

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS) WITH CAROLINE</b></p> <p><b>KEY:</b> Red—Virtual Black—Onsite Blue—Hybrid Green—Outside</p>	<p>MUSIC APPRECIATION APRIL 5 ENRICO CARUSO, ITALIAN TENOR</p>	<p>1 PASSOVER BEGINS (1-9) 9:00 Breakfast Club 10:00 Women's Empowerment Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Group w/ G.G. 1:00 Journaling, for Creatives During Difficult Times 1:30 Movie: PRINCE OF EGYPT 3:00 EFT Tapping with Margo (Canceled)</p>	<p>2 9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 2:30 Guided Meditation &amp; Reiki w/Barbara 2:30 Watercolor with April</p>	<p>3 GOOD FRIDAY 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p> <p>EASTER SUNDAY APRIL 5</p> 
<p>6 10:00 Leisure Games-Canasta, Mah Jongg 10:00 Get Fit with Stuart 10:15 Trip: Walmart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan-out 12:45 Duplicate Bridge 1:00 Current Events 1:30 Chair Chi Prana w/ Melissa 2:00 The Bronx 250 Tapestry: A Community Art Project 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan-Out</p>	<p>7 10:00 Qi Gong with Bruce 10:00 Trip Committee Mtg. 10:00 Memoir Writing 11:00 Technology Group 11:00 Total Body Sculpt w/Sarah 11:00 Brain Booster/Trivia 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Technology Group Training with Caroline: Translating &amp; keyboard 2:30 Journaling, for Creatives During Difficult 1:00 Collage Class w/Annellen 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>8 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Journaling, for Creatives During Difficult Times 1:00 My Favorite Things: w/Johann 2:00 Movie: EASTER PARADE 3:00 EFT Tapping with Margo</p>	<p>9 9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Program: Holocaust Remembrance with Cheryl 2:30 Watercolor with April</p>	<p>10 NAT'L HUMOR MONTH 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Laughing Yoga 11:00 Feldenkrais 11:45 Trip: Dinosaur BBQ 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Presentation: "Bad" Poetry (or Short Story) 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p> <p>GREEK ORTHODOX EASTER</p>
<p>13 10:00 Leisure Games-Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events -Cancel 1:30 Chair Chi Prana w/ Melissa 2:00 The Bronx 250 Tapestry: A Community Art Project 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>14 10:00 Qi Gong with Bruce 10:00 Trip Committee Mtg. 10:00 Memoir Writing 11:00 Technology Group 11:00 Total Body Sculpt w/Sarah 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annellen 1:00 Technology Group Training with Caroline: unsubscribe from Spam emails &amp; Scams 1:00 Coloring Books 2:30 Journaling, for Creatives During Difficult 3:00 Chair Yoga for Joint Health w/Kath</p>	<p>15 TAX DAY 9:00 Breakfast Club 10:00 Women's Empowerment Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Group w/ G.G. 1:00 Journaling, for Creatives During Difficult Times 1:00 My Favorite Things: w/Johann 1:15 Presentation: Santiago Calatrava's fascinating architecture with Sylvia Laudien-Meo 1:30 Movie: CHOCOLAT 3:00 EFT Tapping with Margo</p>	<p>16 9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 1:15 Photovoice &amp; Color Therapy w/SW Interns 2:15 Presentation: Wyeth's World- Three Generations of American Artists by Phoenix Museum 2:30 Watercolor with April</p>	<p>17 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Presentation: Benefits for Older Adults by LiveOn 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p>
<p>20 10:00 Leisure Games-Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:30 Chair Chi Prana w/ Melissa 2:00 The Bronx 250 Tapestry: A Community Art Project 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>21 BAKE SALE 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Technology Group 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Technology Group Training with Caroline: Password Management 1:00 Advisory Council Meeting 2:30 Journaling, for Creatives During Difficult 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>22 BIRTHDAY PARTY 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment Group w/G.G. 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 BIRTHDAY PARTY 1:00 Journaling, for Creatives During Difficult Times 1:00 Movie: Cancelled 2:30 Culinary Healing: Earth Day Nourishment with Meredith 3:00 EFT Tapping with Margo</p>	<p>23 9:30 Horace Mann 11th Grade Service Learning 9:45 Chair Yoga 10:00 Knitting Club 10:00 The Green Bronx Blueprint: 100yrs of Urban Vision 10:45 Trip: Hispanic Society of America 12:00 Concerts in Motion: Coffeehouse Thursday 12:00 Lunch 1:00 Chorus w/Cheryl 1:00 Folk Dancing 1:15 Photovoice &amp; Color Therapy w/SW Interns 2:30 Watercolor -w/April</p>	<p>24 9:00 Breakfast Club 1:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Presentation: Alcohol Awareness by Montefiore 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p>
<p>27 10:00 Leisure Games-Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:30 Chair Chi Prana w/ Melissa 2:00 The Bronx 250 Tapestry: A Community Art Project 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>28 10:00 Memoir Writing 10:00 Total Body Sculpt /Sarah 11:00 Technology Group 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 12:00 Volunteer Appreciation (Invite Only!) 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Technology Group Training with Caroline: Facebook &amp; AI 2:30 Journaling, for Creatives During Difficult 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>29 9:00 Breakfast Club 10:00 Women's Empowerment Group w/GG 10:00 Pastels w/Daniel Hauben 10:30 Art Deco Presents: 42nd Street East to West 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 My Favorite Things: w/Johann 1:00 Journaling, for Creatives During Difficult Times 1:15 Nutrition with NY Presbyterian 1:15 Culinary Healing: Comfort Cake Pops &amp; Cupcakes with Meredith 2:45 Movie: TBD 3:00 EFT Tapping with Margo</p>	<p>30 9:00 Chair Yoga w/ Anita 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Trip: Da Gennaro's 12:00 Concerts in Motion: Coffeehouse Thursday 12:00 Lunch 1:00 Chorus W/Cheryl 1:15 Photovoice &amp; Color Therapy w/SW Interns 2:30 Watercolor -w/April</p>	