

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:00 Breakfast Club 10:00 Leisure Games-Canasta, Mah Jongg 10:00 <b>Get Fit with Stuart</b> 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 <b>Concerts in Motion: Meditative Mondays</b> 12:30 <b>Write On! w/ Susan</b> 12:45 Duplicate Bridge 1:00 Current Events 1:30 <b>Chair-Chi Prana</b> 3:30 <b>Balance Training with Peggy Levine</b> 4:45 <b>Writing with Susan</b></p>	<p>2 10:00 <b>Qi Gong with Bruce</b> 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 <b>Tech How To's: Accessibility settings: Fonts, senior settings, shortcuts</b> 11:00 <b>Brain Booster/Trivia</b> 12:00 <b>Concerts in Motion: Songbook Tuesday</b> 12:00 Lunch 1:00 Collage Class w/Annellen 1:00 Coloring Books w/Toby 1:00 Tech How To's: Accessibility settings: Fonts senior settings, shortcuts 3:00 <b>Chair Yoga for Joint Health w/Kathleen</b></p>	<p>3 9:00 Breakfast Club 10:00 <b>Women's Empowerment Group w/GG</b> 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 <b>Concerts in Motion: Chinese</b> 1:00 Leisure Games-Mah Jongg 1:00 <b>Caregivers Group w/ G.G.</b> 1:00 Movie: In&amp; Out 1:00 <b>Journaling, for Creatives During Difficult</b> 3:00 <b>EFT Tapping—Cancel</b></p> 	<p>4 9:30 Conversational English 10:00 Knitting Club 11:00 Folk Dancing 11:00 Presentation: Alzheimer's Diagnosis &amp; Improve Overall Brain Health 12:00 Lunch 12:00 <b>Concerts in Motion: Coffeehouse Thursday</b> 1:00 Chorus with Cheryl 2:30 <b>Guided Meditation w/Barbara</b> 2:30 <b>Watercolor with April</b></p>	<p>5 9:00 Breakfast Club 10:00 <b>Get Fit with Stuart</b> 10:00 Sculpture Studio 11:00 Creative Writing 11:00 <b>Feldenkrais</b> 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 <b>Concerts in Motion: Celebration Friday</b> 2:00 Leisure Games-Beginners Bridge</p>
<p>8 9:00 Breakfast Club 10:00 Leisure Games-Canasta, Mah Jongg 10:00 <b>Get Fit with Stuart</b> 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 <b>Concerts in Motion: Meditative Mondays</b> 12:30 <b>Write On! w/ Susan</b> 12:45 Duplicate Bridge 1:00 Current Events 1:30 <b>Chair-Chi Prana-Cancel</b> 3:30 <b>Balance Training with Peggy Levine</b> 4:45 <b>Writing with Susan</b></p>	<p>9 <b>MEN'S</b> 10:00 <b>Qi Gong with Bruce</b> 10:00 <b>Trip Committee Mtg.</b> 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 <b>Brain Booster/Trivia</b> 11:00 <b>Tech How To's: WhatsApp</b> 12:00 <b>Concerts in Motion: Songbook Tuesday</b> 12:00 Lunch 1:00 Collage Class w/Annellen 1:00 Coloring Books w/Toby 1:00 Tech How To's: WhatsApp 3:00 <b>Chair Yoga for Joint Health w/Kathleen</b></p>	<p>10 <b>HEALTH</b> 9:00 Breakfast Club 9:30 <b>Self Massage w/Kathleen</b> 10:00 <b>Women's Empowerment Group w/GG</b> 10:00 Pastels w/Daniel Hauben 11:00 <b>EFT Tapping with Margo</b> 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Presentation: Black Mountain College-Cradle of Contemporary Art in US 1:00 <b>Concerts in Motion: Chinese</b> 1:00 Leisure Games-Mah Jongg 1:00 <b>Caregivers Group w/ G.G.</b> 1:00 <b>Journaling, for Creatives During Difficult</b> Movie: In Pursuit of Happiness 3:00 <b>EFT Tapping with Margo</b></p>	<p>11 <b>WEEK 8-14</b> 9:30 Conversational English 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 <b>Concerts in Motion: Coffeehouse Thursday</b> 1:00 Chorus with Cheryl 2:30 <b>Guided Meditation w/Barbara</b> 2:30 <b>Watercolor with April</b> 4:00 Pizza Party</p> 	<p>12 9:00 Breakfast Club 10:00 <b>Get Fit with Stuart</b> 10:00 Sculpture Studio 11:00 Creative Writing 11:00 <b>Feldenkrais</b> 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Presentation: Fire Safety 2:30 <b>TALENT SHOW TRYOUTS!!!!</b> 2:00 <b>Concerts in Motion: Celebration Friday</b> 2:00 Leisure Games-Beginners Bridge</p>
<p>15 <b>ELDER ABUSE DAY!!</b> 9:00 Breakfast Club 10:00 Leisure Games-Canasta, Mah Jongg 10:00 <b>Get Fit with Stuart</b> 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 <b>Concerts in Motion: Meditative Mondays</b> 12:30 <b>Write On! w/ Susan</b> 12:45 Duplicate Bridge w/Rich 1:00 Current Events 1:15 Workshop: Improv with Johann &amp; Rocio 1:30 <b>Chair-Chi Prana</b> 3:30 <b>Balance Training with Peggy Levine</b> 4:45 <b>Writing with Susan</b></p>	<p>16 <b>BAKE SALE</b> 10:00 <b>Qi Gong with Bruce</b> 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 <b>Brain Booster/Trivia</b> 11:00 <b>Tech How To's: MTA app &amp; OMNY card</b> 12:00 Lunch 12:00 <b>Concerts in Motion: Songbook Tuesday</b> 1:00 Collage Class w/Annellen 1:00 Coloring Books w/Toby 1:00 Tech How To's: MTA app &amp; OMNY card 2:30 <b>NEW: Brain Booster/Jeopardy</b> 3:00 <b>Chair Yoga for Joint Health</b></p> 	<p>17 9:00 Breakfast Club 10:00 <b>Women's Empowerment Group w/GG</b> 10:00 Pastels w/Daniel Hauben 11:00 <b>EFT Tapping with Margo</b> 11:00 Fit for Life w/Sarah 12:00 Lunch 12:00 Visions@ Methodists 1:00 <b>Concerts in Motion: Chinese</b> 1:00 Leisure Games-Mah Jongg 1:15 Movie: A League of Their Own 2:00 <b>Phoenix Museum Presents: Looking to The Skies</b> 3:00 <b>EFT Tapping with Margo</b></p> 	<p>18 9:30 Conversational English 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 <b>Concerts in Motion: Coffeehouse Thursday</b> 1:00 Chorus—Cancelled 1:15 Special Event: Juneteenth &amp; RSS Bronx Day Celebration 2:30 <b>Watercolor with April</b></p>	<p>19 <b>HOLIDAY CENTER CLOSED</b></p>  <p><b>JUNETEENTH CELEBRATION</b></p>
<p>22 9:00 Breakfast Club 10:00 Leisure Games-Canasta, Mah Jongg 10:00 <b>Get Fit with Stuart</b> 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch—Fathers' Day 12:00 <b>Concerts in Motion: Meditative Mondays</b> 12:30 <b>Write On! w/ Susan</b> 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:15 Workshop: Calm &amp; Connected w/ Johann &amp; Rocio 1:30 <b>Chair-Chi Prana</b> 3:30 <b>Balance Training with Peggy Levine</b> 4:45 <b>Writing with Susan</b></p>	<p>23 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 <b>Brain Booster/Trivia</b> 11:00 <b>Tech How To's: Email attachment &amp; Saving files</b> 12:00 Lunch 12:00 <b>Concerts in Motion: Songbook Tuesday</b> 1:00 Collage Class w/Annellen 1:00 Coloring Books w/Toby 1:00 <b>Advisory Council Meeting</b> 1:00 Tech How To's: Email attachment &amp; Saving files 3:00 <b>Chair Yoga for Joint Health w/Kathleen</b></p>	<p>24 <b>BIRTHDAY PARTY</b> 9:00 Breakfast Club 9:30 <b>Self Massage w/Kathleen</b> 10:00 <b>Women's Empowerment Group w/GG</b> 10:00 Pastels w/Daniel Hauben 10:30 Presentation: June 24th Road Trip! Suburban Art deco 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 <b>Concerts in Motion: Chinese</b> 1:00 <b>Caregivers Group w/GG</b> 1:00 Leisure Games-Mah Jongg 1:00 <b>BIRTHDAY PARTY</b> 2:30 Movie: Grease 3:00 <b>EFT Tapping with Margo</b></p> 	<p>25 9:30 Conversational English 10:00 Knitting Club 12:00 <b>Concerts in Motion: Coffeehouse Thursday</b> 12:00 Lunch 1:00 Chorus w/Cheryl 1:00 Folk Dancing 2:00 <b>Social Action Group With Pat</b> 2:15 Nutrition: w/NY Presbyterian 2:30 <b>Watercolor w/April</b></p>	<p>26 9:00 Breakfast Club 10:00 <b>Get Fit with Stuart</b> 10:00 Sculpture Class 11:00 Creative Writing 11:00 <b>Feldenkrais</b> 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Presentation: Benefits for older Adults with LiveOn NY 2:00 <b>Concerts in Motion: Celebration Friday</b> 2:00 Leisure Games-Beginners Bridge</p>
<p>29 9:00 Breakfast Club 10:00 Leisure Games-Canasta, Mah Jongg 10:00 <b>Get Fit with Stuart</b> 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 12:00 Lunch 12:00 <b>Concerts in Motion: Meditative Mondays</b> 12:30 <b>Write On! w/ Susan</b> 12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 1:15 Presentation: Bronx 250th Celebration Tapestry 1:30 <b>Chair-Chi Prana</b> 3:30 <b>Balance Training with Peggy Levine</b> 4:45 <b>Writing with Susan</b> 5:00 <b>RSS MEMBER REMENBRANCE MEMORIAL 2026</b></p>	<p>30 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 <b>Brain Booster/Trivia</b> 11:00 <b>Tech How To's: Find My Phone &amp; Software updates</b> 12:00 Lunch 12:00 <b>Concerts in Motion: Songbook Tuesday</b> 1:00 Collage Class w/Annellen 1:00 Coloring Books w/Toby 1:00 Tech How To's: Find My Phone &amp; Software updates 2:30 <b>Hudson Rehabilitation</b> 3:00 <b>Chair Yoga for Joint Health w/Kathleen</b></p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>KEY:</b> Red—Virtual Black—Onsite Blue—Hybrid Green—Outside</p> </div> <div style="border: 1px solid black; padding: 5px; text-align: center; margin-top: 10px;"> <p><b>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS) WITH CAROLINE</b></p> </div>	<p><b>MUSIC APPRECIATION JUNE 7 BOCELLI, ITALIAN TENOR</b></p> 	<p><b>JUNE IS:</b> WORLD ELDER ABUSE AWARENESS MONTH (WEAAD) LGBTQ+ PRIDE MONTH</p> 