

RSS: Center for Ageless Living 2600 Netherland Avenue, Bronx, NY 10463 718-884-5900 April 2025

April 2025
Funded in part by the NYC Department for the Aging
Online Classes www.rssny.org

Monday	Tuesday	Wednesday	Thursday	Friday
MUSIC APPRECIATION APRL 6 THE BARRY SISTERS CHAIR CHI PRANA APRIL 6,13,20 & 27 REIKI APRIL 13 & 20 Self-Care Sundays with RSS Chalv Chil/Prans, Yogs Virtual Bald and Sound Meditation Plans. Special Surprised	1 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Tech How to's: Online Tax Safety 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 Exercise With Eva 3:00 Chair Yoga for Joint Health w/Kathleen	9:00 Breakfast Club 10:00 Women's Empowerment 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life Mobility Class 11:00 EFT Tapping with Margot 11:00 Trip: Macys 12:00 Lunch 1:15 J Bowers Players Present: Play Vignettes 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Group 2:30 Movie: Your Cordially Invited	9:30 Conversational English 9:45 Chair Yoga w/Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Tech How to's: Online Tax Safety 12:00 Lunch 1:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 1:00 Diabetes 101: Meals, Monitoring & Medications by Weill Cornell Medicine 2:00 Earth Month Awareness Series: Guided Meditation, Reiki & Nature Mandala w/Barbara 2:30 Watercolor with April	10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 11:15 Trip: Maude's Restaurant 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge 1:00 Game: Dead Poets Rising
7 10:00 Leisure Games-Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 11:15 Trip: Costco 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/Tim 1:00 Presentation: Pets and the City: by NY Historical Society 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan	8 10:00 Qi Gong with Bruce 10:00 Memoir Writing 10:00 Trip Committee mtg 11:00 Tech How to's: How Use Streaming Services 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 Exercise With Eva 1:15 Presentation: Therapy by PT of the City 3:00 Chair Yoga for Joint Health w/Kathleen	9 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Empowerment 10:00 Pastels - Cancelled 11:00 Fit for Life Mobility Class 11:00 EFT Tapping with Margot 11:15 Trip: Kohls 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Movie: Unstoppable(2024) 1:00 Leisure Games-Mah Jongg	10 9:30 Conversational English 9:45 Chair Yoga w/Anita 10:00 Knitting Club 11:00 Presentation: How to Understand Medical Terminology by Einstein Medical Students 11:00 Tech How to's: How Use Streaming Services 11:00 Folk Dancing 12:00 Lunch 1:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 2:15 Earth Month Awareness Series: w/Barbara: Egg dying with natural materials 2:30 Watercolor with April	11 10:00 Get Fit with Stuart 10:00 Sculpture Studio 11:00 Creative Writing 11:00 Feldenkrais 11:00-2:00 Egg Hunt with Tabitha 11:30 Trip: Tony's Restaurant 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:00 92nd Street Y Presents: Carol Leifer and Susie Essman in Conversation: How to Write A Funny Speech 2:00 Egg Hunt Winners Announced 2:00 Leisure Games- Beginners Bridge
14 PASSOVER 13-20 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Social Workers Benefits: HEAP Cooling Assisting Program 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 11:15 Trip: Stew Leonard's 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/Tim 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan	15 BAKE SALE 10:00 Qi Gong with Bruce (Cancelled) 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Tech How to's: Photography Basics 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Belly Dancing w/Noora 3:00 Chair Yoga for Joint Health w/Kathleen	9:00 Breakfast Club 10:00 Women's Empowerment 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life Mobility Class 11:00 EFT Tapping with Margot 11:15 Trip: Trader Joe 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Movie: Mufasa: The Lion King (2024) 5:00 Phoenix Art Museum Diego Rivera & Frida Kahlo- Story of a Great Love	9:30 Conversational English 9:45 Chair Yoga w/Anita 10:00 Knitting Club 11:00 Tech How to's: Smartphone Photography Basics 11:00 Folk Dancing 12:00 Lunch 1:00 Concerts in Motion: Coffeehouse Thursday 1:00 Chorus with Cheryl 1:00 Social Action 2:00 Earth Month Awareness Series w/Barbara: Earth Month Tea & Teacup Floral Arrangement 2:30 Watercolor with April	18 GOOD FRIDAY 10:00 Get Fit with Stuart (Cancelled) 10:00 Sculpture Studio 11:00 Nutrition & Cancer Prevention by NY Presbyterian 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 1:00 92nd Street Y Presents Maureen Dowd in Conversation with Christine Baranski: Notorious (Hybrid) 2:00 Leisure Games- Beginners Bridge
21 EASTER MONDAY 10:00 Volunteer Recognition: Invite Only 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 11:00 Poetry Group 11:00 Tap Dancing w/Maria 11:00 Art with Linda 9:45 Trip: Whitney Museum Amy Sherald: American Sublime Exhibit 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/Tim 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan	22 EARTH DAY 10:00 Plant SALE 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Tech How to's: Going Paperless: How to Use Digital Notes 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annelen 1:00 Coloring Books 1:00 Belly Dancing w/Noora 1:15 Earth Month Awareness: Plants Native to NW Bronx 3:00 Chair Yoga for Joint Health w/Kathleen 5:00 Volunteer Recognition Dinner (Invite Only)	9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Volunteer Recognition: Invite Only 10:00 Women's Empowerment 10:00 Pastels w/Daniel Hauben 10:30 Art Deco Society: Preserving Deco: A Five Borough Guide 11:00 Fit for Life Mobility Class 11:00 EFT Tapping with Margot 12:00 Lunch 1:00 Holocaust Remembrance with Cheryl Warfield & Sharon Wolfe 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 2:30 Movie: Twister (2024)	9:30 Conversational English 9:45 Chair Yoga w/Anita 9:45 Horace Mann—11th Graders 10:00 Knitting Club 11:00 Tech How to's:	25 ARBOR DAY 10:00 Get Fit with Stuart (Cancelled) 10:00 Sculpture Studio 11:30 Trip: Hibachi Grill 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15: Presentation: Wave Hill Meet the Neighbors- the Birds of New York 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games- Beginners Bridge 3:15 Volunteer Recognition: Invite Only
28 10:00 Leisure Games- Canasta, Mah Jongg 10:00 Get Fit with Stuart 10:15 Trip: Walmart 11:00 Tap Dancing w/Maria 11:00 Poetry Group 11:00 Social Workers Benefits: Medicare Savings Program MSP 11:00 Art with Linda 12:00 Lunch 12:00 Concerts in Motion: Meditative Mondays 12:30 Write On! w/ Susan 12:45 Publicate Pridage w/Pick	29 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Tech How to's: 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annelen 1:00 Memoirs & Poetry Open Mic 1:00 Coloring Books 1:15 Presentation: Van Cortlandt House Museum: Van Cortlandt House	30 BIRTHDAY PARTY 9:00 Breakfast Club 10:00 Women's Empowerment 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life Mobility Class 11:00 EFT Tapping with Margot 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:00 Birthday Party		HAPPY
12:45 Duplicate Bridge w/Rich 1:00 Current Events w/Tim 2:00 Presentation: Derfner Museum: Highlights of the Hebrew Home Sculpture Garden 2:15 Horticultural Wellness Workshop 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan	3:00 Chair Yoga for Joint Health w/Kathleen	* HAPPY** * BIRTHDAY!	COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)	KEY: Red-Virtual Black-Onsite Blue-Hybrid Green-Outside