changing Habits Workshops with Lori 11:00 Concerts in Motion: Russian 12:00 Lunch 1:00 Concert in Motion: Chinese 1:00 Presentation: In Honor of Black History Month 1:00 Mah Jongg 1:00 Caregiver Support Group 5:00 Guided Meditation w/Barbara <div>  </div> </div>	<div> 9 10:00 Knitting Club 11:00 Tech How To's: Password Management 11:00 Acrylic with Ira 11:00 Folk Dancing 11:00 Who knows your wishes-Healthcare Proxy 12:00 Concerts in Motion: Latin 12:00 Lunch 1:00 Grief Support Group with Susan 1:00 Crafting w/Recyclables 1:00 Chair Exercise with Eva 1:00 Black Citizenship in the Age of Jim Crown- NY Historical Society 1:00 Drama Club 2:00 Tai Chi with Bill 2:30 Watercolor with April Historical Society 1:00 Jim Crown- NY Historical Society 2:30 Watercolor with April </div>	<div> 10 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Creative Writing 11:00 Social Action 11:00 Feldenkrais 12:00 Lunch 12:00 Opera/Ballet Don Quixote, Minkus 12:00 Concerts in Motion: Latin Music 1:00 Savvy Solos 1:00 Silver Dance Class 2:00 Beginners Bridge </div>
<div> 13 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 Event w/Tim 1:00 Mah Jongg 1:00 Fall Prevention Program with Columbia O.T. Students: Proper Footwear 1:00 Defner Museum: Modern Ritual 1:00 Current Events with Tim 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan </div>	<div> 14 VALENTINE'S DAY Wear RED – Lets' Celebrate Ourselves on 9:00 Qi Gong with Bruce 9:30 Breakfast Club 10:00 Health Mgt./B.P. 10:00 Scrubs & Rubs 11:00 Tech How To's: Security Settings iPhone 11:00 Trivia 12:00 Lunch 1:00 Concerts in Motion: Jewish/Klezmer (Holocaust Survivor Series) 2:00 Silver Dance Expo 1:00 Collage Class w/Annellen 1:00 Coloring Books 2:00 Tasting & Oracle readings 2:00 Belly Dancing 3:00 Chair Yoga for Joint Health w/Kathleen 3:30 Horace Mann Service Learning Team—Art & Chat 4:00 Bridge with Audrey </div>	<div> 15 9:00-12:00 Open Art Studio 9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Women's Group w/Susan 11:00 Changing Habits Workshops with Lori 11:00 NEW: Exercise for Mobility 11:00 Concerts in Motion: Russian 11:00 RSS Book Club: 12:00 Lunch 1:00 Concert in Motion: Chinese 1:00 Movie: Everything Everywhere All At Once 1:00 Mah Jongg 1:00 Let's Talk Vegetables 1:00 Caregiver Support Group <div>  </div> </div>	<div> 16 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech How To's: Security Settings iPhone 12:00 Concerts in Motion: Latin 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Preserving and Protecting your Hearing—Center for Hearing Comm. 1:00 Chair Exercise with Eva 1:00 Drama Club 2:00 Tai Chi with Bill 2:30 Watercolor with April </div>	<div> 17 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:00 Concerts in Motion: Latin Music CENTER CLOSES 2PM </div>
<div> 20 CENTER CLOSED PRESIDENTS' DAY  </div>	<div> 21 FAT TUESDAY 9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 11:00 Trivia 11:00 Tech How To's: Security Setting for Androids 12:00 Lunch (Salmon) 1:00 Concerts in Motion: Jewish/Klezmer (Holocaust Survivor Series) 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:30 Cooking Artfully 3:00 Chair Yoga for Joint Health w/Kathleen 4:00 Bridge with Audrey </div>	<div> 22 ASH WEDNESDAY 9:00-12:00 Open Art Studio 9:30 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Women's Group w/Susan 11:00 Changing Habits Workshops with Lori 11:00 NEW: Exercise for Mobility 11:00 Concerts in Motion: Russian 12:00 Lunch 1:00 Concert in Motion: Chinese 1:00 Movie: Glass onion 1:00 Mah Jongg 1:00 Lets' Talk Vegetables 2:00 Conversation of the Spirit Kinneret with Rabbi Frank 2:30 Pet Therapy w/ Foo Foo <div>  </div> </div>	<div> 23 10:00 Knitting Club 11:00 Folk Dancing 11:00 NEW: Acrylic with Ira 11:00 Tech How To's: Security Settings for Androids 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 </div>	<div> 24 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 NEW: Galaxy Tablet Class for Beginners 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:00 Opera/Ballet Music Appreciation: Antonio Vivaldi 12:00 Concerts in Motion: Latin Music 1:00 RSS Cooking Club—Chocolate not just Dessert 2:00 Beginners Bridge </div>
<div> 27 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 Fall Prevention Program with Columbia O.T. Students: Medication Management 1:00 Current Event w/Tim 1:00 Mah Jongg 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan </div>	<div> 28 BIRTHDAY PARTY 9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P 11:00 Tech How To's: Tips to Save Battery 11:00 Trivia 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 1:00 Doctor is In: Antiflammatory 2:00 Belly Dancing 3:00 Chair Yoga for Joint Health w/Kathleen 4:00 Bridge with Audrey </div>	<div> <div>  </div> </div>	<div> <div> <div> KEY: Red—Virtual Black—Onsite Blue—Hybrid Green—Outside </div> </div> </div>	
RSS RESERVES THE RIGHT TO MAKE CHANGES. Due to the nature of virtual programming additional program offerings may be added.				