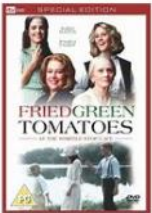


 RSS CENTER FOR AGELESS LIVING 2600 Netherland Avenue, Bronx, NY 10463 (718) 884-5900 rssny.org RSS: Center for Ageless Living 2600 Netherland Avenue, Bronx, NY 10463 718-884-5900 JULY 2026 Funded in part by the NYC Department for the Aging Online Classes www.rssny.org				
Monday	Tuesday	Wednesday	Thursday	Friday
MUSIC APPRECIATION SUNDAY JULY 5TH 4:00 PM MARIO DEL MONACO, ITALIAN TENOR	COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS) WITH CAROLINE KEY: Red—Virtual Black-Onsite Blue—Hybrid Green—Outside	1 8:45 Gardening Club 9:00 Breakfast Club 10:00 Women's Empowerment Group 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:15 Movie: The Last Resort 1:30 Caregivers Support Group 3:00 EFT Tapping w/Margo 5:00 Special Event: RSS Terrace Unveiling Ribbon Cutting Come and Celebrate With Us!! (Refreshments Served)	2 9:00 Conversational English 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 2:30 Watercolor with Tiiaiv 	3 CENTER CLOSED 4TH OF JULY July Jewish Heritage Month Minority Mental Health Awareness Month Healthy Vision Month
6 8:45 Terrace Gardening Club 9:00 Breakfast Club 10:00 Leisure Games- Canasta 10:00 CANCELLED- Get Fit 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 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/Sarah 1:15 Live Well w/Worry: Unhooking from Anxious Thoughts 1:30 Chair Chi, Prana w/Melissa 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan	7 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Tech How Tos' w/Caroline 11:00 Brain Booster/Trivia 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annelen 1:00 Coloring Books 11:00 Tech How To's w/Caroline "Using AI: Chat GPT" 3:00 Chair Yoga for Joint Health w/Kathleen	8 8:45 Terrace Gardening Club 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment Group 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:15 Movie: A Little White Lie 3:00 EFT Tapping w/Margo 	9 9:00 Conversational English 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:15 Special Event: RSS Chorus— 250th July 4th Celebration with Cheryl 2:30 Guided Meditation w/Barbara 2:30 Watercolor with April	10 INT'L ICE CREAM DAY 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 National Guard— Emergency Preparedness 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge 2:30 Horticultural Wellness: Gardening Club 3:00 Ice Cream Social
13 8:45 Terrace Gardening Club 9:00 Breakfast Club 10:00 Leisure Games-Canasta 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 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/Sarah 1:30 Chair Chi, Prana w/Melissa 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan	14 10:00 Qi Gong with Bruce 10:00 Trip Committee Mtg. 10:00 Memoir Writing 11:00 Tech How Tos' w/Caroline 11:00 Total Body Sculpt w/Sarah 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 Tech How To,s w/Caroline "Google Maps" 3:00 Chair Yoga for Joint Health w/Kathleen-Cancel	15 8:45 Terrace Gardening Club 9:00 Breakfast Club 10:00 Women's Empowerment Group 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Movie: The Jewish Cardinal 1:15 Workshop: Journaling Your Joy 1:30 Caregivers Support Group 3:00 EFT Tapping w/Margo	16 9:00 Conversational English 10:00 Knitting Club 10:00 Trip: Walmart @ North Bergen, NJ 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:30 Jewelry Class w/Erenia 2:30 Watercolor with April	17 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Feldenkrais 11:00 Creative Writing 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge 2:30 Horticultural Wellness: Gardening Club
20 8:45 Terrace Gardening Club 9:00 Breakfast Club 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 CANCELLED— Tap Dancing w/Maria 11:00 Art with Linda 11:00 Trip: Frances Tavern Museum 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/Sarah 1:15 Live Well with Worry: Your Center self 1:30 Chair Chi, Prana w/Melissa 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan	21 9:00 BAKE SALE 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Total Body Sculpt w/Sarah 11:00 Tech How Tos' w/Caroline 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 Advisory Council Meeting 1:00 Tech How To's w/Caroline "Getting Rides on Uber" 3:00 Chair Yoga for Joint Health w/Kathleen	22 BIRTHDAY PARTY 8:45 Terrace Gardening Club 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment Group 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 BIRTHDAY PARTY 2:30 Movie: Jaws 3:00 EFT Tapping w/Margo 	23 SELF CARE AFTERNOON 9:00 Conversational English 10:00 Knitting Club 11:00 Folk Dancing 12:00 Concerts in Motion: Coffeehouse Thursday 12:00 Lunch 1:15 Self Care: Mindfulness with Tea 2:00 Social Advocacy Group with Anna 2:30 Watercolor with April 2:30 Self Care: DIY— Hand Lotion & Hand Massage	24 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 NEW: BOOK CLUB With G. Edwards The Lion Women of Tehran 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge 2:30 Horticultural Wellness: Gardening Club
27 8:45 Terrace Gardening Club 9:00 Breakfast Club 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 CANCELLED -Tap Dancing 11:00 Art with Linda 11:30 Trip: Dakota's on The Cove Restaurant 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/Sarah 1:15 Live Well with Worry: Staying Present 1:30 Chair Chi, Prana w/Melissa 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan	28 10:00 Memoir Writing 10:00 Total Body Sculpt /Sarah 11:00 Tech How Tos' w/Caroline 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 Tech How To's w/Caroline "Shortcuts & QR Codes" 3:00 Chair Yoga for Joint Health w/Kathleen	29 8:45 Terrace Gardening Club 9:00 Breakfast Club 10:00 Women's Empowerment Group 10:00 Pastels w/Daniel Hauben 10:30 Trip: Shoprite/Amazing Savings 11:00 Fit for Life w/Sarah 12:00 Lunch 1:00 Movie: Green Fried Tomatoes 1:15 Leisure Games-Mah Jongg 3:00 EFT Tapping w/Margo 	30 9:00 Conversational English 10:00 Knitting Club 11:00 Folk Dancing 12:00 Concerts in Motion: Coffeehouse Thursday 12:00 Lunch 1:30 Jewelry Class w/Erenia 2:30 Watercolor with April	31 9:00 Breakfast Club 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:30 Nutrition: Cooking Demo with Maudene Nelson 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge 2:30 Horticultural Wellness: Gardening Club
RSS RESERVES THE RIGHT TO MAKE CHANGES. Due to the nature of virtual programming additional program offerings may be added. .				