




Monday	Tuesday	Wednesday	Thursday	Friday
<p>RSS is a Cooling Center for NYC. Please layer your clothes if needed. Your cooperation is appreciated.</p>  <p>Do not touch air conditioning controller</p>	<p>**Activity requires prior registration**</p> <p>KEY # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>	<p>HOURS: COMPUTER ROOM 9:00-4:30</p> 	<p>10:00 Knitting Group 1 10:00 Watercolor with April 10:00 Adjusting to Change With Paul Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Chat with the Doctor: Digestive Disorders 1:00 Grief Support Group With Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:00 Summer Documentary Series: The Last Resort</p>	<p>9:00 Chair/Mat Yoga 2 With Paula 10:00 Clay Sculpture 10:30 Balance & Strength Based Exercise 1:00 Karaoke 1:00 Social Action Committee 2:15 Art & Culture: Suzanne Valadon# (1865-1938) 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 5 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi with Bill 12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge." 1:00 Mah-Jongg 1:00 Nutrition: Food and Drug Interactions with Maureen Nelson R.D. 1:15 Poetry Class</p>	<p>9:30 BAKE SALE 6 10:00 Balance & Strength Based Exercise 10:00 Mixed Media Class 11:00 Belly Dancing 11:00 Digital Photography At the Van Cortlandt Lake House 1:00 Film: "Woodstock Were You there?" "Ice Cream Social Kick-off" 1:00 Coloring Books Group 2:00 Reimagining Ourselves Grp With Paul Heron, LCSW 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW</p>	<p>9:30 5¢ & 10¢ Greeting Card Sale 7 10:00 Leisure Games: Nuplicate Bridge 10:00 Drama Group 10:00 Zumba Gold with Kolu 10:00 Life Transition Group With Susan Cohen LCSW 11:00 Chair Exercise 1:00 Photo Editing Class (work on photos from the zoo) 1:00 Caregiver Support Group for Spouses 1:00 Movie: Breakthrough 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 8 10:00 Watercolor with April 10:00 Adjusting to Change With Paul Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: Dementia: What you need to know With Gerri O'Connell 1:00 Grief Support Group With Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:00 Summer Documentary Series: The Mayo Clinic</p>	<p>9:00 Chair/Mat Yoga 9 With Paula 10:00 Clay Sculpture with Brenda Spooner 10:30 Balance & Strength Based Exercise 11:00 Women in Fact and Fiction: "The Coverts: Femme Fatale Spies" 11:15 Trip: Crab Shanty Restaurant** 1:00 RSS Chorus 2:00 Meditation Circle# with Andria Cassidy 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 12 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi with Bill 12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge." 1:00 Mah Jongg 1:15 Poetry Class 2:00 Health Mgmt./B.P. 3:00 Qi Gong/Tai Chi</p>	<p>10:00 Balance & Strength Based Exercise 13 10:00 Mixed Media Class 11:00 Folk Dancing 1:00 Coloring Books Group 1:00 Bingo 2:00 Reimagining Ourselves Grp With Paul Heron, LCSW 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW</p>	<p>9:00 Breakfast Club 14 10:00 Drama Group 10:00 Zumba Gold with Kolu 10:00 Life Transition Group With Susan Cohen LCSW 10:00 Leisure Games: Nuplicate Bridge 11:00 Chair Exercise 1:00 Forum For: Senator Biaggi *** (Cancelled) 1:00 Savvy Solo Club 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p>	<p>10:00 Knitting Group 15 10:00 Watercolor with April 10:00 Adjusting to Change With Paul Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Tom Heany Easy Listening, Guitar & Songs# (Meet Tom: Refreshments Served) 1:00 Grief Support Group With Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:00 Summer Documentary Series: HIROSHIMA: BBC History of WWII</p>	<p>9:00 Chair/Mat Yoga 16 10:00 Clay Sculpture 10:30 Balance & Strength Based Exercise 1:00 Karaoke 2:15 Art & Culture: Review of Series on Women Artists/Discussion of Ideas and Perceptions# 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 19 10:00 Canasta 10:00 Current Events 11:00 Tai Chi with Bill 11:00 Women's Support Grp 11:15 Trip: Aldi Supermarket** 12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge." 1:00 Mah Jongg 1:15 Poetry Class 3:00 Qi Gong/Tai Chi</p>	<p>10:00 Balance & Strength Based Exercise 20 10:00 Mixed Media Class 10:00 Advisory Council Trip Committee Mtg. 11:00 Belly Dancing 1:00 Menu Committee Meeting Travels with Cecile# CHINA 1:00 Coloring Books Group 2:00 Reimagining Ourselves Grp 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group With Paul Heron, LCSW</p>	<p>10:00 Leisure Games: Nuplicate Bridge 21 10:00 Drama Group 10:00 Zumba Gold with Kolu 10:00 Life Transition Group With Susan Cohen LCSW 11:00 Chair Exercise 1:00 Movie: Long Shot 1:00 Photo Editing class (work on photos from the zoo) 1:00 Caregiver Support Group for Spouses 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 22 10:00 Watercolor with April 10:00 Adjusting to Change With Paul Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Tom Heany Easy Listening, Guitar & Songs# 1:00 Grief Support Group With Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:00 Summer Documentary Series: NOVA: Inside Einstein's Mind</p>	<p>9:00 Chair/Mat Yoga 23 With Paula CANCELLED 10:00 Clay Sculpture with Brenda Spooner 10:30 Balance & Strength Based Exercise 11:00 Reading Hour 11:15 Trip: Botanical Gardens** Brazilian Modern Event 1:00 Short Stories: "The Sphinx Without a Secret" by Oscar Wilde 1:00 RSS Chorus 2:00 Meditation Circle # with Andria Cassidy 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 26 10:00 Canasta 10:00 Current Events 11:00 Tai Chi with Bill (CANCELLED) 11:00 Women's Support Grp 11:00 Presentation: Assemblyman Jeff Dinowitz update on the legislative session. 11:15 Trip: Empire City Casino** (CANCELLED) 12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge." 1:00 Mah-Jongg 1:15 Poetry Class 3:00 Qi Gong/Tai Chi</p>	<p>10:00 Balance & Strength Based Exercise 27 10:00 Mixed Media Class 11:00 Folk Dancing 1:00 Birthday Celebration JUAN MANUEL ORTEGA 1:00 Coloring Books Group 2:00 Reimagining Ourselves Grp With Paul Heron, LCSW 2:00 Mat Yoga with Paula CANCELLED 3:00 Meditation with Paula CANCELLED 3:00 Men's Group With Paul Heron, LCSW</p>	<p>9:00 Breakfast Club 28 10:00 Drama Group 10:00 Zumba Gold with Kolu 10:00 Life Transition Group With Susan Cohen LCSW 10:00 Leisure Games: Nuplicate Bridge 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall ** 1:00 Movie: Poms 1:00 Photo Editing Class (work on photos from the zoo) 1:00 Savvy Solo Club 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge 6-8 Evening Night Out!! Open Mic **#</p> 	<p>9:00 Trip: SAND CASINO ** 29 10:00 Knitting Group 10:00 Watercolor with April 10:00 Adjusting to Change With Paul Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Tom Heany Easy Listening, Guitar & Songs# 1:00 Grief Support Group With Susan Cohen LCSW 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:00 Summer Documentary Series: The Russian Revolution</p>	<p>9:00 Chair/Mat Yoga 30 With Paula CANCELLED 10:00 Clay Sculpture 10:30 Balance & Strength Based Exercise 1:00 Karaoke 3:00 Tai Chi Gong</p>