

Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Chair Yoga 2</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 Women's Support Grp</p> <p>11:00 O.T. Students</p> <p>-Sleep Hygiene</p> <p>11:00 Tai Chi Gong</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Meditation: Path to Empowerment Deepak Chopra #12</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>2:00 Pre PURIM Concert With Kinneret Chorus</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:30 BAKE SALE 3</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 Mixed Media Class</p> <p>11:00 Photography With Melissa Cohen (8 weeks program)</p> <p>11:00 Belly Dancing</p> <p>1:00 Coloring Books</p> <p>1:00 Presentation: SNAP (Nutrition Program) # With Vladimir Mukhotaev of metcouncil.org</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>3:45 Intergenerational Program:</p>	<p>10:00 Leisure Game: Nuplicate Bridge 4</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>10:00 Drama</p> <p>11:00 Chair Exercise</p> <p>1:00 Caregiver Support Group for Spouses With Selina Ng</p> <p>12:45 Movie: Harriet (Start at 12:45)</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>10:00 Knitting Group 5</p> <p>10:00 Watercolor</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Health Presentation: Women & Arthritis with Mary Speciale</p> <p>1:00 Grief Support Group for Spouses with Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p> <p>3:00 Documentary: Willa Cather : "The Road is All" (90 minutes)</p>	<p>9:00 Mat/Chair Yoga 6</p> <p>10:00 Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:00 Women's in Fact and Fiction</p> <p>11:15 Trip: An Beal Bocht Café***</p> <p>1:00 Social Action Committee</p> <p>2:15 Art & Culture: The Great Migration: Jacob Lawrence's "The Migration Series"</p> 
<p>10:00 Chair Yoga 9</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 Women's Support Grp</p> <p>11:00 O.T. Students</p> <p>-Mental Health</p> <p>11:00 Tai Chi Gong</p> <p>11:15 Trip: Stew Leonard/Costco***</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Meditation: Path to Empowerment Deepak Chopra #13</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>2:00 Feldenkrais#1 Easy Flexibility (Turning)</p>	<p>9:45 Balance & Strength Based Exercise 10</p> <p>10:00 Mixed Media Class</p> <p>10:00 Advisory Council</p> <p>11:00 Photography With Melissa Cohen (8 weeks program)</p> <p>11:00 Trip Committee Mtg.</p> <p>11:00 Folk Dancing</p> <p>1:00 Presentation: NY Connects</p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>3:45 Intergenerational Program:</p>	<p>9:00 Breakfast Club 11</p> <p>9:30 Trip: Candle Light Tour of St. Patrick's Cathedral Catacombs***</p> <p>10:00 Drama</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>10:00 Leisure Game: Nuplicate Bridge</p> <p>11:00 Chair Exercise</p> <p>12:45 Movie: Iron Jawed Angels (Start at 12:45)</p> <p>1:00 Savvy Solos Group with Selina Ng</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p>	<p>10:00 Knitting Group 12</p> <p>10:00 Watercolor</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Nutrition: "Sprouts" With Barbara Denson</p> <p>1:00 Grief Support Group for Spouses with Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p> <p>3:00 Documentary: "BOMBSHELL" The Heidi Lamarr Story (1:28 minutes)</p>	<p>9:00 Mat/Chair Yoga 13</p> <p>10:00 Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:15 Trip: Hibachi Grill & Supreme Buffet Restaurant***</p> <p>1:00 Natural Wellness#</p> <p>2:00 Music Appreciation</p> <p>2:00 Writing For Actors</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 16</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 O.T. Students</p> <p>-cancelled</p> <p>11:00 Women's Support Grp</p> <p>11:00 Tai Chi Gong</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Meditation: Path to Empowerment Deepak Chopra #14</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>2:00 Feldenkrais#2 Power Center</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength Based Exercise 17</p> <p>10:00 Mixed Media Class</p> <p>11:00 Photography With Melissa Cohen (8 weeks program)</p> <p>11:00 Belly Dancing</p> <p>1:00 St. Patrick's Televised Parade</p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p>	<p>9:00 Collectible Sale 18</p> <p>10:00 Leisure Game: Nuplicate Bridge</p> <p>10:00 Drama</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 Chair Exercise</p> <p>12:30 Trip: Hudson River Museum***</p> <p>1:00 Caregiver Support Group for Spouses</p> <p>1:00 Movie: Good Liar (Starts at 1:00)</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>10:00 Knitting Group 19</p> <p>10:00 Watercolor</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Health Presentation: Women & Mental Health With Mary Speciale</p> <p>1:00 Grief Support Group for Spouses with Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p> <p>5:30 Women's Circle*** Poetry By Women For Women</p>	<p>9:00 Mat/Chair Yoga 20</p> <p>10:00 Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:15 Trip: Rory Dolan Restaurant***</p> <p>1:00 Social Action Committee</p> <p>2:15 Art & Culture: Dorothea Lange and The Farm Security Administration Project (FSA) - Documenting America</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 23</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 O.T. Students</p> <p>-Mental Health</p> <p>11:00 Women's Support Group</p> <p>11:00 Tai Chi Gong</p> <p>11:15 Trip: Aldi Supermarket***</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Meditation: Path to Empowerment Deepak Chopra #15</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>2:00 Feldenkrais#3</p>	<p>9:45 Balance & Strength Based Exercise 24</p> <p>10:00 Mixed Media Class</p> <p>11:00 Photography With Melissa Cohen (8 weeks program)</p> <p>11:00 Folk Dancing</p> <p>1:00 Birthday Celebration*** D.J. Lex</p> <p>1:00 Coloring Books</p> <p>1:00 Unclaimed Funds*** With Venecia Fernandez</p> <p>2:00 Bingo</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula (Cancelled)</p>	<p>9:00 Breakfast Club 25</p> <p>10:00 Drama</p> <p>10:00 Leisure Game: Nuplicate Bridge</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: Ridgehill Mall***</p> <p>12:45 Movie: Norma Rae (Start at 12:45)</p> <p>1:00 Savvy Solos Group with Selina Ng</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p>	<p>9:30 KNITTING SALE 26</p> <p>50% Off</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>10:45 Trip: Botanical Gardens***</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Health Presentation: Women & Healthy Aging with Mary Speciale</p> <p>1:00 Grief Support Group for Spouses with Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p>	<p>9:00 Mat/Chair Yoga 27</p> <p>10:00 Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:00 Reading Hour</p> <p>1:00 Natural Wellness#</p> <p>1:00 Short Stories: "England to America" by Margaret Prescott Montague"</p> <p>2:00 Music Appreciation</p> <p>2:00 Writing For Actors</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 30</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 O.T. Students</p> <p>-Nutrition</p> <p>11:00 Women's Support Grp</p> <p>11:00 Tai Chi Gong</p> <p>11:15 Trip: Empire City Casino***</p> <p>12:30 Leisure Games: Duplicate Bridge</p> <p>1:00 Mah Jongg</p> <p>1:00 Meditation: Path to Empowerment Deepak Chopra #16</p> <p>1:15 Poetry Class</p> <p>2:00 Feldenkrais#4 Low Back Comfort</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength Based Exercise 31</p> <p>10:00 Mixed Media Class</p> <p>11:00 Photography With Melissa Cohen (8 weeks program)</p> <p>11:00 Belly Dancing</p> <p>1:00 Photography Class Exhibit</p> <p>1:00 Coloring Books</p> <p>1:30 Intergenerational Prgm: Kinneret 2nd graders</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>3:45 Intergenerational Program: Horace Mann Service Learning Team</p>	 <p>WOMEN'S HISTORY MONTH</p>		<p>SUNDAY MARCH 15 CENTER OPEN 11:00-3:00 ST. PATRICK'S CELEBRATION** With MICHAEL</p> 
		<p>KEY</p> <p># = See Newsletter for Description</p> <p>** = Must Register</p>	<p>**Activity requires prior registration**</p>	