

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Art with Linda 11:00 Exercise for Mobility (cancelled) 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Mah Jongg 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>2 9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 10:00 Current Events 11:00 Tech How To's: WhatsApp 11:00 Trivia 12:00 Lunch 12:00 Concerts in Motion: Jazz 1:00 Collage Class w/Annellen 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>3 9:00-12:00 Open Art Studio 9:30 Self-Massage w/Kathleen 10:00 Trip: Trader Joes' 10:00 Women's Group w/Susan 11:00 Covid Group 12:00 Lunch 1:00 Movie: The Northman 1:00 Mah Jongg 1:00 Caregiver Support Group 4:00 Bridge with Audrey</p> 	<p>4 10:00 Knitting Club 11:00 Tech How To's: Online Grocery Shopping 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Grief Support Group with Susan 1:00 Chair Exercise with Eva 1:00 Concerts in Motion: Klezmer 1:00 Folk Dancing 1:00 Drama Club 2:00 Tai Chi with Bill 2:30 Watercolor with April</p>	<p>5 10:00 Get Fit with Stuart 10:00 Trip: Stew Leonards' 10:00 Sculpture Class 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:00 Concerts in Motion: Latin Music 1:00 Guided Meditation 2:00 Gardening 2:00 Beginners Bridge 2:00 Nutrition: Food & Safety: What you need to know about keeping food fresh with Maudene</p>
<p>8 10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Exercise for Mobility 11:00 Art with Linda 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Mah Jongg 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>9 9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 10:00 Current Events 11:00 Trivia 12:00 Lunch 12:00 Concerts in Motion: Jazz 1:00 Collage Class w/Annellen 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>10 9:00-12:00 Open Art Studio 9:30 Self-Massage w/Kathleen 9:00 Trip: Walmart 10:00 Women's Group w/Susan 12:00 Lunch 1:00 Movie: No Time to Die 1:00 Mah Jongg 1:00 Jeopardy! (Trivia) w/Audrey 4:00 Bridge with Audrey 5:00 Guided Meditation</p> 	<p>11 10:00 Knitting Club 11:00 Tech How To's: YouTube 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Chair Exercise with Eva 1:00 Concerts in Motion: Klezmer 1:00 Drama Club 1:00 Folk Dancing 2:00 Tai Chi with Bill 2:30 Watercolor with April</p>	<p>12 10:00 Get Fit with Stuart 10:00 Trip: Costco 10:00 Sculpture Class 10:00 Opera/Ballet 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:00 Concerts in Motion: Latin Music 2:00 Gardening 2:00 Beginners Bridge</p>
<p>15 10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Exercise for Mobility 11:00 Art with Linda 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Mah Jongg 1:00 Skin Cancer: What to look for. Tips to protect yourself. When to go to the Doctor w/Petronella 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>16 9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 10:00 Current Events 11:00 Tech How To's: Instagram 11:00 Trivia 12:00 Lunch 12:00 Concerts in Motion: Jazz 1:00 Collage Class w/Annellen 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen 6:00 Central Park: Tour with Sylvia Meo</p>	<p>17 9:00-12:00 Open Art Studio 9:00 Trip: Ikea 9:30 Self-Massage w/Kathleen 10:00 Women's Group w/Susan 11:00 RSS Book Club: Cooking Live with DFTA Frozen Fruit Bars 12:00 Lunch 1:00 Movie: Dr. Doolittle 1:00 Mah Jongg 1:00 Caregiver Support Group 4:00 Bridge with Audrey</p> 	<p>18 10:00 Knitting Club 12:00 Lunch 1:00 Crafting w/Recyclables 1:00 Grief Support Group with Susan 1:00 Chair Exercise with Eva 1:00 Concerts in Motion: Klezmer 1:00 Drama Club 1:00 Folk Dancing 2:00 Tai Chi with Bill 2:30 Watercolor with April</p>	<p>19 10:00 Get Fit with Stuart 10:00 Trip: Christmas Tree Store 10:00 Sculpture Class 10:00 Opera/Ballet 11:00 Feldenkrais 11:00 Social Action 11:00 Creative Writing 12:00 Lunch 12:00 Concerts in Motion: Latin Music 1:00 Grow NYC: Vegetable of the Month 2:00 Gardening</p>
<p>22 10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Exercise for Mobility 11:00 Art with Linda 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Mah Jongg 1:00 Managing Stress & Anxiety: Self Massage Mindfulness Meditation 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>23 9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 10:00 Current Events 11:00 Tech How To's: Facebook 11:00 Trivia 12:00 Lunch 12:00 Concerts in Motion: Jazz 1:00 RSS Plant-Based Eating Support Community 1:00 Collage Class w/Annellen 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>24 9:00-12:00 Open Art Studio 9:30 Self-Massage w/Kathleen 10:00 Trip: H Mart 10:00 Women's Group w/Susan 12:00 Lunch 1:00 Movie: Dog 1:00 Mah Jongg 1:00 RSS-Plant Based Eating Support Community: Fats in Your Food—The Good & The Not so Good 4:00 Bridge with Audrey 5:00 An Evening @ RSS The Diary of Anne Frank Dinner & A Film</p> 	<p>25 BIRTHDAY LUNCH 10:00 Knitting Club 12:00 Lunch 1:00 Birthday Celebration 1:00 Crafting w/Recyclables 1:00 Chair Exercise with Eva 1:00 Concerts in Motion: Klezmer 1:00 Drama Club 1:00 Folk Dancing 2:00 Tai Chi with Bill 2:30 Watercolor with April</p>	<p>26 9:30 Trip: Union Street Green Mrkt. 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:00 Concerts in Motion: Latin Music 1:00 Flume Concert "Women's' Equality Day" 2:00 Gardening</p>
<p>29 10:00 Canasta 10:00 Get Fit with Stuart 10:45 Chair Yoga w/Neem 11:00 Poetry with Robert 11:00 Exercise for Mobility 12:00 Lunch 12:30 Write On! w/ Susan 12:45 Bridge w/Rich 1:00 Mah Jongg 2:00 Tai Chi with Bill 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>30 9:00 Qi Gong with Bruce 10:00 Health Mgt./B.P. 10:00 Current Events 11:00 Trivia 12:00 Lunch 12:00 Concerts in Motion: Jazz 1:00 Collage Class w/Annellen 1:00 Coloring Books 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>31 9:00-12:00 Open Art Studio 9:30 Self-Massage w/Kathleen 10:00 Trip: C-town 10:00 Women's Group w/Susan 11:00 Yoga Fusion 12:00 Lunch 1:00 Movie: Batman 1:00 Mah Jongg 1:00 Savvy Solos 1:00 Wheel of Fortune (Word game) w/Audrey 3:00 Memories: A Life Story Workshop by Vita Story Club 2:30 Pet Therapy w/ Foo Foo 4:00 Bridge with Audrey</p> 	<div><p>Self Care Sunday</p><p>August 7, 14, 21 & 28 10 am to 12 pm Chair, Chi & Prana with Melissa Meditation with Paula & Virtual Reiki August 21 & 28 at 5 pm</p></div>	<p>AUGUST IS: SOCIAL MEDIA MONTH</p> <p>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)</p>  <div><p>KEY:</p><p>Red—Virtual Black—Onsite Blue—Hybrid Green—Outside</p></div>