







Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Chair Yoga 2 10:00 Leisure Games 10:30 Current Events 11:00 Women's Support Grp 12:30 Duplicate Bridge 1:00 Mah Jongg 1:00 Social Action Committee 1:15 Poetry Class 1:45 Feldenkrais- 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:00 BAKE SALE 3 9:45 Balance & Strength Based Exercise 10:00 RSS Walking Club 10:00 Mixed Media (NEW) TIME & DAY 10:00 Reminiscing with Diana 11:00 Belly Dancing 1:00 Coloring Books 2:00 Reinventing Yourself With Paul Heron 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">CENTER CLOSED HOLIDAY INDEPENDENCE DAY</p> 	<p>10:00 Knitting Group 5 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Nutrition: Bone Health with Lisa 1:00 Project Green Thumb-Gardening w/Barbara 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:15 Meditation with Kathleen</p>	<p>9:00 Sculpture 6 10:30 Balance & Strength Based Exercise 11:15 Trip: Seashore Restaurant ** 1:00 RSS Chorus 2:15 Art Lecture: Gustave Moreau 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 9 10:00 Leisure Games 10:30 Current Events 11:00 Women's Support Grp 11:15 Trip: Stew Leonard/Costco** 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais- 3:00 Creative Writing 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength 10 Based Exercise 10-12 Health Mgmt./B.P. 10:00 RSS Walking Club 10:00 Mixed Media (NEW) TIME & DAY 10:00 Reminiscing with Diana 11:00 Women's Studies 11:00 Folk Dancing 1:00 Coloring Books 2:00 Reinventing Yourself With Paul Heron 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>9:00 Breakfast Club 11 10:00 Drama 10:00 Leisure Games 11:00 Chair Exercise 12:45 Movie: Mudbound (2 hrs 15min) 1:00 Trip: Bronx Library Center** 1:30 Creativity Workshop 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 12 10:00 Sewing Circle** 10:00 Watercolor 10:00 Adjusting to Change 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: NYC Well Accessing Support and Treatment for Mental Health 1:00 Project Green Thumb-Gardening w/Barbara 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:15 Meditation with Kathleen</p>	<p>9:00 Sculpture 13 10:00 Art: Hand Building Using Clay** 10:30 Balance & Strength Based Exercise 11:00 Trip: Cooper Hewitt Museum** 1:00 Karaoke 2:15 Music Appreciation: Favorite Scenes from Mozart Operas 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 16 10:00 Leisure Games 10:30 Current Events 11:00 Women's Support Grp 11:15 Trip: Trader Joe's** 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais- 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & 17 Strength Based Exercise 10:00 Advisory Committee 10:00 Reminiscing with Diana 10:00 Mixed Media (NEW) TIME & DAY 11:00 Trip Committee Mtg. 11:00 Belly Dancing 10:00 RSS Walking Club 1:00 Coloring Books 2:00 Reinventing Yourself With Paul Heron 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>10:00 Leisure Games 18 10:00 Drama 10:15 Trip: Bartow Pell Mansion** 11:00 Chair Exercise 1:00 Caregiver Support Group for Spouses 1:00 Movie: The Death of Stalin (1 hr. 46 mins) 1:30 Creativity Workshop 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 19 10:00 Sewing Circle** 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: Riverdale Specialty Pharmacy: Diabetes what you need to know 1:00 Project Green Thumb-Gardening w/Barbara 1:00 Discussion: Short Stories: The Sanctuary by N. Larson 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:15 Meditation with Kathleen</p>	<p>9:00 Sculpture 20 10:00 Art: Hand Building Using Clay** 10:30 Balance & Strength Based Exercise 11:15 Trip: Sammy's Restaurant** 1:30 Summer Party Dance With GIOVANNY 1:00 RSS Chorus 2:15 Art Lecture: Odilon Redon 3:00 Tai Chi Gong</p> 
<p>10:00 Chair Yoga 23 10:00 Leisure Games 10:30 Current Events 11:00 Women's Support Grp 11:30 Trip: Aldi Supermarket** 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais- 3:00 Creative Writing 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & 24 Strength Based Exercise 10:00 RSS Walking Club 10:00 Mixed Media (NEW) TIME & DAY 10:00 Reminiscing with Diana 11:00 Folk Dancing 1:00 Birthday Celebration GIOVANNY** 1:00 Coloring Books 2:00 Reinventing Yourself With Paul Heron 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p> 	<p>9:00 Breakfast Club 25 10:00 Leisure Games 10:00 Drama 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall** 1:00 Movie: Borg vs McEnroe (1 hr. 47 mins) 1:30 Creativity Workshop 3:00 Qi Gong/Tai Chi 4:00 Bliss Fit** (Light Dinner to follow)</p> 	<p>10:00 Knitting Group 26 10:00 Sewing Circle** 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: Viral Hepatitis by Montefiore Hospital 1:00 Project Green Thumb-Gardening w/Barbara 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:15 Meditation with Kathleen</p>	<p>9:00 Sculpture 27 10:00 Art: Hand Building Using Clay** 10:30 Balance & Strength Based Exercise 1:00 Karaoke 2:15 Music Appreciation: Film Music at your choice 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 30 10:00 Leisure Games 10:30 Current Events 11:00 Women's Support Grp 11:15 Trip: Empire City Casino** 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:45 Feldenkrais- 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & 31 Strength Based Exercise 10:00 Reminiscing with Diana 10:00 RSS Walking Club 1:00 Coloring Books 2:00 Reinventing Yourself With Paul Heron 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>		<div style="border: 2px solid black; padding: 10px; text-align: center;"> <p>R.S.S. RESERVES THE RIGHT TO MAKE CHANGES. PLEASE CHECK THE DAILY SCHEDULE</p> </div>	<p style="text-align: center;">**Activity requires prior registration**</p>