



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>LABOR DAY CENTER CLOSED</p> 	<p>3</p> <p>10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Tech how To: Intro to Facebook 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Exercise With Eva 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>4</p> <p>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 Margo 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Group w/GG</p>	<p>5</p> <p>9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how To: Intro to Facebook 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 2:30 Watercolor with April</p>	<p>6</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Creative Writing 11:00 Feldenkrais 11:15 Trip: Sammy's 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 1:30 Leisure Games-Beginners Bridge 2:00 Guided Meditation</p>
<p>9</p> <p>10:00 Leisure Games-Canasta W/Marina 10:00 Get Fit with Stuart 11:00 Poetry with Robert 11:00 Tap Dancing w/Maria 11:00 Art with Linda 11:15 Trip: Costco/Stew Leonard's 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 Derfner Presentation: Modern Rituals 1:00 Leisure Games-Mah Jongg w/Marina 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>10</p> <p>10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Trip Committee mtg. 11:00 Tech how To: Intro to Instagram 11:00 Brain Booster/Trivia 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen (Cancelled) 1:00 Coloring Books 1:00 Menu Committee 1:00 Exercise With Eva 3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>11</p> <p>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 Margo 11:00 Exercise for Mobility 11:00 Trip: Ridgehill Mall 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:15 Presentation: NW Bronx Garden Series-Schervier Community Gardens 2:00 Art Exhibit: Nature Inspired Art by Schervier Gardeners</p>	<p>12</p> <p>9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how To: Intro to Instagram 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Screening: What if Women Ruled the World? The Judy Chicago Project: Screening & Overview 2:30 Watercolor with April</p> 	<p>13</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Creative Writing 11:00 Feldenkrais 11:00 Social Action 11:30 Trip: Enzo Restaurant 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 1:30 Leisure Games-Beginners Bridge</p>
<p>16</p> <p>10:00 Leisure Games-Canasta W/Marina 10:00 Get Fit with Stuart 11:00 Poetry with Robert 11:00 Tap Dancing w/Maria 11:00 Art with Linda 10:15 Trip: Walmart 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 4:45 Writing with Susan</p>	<p>17</p> <p>10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Tech How to: Facebook and Instagram privacy settings 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annelen (Cancelled) 1:00 Coloring Books 1:00 Advisory Council Mtg. 1:00 Belly Dancing 2:00 Gardens of the NW Bronx: Outer Seed Shadow in Marble Hill 3:00 Chair Yoga for Joint Health w/Kathleen</p> 	<p>18</p> <p>18 Birthday Party 9:00 Breakfast Club 9:00 End of Summer Jewelry Sale 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 EFT Tapping with Margo 11:00 Exercise for Mobility 11:15 Trip: Trade Joe's 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Birthday Party w/DJ 1:00 Leisure Games-Mah Jongg</p> 	<p>19</p> <p>9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech How to: Facebook and Instagram privacy settings 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Live-On- Learn about Benefits & Entitlements 2:30 Watercolor with April</p>	<p>20</p> <p>10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Feldenkrais 11:00 Creative Writing 10:45 Patricia's Restaurant 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 Screening: The Golden Bachelorette 2:00 Concerts in Motion: Celebration Friday 1:30 Leisure Games-Beginners Bridge</p>
<p>22-23</p> <p>50TH CELEBRATION</p> <p>SUNDAY SEPTEMBER 22nd 9:00-3:00</p> <p>RSS Cookbook Launch Bingo with a Twist Movie : Inside Out Art Exhibit-ADAP</p> <p>MONDAY SEPTEMBER 23rd</p> <p>8:30-4:30 Community Resource Tables Catalyst Awards Mini RSS Classes Concert in Motion</p>	<p>24</p> <p>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 Memoirs & Poetry Open Mic 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Belly Dancing w/Noora 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>25</p> <p>9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Health Mgmt./B.P. 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 EFT Tapping with Margo 11:00 Exercise for Mobility 10:30 Trip: Schervier Community Gardens Tour 12:00 Lunch 1:00 Fall Prevention Day Presentation 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Group w/GG</p>	<p>26</p> <p>9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech how to: Review 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Social Action w/GG NYPH Mobile Crisis Team 2:00 Hudson Rehab Nutrition & Bone Health 2:30 Watercolor with April</p> 	<p>27</p> <p>9:00-2:00 One-on-One Screening for Benefits and Entitlements with GG 10:00 Get Fit with Stuart 10:00 Sculpture Class 10:15 Rubin Museum 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 1:30 Leisure Games-Beginners Bridge</p>
<p>30</p> <p>10:00 Leisure Games-Canasta W/Marina 10:00 Get Fit with Stuart 11:00 Poetry with Robert 11:00 Tap Dancing w/Maria 11:00 Art with Linda 10:45 Trip: MET Trip for Art Class 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Duplicate Bridge w/Rich 1:00 Horticultural Wellness Workshop 1:00 Current Events w/Tim 1:00 Leisure Games-Mah Jongg w/Marina 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	 <p>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>KEY: Red-Virtual Black-Onsite Blue-Hybrid Green-Outside</p> </div>	<p>MUSIC APPRECIATION WITH DIANA SEPTEMBER 8TH PLACIDO DOMINGO @ 5:00PM</p> <p>SELF CARE SUNDAY</p> <p>CHAIR/CHI/PRANA W/MELISSA SEPTEMBER 8, 15, 22 & 29 @ 11:00 AM</p> <p>VIRTUAL REIKI @ 5:00 PM</p>	