


Monday	Tuesday	Wednesday	Thursday	Friday
<p>KEY: Red—Virtual Black—Onsite Blue—Hybrid Green—Outside</p>	<p>COMPUTER HELP AND LAB AVAILABLE 10:00 TO 4:00 (BY APPOINTMENTS)</p>	<p>1 NEW YEARS' DAY CENTER CLOSED</p> 	<p>2 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Chorus with Cheryl 2:15 Guided Meditation and Reiki with Barbara (Hybrid) 2:30 Watercolor with April</p>	<p>3 10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Creative Writing 11:00 Feldenkrais 11:15 Trip: 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1 PM Screening Wicked 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p>
<p>6 EPHIMAMY 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: 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</p>	<p>7 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Technology of 2025 with Tabitha 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Exercise With Eva 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>8 9:00 Breakfast Club 9:30 Self Massage with Kathleen (Hybrid) - 9:30 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life-Mobility Class 11:00 Stress Relief with EFT w/ Margo 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Movie: Wicked 1:00 Leisure Games-Mah Jongg</p>	<p>9 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 Technology of 2025 with Tabitha 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Chorus with Cheryl 2:30 Watercolor with April</p>	<p>10 10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p>
<p>13 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 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</p>	<p>14 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 Digital Decluttering with Tabitha 12:00 Concerts in Motion: Songbook Tuesday 12:00 Lunch 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Exercise With Eva 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>15 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life-Mobility Class 11:00 Stress Relief with EFT w/ Margo 11:15 Trip: Shopping at Trader Joe's 12:00 Lunch 1:00 Concerts in Motion: Chinese 1:00 Movie: 1:00 Martin Luther King Jr. Celebration: Speeches, Poems and Essays 1:00 Leisure Games-Mah Jongg 1:00 Caregivers Support Group 5:00 Phoenix museum: One Flower To Bring Them All: The Lore</p>	<p>16 9:30 Conversational English 9:45 Chair Yoga w/ Anita 9:45 Horace Mann 10th Graders 10:00 Knitting Club 11:00 Hear and Be Heard: Strategies for Success in Group Conversations (Ctr. For Hearing & Communication). 11:00 Digital Decluttering with Tabitha 12:00 Lunch 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Chorus w/Cheryl 1:00 Folk Dancing 2:30 Watercolor with April</p>	<p>17 10:00 Get Fit with Stuart 10:00 Sculpture Class 11:00 Feldenkrais 11:00 Creative Writing 11: Trip: Lunch at Bareburger 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 1:15 Nutrition with Maudene: Getting the New Year Off to a Good Food Start 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p>
<p>20 MARTIN LUTHER KING Jr. HOLIDAY CENTER CLOSED</p>	<p>21 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 What are podcasts? With Tabitha 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Belly Dancing w/Noora 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>22 BIRTHDAY PARTY 9:00 Breakfast Club 10:00 Blood Pressure w/Sarah 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 11:00 Fit for Life-Mobility Class 11:00 Stress Relief with EFT w/ Margo 12:00 Lunch: 1:00 Academy Award Nominated Movie 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg</p>	<p>23 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10:00 Knitting Club 11:00 Folk Dancing 11:00 What are podcasts? With Tabitha 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Chorus with Cheryl 2:30 Watercolor with April</p>	<p>24 10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Trip: Lunch at Melba Restaurant 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p>
<p>27 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 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 Horticultural Wellness Workshops with Barbara: Hand Cream & Face Scrubs 3:30 Balance Training with Peggy Levine 4:45 Writing with Susan</p>	<p>28 10:00 Qi Gong with Bruce 10:00 Memoir Writing 11:00 Brain Booster/Trivia 11:00 iPhone IOS18 update with Tabitha 12:00 Lunch 12:00 Concerts in Motion: Songbook Tuesday 1:00 Collage Class w/Annellen 1:00 Coloring Books 1:00 Belly Dancing w/Noora 1:00 Van Cortlandt in Context presented by Exec. Dir. Van Cortlandt Museum 3:00 Chair Yoga for Joint Health w/Kathleen</p>	<p>29 CHINESE NEW YEAR 9:00 Breakfast Club 9:30 Self Massage w/Kathleen 10:00 Women's Group w/GG 10:00 Pastels w/Daniel Hauben 10:30 Art Deco Society of NY Grand Intentions: Innovative & Affordable Housing for All 11:00 Stress Relief with EFT with Margo 10:30 Trip: Tour of the Cathedral Church of St. John the Divine 12:00 Lunch 1:00 Movie: 1:00 Concerts in Motion: Chinese 1:00 Leisure Games-Mah Jongg 1:15 Social Work Workshop Series: Benefits on Saving in Property Taxes</p>	<p>30 9:30 Conversational English 9:45 Chair Yoga w/ Anita 10-2 Vision Room (5wks) Vision Rehabilitation Group with VISIONS (how to indicate it's a closed group?) 10:00 Knitting Club 11:00 Folk Dancing 11:00 iPhone IOS18 update with Tabitha 12:00 Concerts in Motion: Coffeehouse Thursday 1:00 Crafting w/Recyclables 1:00 Chorus with Cheryl 2:15 Fancy High Tea: Chinese New Year 2:30 Watercolor with April</p>	<p>31 NEW! Fun Friday Academy Award Nominations Movie Marathon 10:00 Get Fit with Stuart 10:00 Sculpture Class 10:00 Trip: Tabitha's Tech Trip at Lehman College 11:00 Creative Writing 11:00 Feldenkrais 12:00 Lunch 12:45 Non ACBL Duplicate Bridge w/Rich 2:00 Concerts in Motion: Celebration Friday 2:00 Leisure Games-Beginners Bridge</p>