

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>10:00 Canasta</div> <div>10:00 Get Fit with Stuart</div> <div>10:00 Current Events</div> <div>10:45 Chair Yoga w/Neem</div> <div>11:00 Poetry with Robert</div> <div>11:00 Exercise for Mobility</div> <div>12:00 Lunch</div> <div>12:30 Write On! w/ Susan</div> <div>12:45 Bridge w/Rich</div> <div>1:00 Mah Jongg</div> <div>2:00 Tai Chi with Bill</div> <div>3:30 Balance Training with Peggy Levine</div> <div>4:45 Writing with Susan</div>	<div>3</div> <div>9:00 Qi Gong with Bruce</div> <div>10:00 Sages for the Ages</div> <div>10:00 Health Mgt./B.P.</div> <div>11:00 Brain Games</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Jazz</div> <div>1:00 Chair Pilates w/Eva</div> <div>1:00 Silver Shoes Dance Class</div> <div>1:00 Collage Class w/Annelen</div> <div>1:00 Coloring Books</div> <div>1:00 Food for Life: The Power of Your Plate & Digestive Health</div> <div>3:00 Chair Yoga for Joint Health w/Kathleen</div> <div>5:30 Historic Harlem: A curated Virtual Travel through the Neighborhood.</div>	<div>4</div> <div>9:00-12:00 Open Art Studio</div> <div>9:30 Self-Massage w/Kathleen</div> <div>10:00 Trip: Trader Joe</div> <div>10:00 Life Transitions Group for Women w/Susan</div> <div>11:00 COVID Support Group w/Susan & Selina</div> <div>11:00 Yoga Fusion</div> <div>12:00 Lunch</div> <div>1:00 Mah Jongg</div> <div>1:00 Tech: How to email</div> <div>1:00 Caregiver Support Group for Spouses with Selina</div> <div>2:30 Blissfit with Kim</div> <div>4:00 Bridge with Audrey</div>	<div>5</div> <div>10:00 Knitting Club</div> <div>11:00 Belly Dancing w/ Noora</div> <div>12:00 Lunch</div> <div>1:00 Crafting w/Recyclables</div> <div>1:00 Grief Support Group with Susan</div> <div>1:00 Chair Exercise with Eva</div> <div>1:00 Concerts in Motion: Klezmer</div> <div>1:00 Drama Club</div> <div>2:00 Tai Chi with Bill</div> <div>2:30 Watercolor with April</div> <div>5:00 Guided Meditation with Barbara</div>	<div>6</div> <div>9:00 Modular Qi Gong</div> <div>10:00 Get Fit with Stuart</div> <div>10:00 Trip: Ridgehill Mall</div> <div>10:00 Gardening</div> <div>10:00 Sculpture Class</div> <div>10:00 Opera/Ballet Musical Notre-Dame De Paris, R. Coccianti</div> <div>11:00 Feldenkrais with Dorota</div> <div>11:00 Creative Writing</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Latin Music</div> <div>1:00 Silver Shoes Dance Class</div> <div>2:00 Beginners Bridge</div>
<div>9</div> <div>10:00 Canasta</div> <div>10:00 Get Fit with Stuart</div> <div>10:00 Current Events</div> <div>10:45 Chair Yoga w/Neem</div> <div>11:00 Poetry with Robert</div> <div>11:00 Exercise for Mobility</div> <div>11:00 Tips to help you Travel Independently & Safely with Low Vision</div> <div>12:00 Lunch</div> <div>12:30 Write On! w/ Susan</div> <div>12:45 Bridge w/Rich</div> <div>1:00 Mah Jongg</div> <div>1:00 MET-Art Deco/Decorative Arts Museum Highlights</div> <div>2:00 Tai Chi with Bill</div> <div>3:30 Balance Training with Peggy Levine</div> <div>4:45 Writing with Susan</div>	<div>10</div> <div>9:00 Qi Gong with Bruce</div> <div>10:00 Health Mgt./B.P.</div> <div>10:00 Finding Benefits/ Resources</div> <div>11:00 Brain Games</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Jazz</div> <div>1:00 Chair Pilates w/Eva</div> <div>1:00 Collage Class w/Annelen</div> <div>1:00 Coloring Books</div> <div>1:00 Silver Shoes Dance Class</div> <div>1:00 Food for Life: The Power of Food for Maximum weight control</div> <div>3:00 Chair Yoga for Joint Health w/Kathleen</div> <div>6:00 Ringling Bros. Thanks Mom: Images of Motherhood</div>	<div>11</div> <div>9:00-12:00 Open Art Studio</div> <div>9:30 Self-Massage w/Kathleen</div> <div>10:00 Trip: Union Square Market</div> <div>10:00 Life Transitions Group for Women w/Susan</div> <div>11:00 Yoga Fusion</div> <div>12:00 Lunch</div> <div>1:00 Women in Television with Evan Weiner</div> <div>1:00 Mah Jongg</div> <div>2:30 Blissfit with Kim</div> <div>4:00 Bridge with Audrey</div>	<div>12</div> <div>10:00 Knitting Club</div> <div>11:00 Belly Dancing w/ Noora</div> <div>12:00 Lunch</div> <div>1:00 Mothers' Day Celebration with DJ</div> <div>1:00 Crafting w/Recyclables</div> <div>1:00 Grief Support Group with Susan</div> <div>1:00 Chair Exercise with Eva</div> <div>1:00 Concerts in Motion: Klezmer</div> <div>1:00 Drama Club</div> <div>1:00 Guided Meditation</div> <div>2:00 Tai Chi with Bill</div> <div>2:30 Watercolor with April</div> <div>5:00 Guided Meditation with Barbara</div>	<div>13</div> <div>9:00 Modular Qi Gong</div> <div>10:00 Get Fit with Stuart</div> <div>10:00 Trip: Macy's</div> <div>10:00 Gardening</div> <div>10:00 Sculpture Class</div> <div>10:00 Opera/Ballet Opera Tosca, Puccini</div> <div>11:00 Feldenkrais with Dorota</div> <div>11:00 Creative Writing</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Latin Music</div> <div>1:00 Silver Shoes Dance Class</div> <div>1:00 Getting the proper nutrients with a plant based diet w/Maudene</div> <div>2:00 Beginners Bridge</div>
<div>16</div> <div>10:00 Canasta</div> <div>10:00 Get Fit with Stuart</div> <div>10:00 Current Events</div> <div>10:45 Chair Yoga w/Neem</div> <div>11:00 Poetry with Robert</div> <div>11:00 Exercise for Mobility</div> <div>12:00 Lunch</div> <div>12:30 Write On! w/ Susan</div> <div>12:45 Bridge w/Rich</div> <div>1:00 Mah Jongg</div> <div>1:00 Silver Dance Class</div> <div>2:00 Tai Chi with Bill</div> <div>3:30 Balance Training with Peggy Levine</div> <div>4:45 Writing with Susan</div>	<div>17</div> <div>9:00 Qi Gong with Bruce</div> <div>10:00 Health Mgt./B.P. (Cancelled)</div> <div>11:00 Brain Games</div> <div>11:30 Piano & Clarinet Concert</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Jazz</div> <div>1:00 Chair Pilates w/Eva</div> <div>1:00 Silver Shoes Dance Class</div> <div>1:00 Collage Class w/Annelen</div> <div>1:00 Coloring Books</div> <div>1:00 Food for Life: The Power of Food for the Brain Protecting Memory & Brain Health</div> <div>3:00 Chair Yoga for Joint Health w/Kathleen</div> <div>6:00 Vasily Kardinsky & The Guggenheim: Sylvia Laudien-Meo</div>	<div>18</div> <div>9:00-12:00 Open Art Studio</div> <div>9:30 Self-Massage w/Kathleen</div> <div>10:00 Trip: Trader Joe</div> <div>10:00 Life Transitions Group for Women w/Susan</div> <div>11:00 Yoga Fusion</div> <div>11:00 Cooking with DFTA</div> <div>11:00 RSS Book Club: The Rent Collector</div> <div>12:00 Lunch</div> <div>1:00 Mah Jongg</div> <div>1:00 Caregiver Support</div> <div>2:00 Learn About NY Connects @ Center for Independence of the Disabled, of NY</div> <div>1:00 Group for Spouses</div> <div>2:30 Blissfit with Kim</div> <div>3:00 Memories: A Life Story Workshop by Vita Story Club</div> <div>4:00 Bridge with Audrey</div>	<div>19</div> <div>10:00 Knitting Club</div> <div>11:00 Belly Dancing w/ Noora</div> <div>12:00 Lunch</div> <div>1:00 Crafting w/Recyclables</div> <div>1:00 Grief Support Group with Susan</div> <div>1:00 Chair Exercise with Eva</div> <div>1:00 Concerts in Motion: Klezmer</div> <div>1:00 Drama Club</div> <div>2:00 Tai Chi with Bill</div> <div>2:30 Watercolor with April</div>	<div>20</div> <div>9:00 Modular Qi Gong</div> <div>10:00 Get Fit with Stuart</div> <div>10:00 Trip: Stew Leonards'</div> <div>10:00 Gardening</div> <div>10:00 Sculpture Class</div> <div>10:00 Opera/Ballet (Cancelled)</div> <div>11:00 Feldenkrais with Dorota</div> <div>11:00 Social Action</div> <div>11:00 Creative Writing</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Latin Music</div> <div>1:00 Silver Shoes Dance</div> <div>1:00 Grow NYC: Lets' talk Vegetables</div> <div>2:00 Beginners Bridge</div>
<div>23</div> <div>10:00 Canasta</div> <div>10:00 Get Fit with Stuart</div> <div>10:00 Current Events</div> <div>10:45 Chair Yoga w/Neem</div> <div>11:00 Poetry with Robert</div> <div>11:00 Exercise for Mobility w/ Terri</div> <div>12:00 Lunch</div> <div>12:30 Write On! w/ Susan</div> <div>12:45 Bridge w/Rich</div> <div>1:00 Mah Jongg</div> <div>1:00 Silver Dance Class</div> <div>1:00 Stress & Anxiety: Understanding the Mind/Body Connection</div> <div>2:00 Tai Chi with Bill</div> <div>3:30 Balance Training with Peggy Levine</div> <div>4:45 Writing with Susan</div>	<div>24</div> <div>9:00 Qi Gong with Bruce</div> <div>10:00 Health Mgt./B.P.</div> <div>11:00 Brain Games</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Jazz</div> <div>1:00 Cooking for One with Deborah</div> <div>1:00 Silver Shoes Dance Class</div> <div>1:00 Chair Pilates w/Eva</div> <div>1:00 Collage Class w/Annelen</div> <div>1:00 Coloring Books</div> <div>1:00 Food for Life: The Power of Food for Mood</div> <div>3:00 Chair Yoga for Joint Health w/Kathleen</div>	<div>25</div> <div>9:00-12:00 Open Art Studio</div> <div>9:30 Self-Massage w/Kathleen</div> <div>10:00 Trip: Zabars</div> <div>10:00 Life Transitions Group for Women w/Susan</div> <div>11:00 Yoga Fusion</div> <div>12:00 Lunch</div> <div>1:00 Mah Jongg</div> <div>1:00 Tech How To's: Online Shopping</div> <div>1:00 Savvy Solos</div> <div>3:00 Memories: A Life Story Workshop by Vita Story Club</div> <div>2:30 Blissfit with Kim</div> <div>2:30 Pet Therapy w/ Foo Foo</div> <div>4:00 Bridge with Audrey</div>	<div>26</div> <div>10:00 Volunteers Breakfast (by Invite Only)</div> <div>10:00 Knitting Club</div> <div>11:00 Belly Dancing w/ Noora</div> <div>12:00 Lunch</div> <div>1:00 Memorial Day Celebration with DJ</div> <div>1:00 Crafting w/Recyclables</div> <div>1:00 Grief Support Group with Susan</div> <div>1:00 Chair Exercise with Eva</div> <div>1:00 Concerts in Motion: Klezmer</div> <div>1:00 Drama Club</div> <div>2:00 Tai Chi with Bill</div> <div>2:30 Watercolor with April</div>	<div>27</div> <div>9:00 Modular Qi Gong</div> <div>10:00 Get Fit with Stuart</div> <div>10:00 Gardening</div> <div>10:00 Sculpture Class</div> <div>10:00 Opera/Ballet La Traviata, Verdi</div> <div>10:00 Trip: Costco</div> <div>11:00 Creative Writing</div> <div>11:00 Feldenkrais with Dorota</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Latin Music</div> <div>1:00 Silver Shoes Dance Class</div> <div>(EARLY CLOSING)</div>
<div>30</div> <div>CENTER CLOSED MEMORIAL DAY HOLIDAY</div> <div>KEY: Red—Virtual Black—Onsite Blue—Hybrid Green—Outside</div>	<div>31</div> <div>9:00 Qi Gong with Bruce</div> <div>10:00 Health Mgt./B.P.</div> <div>11:00 Brain Games</div> <div>12:00 Lunch</div> <div>12:00 Concerts in Motion: Jazz</div> <div>1:00 Silver Shoes Dance Class</div> <div>1:00 Chair Pilates w/Eva</div> <div>1:00 RSS Plant-Based Eating Support Community: Eating Healthy on a Budget</div> <div>1:00 Collage Class w/Annelen</div> <div>1:00 Coloring Books</div> <div>3:00 Chair Yoga for Joint Health w/Kathleen</div>	<div>RESERVATION NOT REQUIRED FOR ONSITE CLASSES OR LUNCH!</div> <div>FOR VIRTUAL CLASSES GO ONLINE TO rssny.org</div> <div>RSS RESERVES THE RIGHT TO MAKE CHANGES.</div> <div>Due to the nature of virtual programming additional program offerings may be added .</div>	<div>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 3:00 (BY APPOINTMENTS)</div> <div></div>	<div>Self Care Sunday May 1,8,15 & 22 10 am to 12 pm Chair, Chi & Prana with Melissa Meditation with Paula & Virtual Reiki at 5 pm</div>