

3:30 Balance Training

with Peggy Levine

Class for Afults55+ -

At Marble Hill Playground 4:45 Writing with Susan

4:00 Ballroom & Latin Dance

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

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

Monday Wednesday **Friday** Tuesday Thursday 4TH OF JULY CELEBRATION LUNCH 4 5 10:00 Leisure Games-Canasta 9:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Get Fit with Stuart 9:00 Breakfast Club 11:00 Brain Booster/Trivia 11:00 Poetry with Robert 10:00 Women's Group w/GG 11:00 Art with Linda 12:00 Lunch 10:00 Pastels w/Daniel Hauben **CENTER CLOSED CENTER CLOSED** 12:00 Lunch **Concerts in Motion:** 10:45 Trip: American Dream Mall 12:00 11:00 EFT Tapping with Margot 11:00 Exercise for Mobility Songbook Tuesday 12:00 Concerts in Motion: 1:00 Collage Class w/Annelen Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Coloring Books 12:00 Lunch 12:00 Open Art Studio 1:00 Exercise With Eva Happy 4<sup>th</sup> of July! 1:00 Current Events w/Tim **Concert in Motion:** 1:00 Concerts in Motion: Jewish/Klezmer 1:00 Leisure Games-Chinese Mah Jongg w/Marina Chair Yoga for Joint Health w/Kathleen 1:00 Movie: TBD 3:00 3:30 Balance Training
with Peggy Levine
4:00 Ballroom & Latin Dance 1:00 Caregivers Support Group 1:00 Leisure Games-Mah Jongg Class for Afults55+ · **At Marble Hill Playground** 4:45 Writing with Susan 10 11 9:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Leisure Games-Canasta 9:00 Breakfast Club 9:30 **Conversational English** 10:00 Get Fit with Stuart 9:30 Self-Massage w/Kathleen 10:00 Sculpture Class 10:00 Get Fit with Stuart 9:45 Chair Yoga w/ Anita 10:00 Trip Committee mtg.
11:00 Tech how to: Smartphone 10:00 Walking Club w/Maritza 10:00 Knitting Club 11:00 Creative Writing 11:00 Feldenkrais 11:00 Poetry with Robert 11:00 Art with Linda 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Folk Dancing **Basics Part 1 Calls** 11:30 Trip: 11:15 Trip: 10:45 Trip: Tech how to: Smartphone Basics Part 1 Calls **Eileen Country Kitchen** Tour of Gracie Mansion **Stew Leonard's/Costco** 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Lunch 11:00 EFT Tapping with Margot 12:00 Lunch Concerts in Motion: 11:00 Exercise for Mobility 12:00 Lunch 12:00 Music Appreciation: 12:00 Concerts in Motion: 12:00 Meditative Mondays
12:30 Write On! w/ Susan
12:45 Duplicate Bridge w/Rich Concerts in Motion: Coffeehouse Thursday Bingo w/Michael Antonin Dvorak Songbook Tuesday 12:00 Lunch 12:00 1:00 Acrylic Studio 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 Collage Class w/Annelen 1:00 Klezmer Concert! 1:00 1:00 Coloring Books Crafting w/Recyclables 1:00 Current Events w/Tim 1:00 Exercise With Eva Ben Sutin & Ben Rosenblum 1:00 2:00 **Guided Meditation & Watercolor with April** 1:00 Leisure Games-**Concert in Motion:** 1:00 Concerts in Motion: 2:30 Reiki w/Barbara Mah Jongg w/Marina Jewish/Klezmer Chinese 2:00 Concerts in 1:00 1:00 Savvy Solos 1:00 Leisure Games-Mah Jongg 3:30 Balance Training with Peggy Levine **Motion: Celebration Friday** Chair Yoga for 2:00 Leisure Games-Joint Health w/Kathleen 4:00 Ballroom & Latin Dance **Beginners Bridge** 3:00 Presentation: Class for Afults55+ -3:00 RSS Garden Introduction to At Marble Hill Playground Over-the0counter Hearing Aids 4:45 Writing with Susan 5:00 Guided Mediation w/Barbara 15 **BAKE SALE** 17 18 10:00 Leisure Games-Canasta 9:00 Qi Gong with Bruce 10:00 Memoir Writing **Conversational English** 9:30 10:00 Get Fit with Stuart 9:45 Chair Yoga w/ Anita 10:00 Walking Club w/Maritza 9:00 Breakfast Club 10:00 Sculpture Class 10:00 Get Fit with Stuart 11:00 Tech how to: Smartphone Basics Part 2 Texts 10:00 Presentation: 11:00 Poetry with Robert 10:00 Women's Group w/GG 11:00 Art with Linda 10:00 Knitting Club 10:00 Pastels w/Daniel Hauben **Emergency Preparedness by** 10:45 Trip: Wegman 11:00 Brain Booster/Trivia 11:00 Exercise for Mobility 11:00 Folk Dancing Citizen Preparedness Corp. 12:00 Lunch **Concerts in Motion:** 11:00 EFT Tapping with Margot 11:00 Trip: Trader Joes' 12:00 Lunch 11:00 Creative Writing 12:00 11:00 Tech how to: Smartphone 11:00 Feldenkrais 11:15 Trip: Songbook Tuesday **Basics Part 2 Texts** 12:00 Concerts in Motion: 12:00 Lunch 12:00 Lunch **Meditative Mondays** 1:00 Collage Class w/Annelen 1:00 Acrylic Studio **Concerts in Motion:** 12:30 Write On! w/ Susan 12:00 Carlos Italian Rest. 12:45 Duplicate Bridge w/Rich 1:00 Coloring Books 1:00 Movie: TBD Coffeehouse Thursday 12:00 Lunch Belly w/Noora 1:00 Current Events w/Tim 1:00 Concerts in Motion: 1:00 Bingo w/Michael 12:45 Non ACBL Duplicate 1:00 Presentation: **Concert in Motion:** Crafting w/Recyclables Bridge w/Rich Chinese 1:00 **Financial Mastery Series:** Women's Work Jewish/Klezmer 1:00 Leisure Games-Mah Jongg 1:15 Nutrition: 1:00 **NY Historical Society Chair Yoga for** w/Wayne Quinn Summer Eating with Maudene 3:00 1:00 Caregivers Support Group Joint Health w/Kathleen 1:00 Leisure Games-**Presentation & Conversation** 2:30 **Watercolor with April** Mah Jongg w/Marina 2:00 Concerts in with The Phoenix Museum: 3:30 Balance Training **Africa meets the West! Motion: Celebration Friday** with Peggy Levine 2:00 Leisure Games-4:00 Ballroom & Latin Dance **Beginners Bridge** Class for Afults55+ -3:00 RSS Garden At Marble Hill Playground 4:45 Writing with Susan **BIRTHDAY PARTY** 10:00 Leisure Games-Canasta 9:00 Breakfast Club 10:00 Memoir Writing 9:30 10:00 Get Fit with Stuart Conversational English 9:45 Chair Yoga w/ Anita 10:00 Walking Club w/Maritza 10:00 Get Fit with Stuart 11:00 Tech how to: Smartphone 9:30 Self-Massage w/Kathleen 10:00 Sculpture Class Basics Part 3 Customization 11:00 Poetry with Robert 10:00 Women's Group w/GG 11:45 Trip: 11:00 Art with Linda 11:00 Brain Booster/Trivia 10:00 Pastels w/Daniel Hauben 10:00 Knitting Club **Dinosaur Bar-B-Que** 10:45 Trip: MET -(Art Class trip) 11:00 Folk Dancing 11:00 EFT Tapping with Margot 11:00 Exercise for Mobility 11:00 Creative Writing 12:00 Lunch 11:00 Feldenkrais Tech how to: Smartphone Basics Part 3 Customization **Concerts in Motion:** 12:00 12:00 Lunch 12:00 Lunch 12:00 Lunch Songbook Tuesday 12:00 Concerts in Motion: 12:45 Non ACBL Duplicate 1:00 Collage Class w/Annelen 1:00 Acrylic Studio 12:00 Concerts in Motion: **Meditative Mondays** 1:00 **Coloring Books** 1:00 Birthday Party **Coffeehouse Thursday** Bridge w/Rich Belly Dancing w/Noora Concert in Motion: 12:30 Write On! w/ Susan 1:00 Concerts in Motion: Crafting w/Recyclables 2:00 Concerts in 12:45 Duplicate Bridge w/Rich **Motion: Celebration Friday** 1:00 Chinese 1:00 Current Events w/Tim Jewish/Klezmer 2:00 Gardening 1:00 Leisure Games-Mah Jongg Menu committee 1:00 3:00 **Chair Yoga for Watercolor with April** 1:00 Leisure Games-2:00 Leisure Games-2:30 Mah Jongg w/Marina Joint Health w/Kathleen **Beginners Bridge** Balance Training with Peggy Levine BIRTHDAY 4:00 Ballroom & Latin Dance Class for Afults55+ -At Marble Hill Playground 4:45 Writing with Susan 10:00 Leisure Games-Canasta 9:00 Breakfast Club 10:00 Memoir Writing iffer 10:00 Get Fit with Stuart 11:00 Tech how to: Review 10:00 Women's Group w/GG 11:00 Brain Booster/Trivia 10:00 Pastels w/Daniel Hauben 11:00 Poetry with Robert Sundays 11:00 Art with Linda 12:00 Lunch 10:30 Trip: 11:45 Trip: Micro Center **Concerts in Motion: Union Square Greenmarket** 12:00 (Tech Trip) Songbook Tuesday 11:00 EFT Tapping with Margot 1:00 Open Mic :
Memoir & Poetry class
1:00 Collage Class w/Annelen 11:00 Exercise for Mobility 12:00 Lunch 12:00 Concerts in Motion: 12:00 Lunch 1:00 Acrylic Studio Meditative Mondays 1:00 Coloring Books 1:00 Movie: TBD 12:30 Write On! w/ Susan **SELF CARE** 12:45 Duplicate Bridge w/Rich **Concert in Motion:** 1:00 Concerts in Motion: **SUNDAY** 1:00 Current Events w/Tim Jewish/Klezmer Chinese **COMPUTER HELP** 1:00 Horticultural Wellness 1:00 Leisure Games-Mah Jongo 1:15 Gardens of NW Bronx by JULY Workshop: AND Riverdale Neighborhood House 7, 14, 21 & 28 **LAB** 1:00 Leisure Games-3:00 Chair Yoga for KEY: Mah Jongg w/Marina **AVAILABLE** Joint Health w/Kathleen

Red-Virtual

**Black-Onsite** 

Blue-Hybrid

Green-Outside

10:00 TO 4:00

(BY APPOINTMENTS)