



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 11:00 Poetry with Robert 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 1:00 Leisure Games-Mah Jongg w/Marina 3:30 Balance Training with Peggy Levine 4:00 Ballroom & Latin Dance Class for Adults55+ - At Marble Hill Playground 4:45 Writing with Susan</p>	<p>2 9:00 Qi Gong with Bruce 10:00 Memoir Writing 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 Exercise With Eva 1:00 Concert in Motion: Jewish/Klezmer 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>3 4TH OF JULY CELEBRATION LUNCH 9:00 Breakfast Club 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 10:45 Trip: American Dream Mall 11:00 EFT Tapping with Margot 11:00 Exercise for Mobility 12:00 Lunch 12:00 Open Art Studio 1:00 Concerts in Motion: Chinese 1:00 Movie: TBD 1:00 Caregivers Support Group 1:00 Leisure Games-Mah Jongg</p>	<p>4 CENTER CLOSED</p> 	<p>5 CENTER CLOSED</p>
<p>8 10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 11:00 Poetry with Robert 11:00 Art with Linda 11:15 Trip: Stew Leonard's/Costco 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 1:00 Leisure Games-Mah Jongg w/Marina 3:30 Balance Training with Peggy Levine 4:00 Ballroom & Latin Dance Class for Adults55+ - At Marble Hill Playground 4:45 Writing with Susan</p>	<p>9 9:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Trip Committee mtg. 11:00 Tech how to: Smartphone Basics Part 1 Calls 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 Exercise With Eva 1:00 Concert in Motion: Jewish/Klezmer 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>10 9:00 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 10:45 Trip: Tour of Gracie Mansion 11:00 EFT Tapping with Margot 11:00 Exercise for Mobility 12:00 Lunch 1:00 Acrylic Studio 1:00 Klezmer Concert! Ben Sutin & Ben Rosenblum 1:00 Concerts in Motion: Chinese 1:00 1:00 Savvy Solos 1:00 Leisure Games-Mah Jongg 3:00 Presentation: Introduction to Over-the-Counter Hearing Aids 5:00 Guided Meditation w/Barbara</p>	<p>11 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Walking Club w/Maritza 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how to: Smartphone Basics Part 1 Calls 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Bingo w/Michael 1:00 Crafting w/Recyclables 2:30 Watercolor with April</p>	<p>12 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Creative Writing 11:00 Feldenkrais 11:30 Trip: Eileen Country Kitchen 12:00 Lunch 12:00 Music Appreciation: Antonin Dvorak 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Guided Meditation & Reiki w/Barbara 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge 3:00 RSS Garden</p>
<p>15 10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 11:00 Poetry with Robert 11:00 Art with Linda 10:45 Trip: Wegman 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 1:00 Presentation: Women's Work NY Historical Society 1:00 Leisure Games-Mah Jongg w/Marina 3:30 Balance Training with Peggy Levine 4:00 Ballroom & Latin Dance Class for Adults55+ - At Marble Hill Playground 4:45 Writing with Susan</p>	<p>16 BAKE SALE 9:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Tech how to: Smartphone Basics Part 2 Texts 11:00 Brain Booster/Trivia 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Belly w/Noora 1:00 Concert in Motion: Jewish/Klezmer 3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>17 9:00 Breakfast Club 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Exercise for Mobility 11:00 EFT Tapping with Margot 11:00 Trip: Trader Joes' 12:00 Lunch 1:00 Acrylic Studio 1:00 Movie: TBD 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Support Group 5:00 Presentation & Conversation with The Phoenix Museum : Africa meets the West!</p>	<p>18 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Walking Club w/Maritza 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how to: Smartphone Basics Part 2 Texts 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Bingo w/Michael 1:00 Crafting w/Recyclables 1:00 Financial Mastery Series: w/Wayne Quinn 2:30 Watercolor with April</p>	<p>19 10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Presentation: Emergency Preparedness by Citizen Preparedness Corp. 11:00 Creative Writing 11:00 Feldenkrais 11:15 Trip: Carlos Italian Rest. 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Nutrition: Summer Eating with Maudene 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge 3:00 RSS Garden</p>
<p>22 10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 11:00 Poetry with Robert 11:00 Art with Linda 10:45 Trip: MET - (Art Class trip) 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 1:00 Leisure Games-Mah Jongg w/Marina 3:30 Balance Training with Peggy Levine 4:00 Ballroom & Latin Dance Class for Adults55+ - At Marble Hill Playground 4:45 Writing with Susan</p>	<p>23 10:00 Memoir Writing 11:00 Tech how to: Smartphone Basics Part 3 Customization 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 Belly Dancing w/Noora 1:00 Concert in Motion: Jewish/Klezmer 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>24 BIRTHDAY PARTY 9:00 Breakfast Club 9:30 Self-Massage w/Kathleen 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 EFT Tapping with Margot 11:00 Exercise for Mobility 12:00 Lunch 1:00 Acrylic Studio 1:00 Birthday Party 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg</p> 	<p>25 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Walking Club w/Maritza 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how to: Smartphone Basics Part 3 Customization 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Social Action 1:00 Menu committee 2:30 Watercolor with April</p>	<p>26 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:45 Trip: Dinosaur Bar-B-Que 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 Gardening 2:00 Leisure Games-Beginners Bridge 3:00 RSS Garden</p>
<p>29 10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 11:00 Poetry with Robert 11:00 Art with Linda 11:45 Trip: Micro Center (Tech Trip) 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 1:00 Horticultural Wellness Workshop: 1:00 Leisure Games-Mah Jongg w/Marina 3:30 Balance Training with Peggy Levine 4:00 Ballroom & Latin Dance Class for Adults55+ - At Marble Hill Playground 4:45 Writing with Susan</p>	<p>30 10:00 Memoir Writing 11:00 Tech how to: Review 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Open Mic : Memoir & Poetry class 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Concert in Motion: Jewish/Klezmer 1:15 Gardens of NW Bronx by Riverdale Neighborhood House 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>31 9:00 Breakfast Club 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 10:30 Trip: Union Square Greenmarket 11:00 EFT Tapping with Margot 11:00 Exercise for Mobility 12:00 Lunch 1:00 Acrylic Studio 1:00 Movie: TBD 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg</p>	 <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)</p> </div>	 <p style="text-align: center;">SELF CARE SUNDAY</p> <p style="text-align: center;">JULY 7, 14, 21 & 28</p>