









Monday	Tuesday	Wednesday	Thursday	Friday
<p>10:00 Chair Yoga 1</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Tai Chi Gong</p> <p>11:00 Women's Support Grp</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:30 BAKE SALE 2</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 Mixed Media Class</p> <p>10:00 Opera Lovers Club:# CARMEN</p> <p>11:00 Belly Dancing</p> <p>1:00 Coloring Books</p> <p>1:00 Presentation: Fire Safety for Seniors-fires and how to keep yourself and your home safe</p> <p>2:00 Reimaging Ourselves Grp. With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group</p>	<p>10:00 Leisure Games: 3</p> <p>Nuplicate Bridge</p> <p>10:00 Drama Camp</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise</p> <p>1:00 Movie: The Favourite</p> <p>1:00 Caregiver Support Group for Spouses</p> <p>3:00 Qi Gong</p> 	<p>4</p> <p>INDEPENDENCE DAY CENTER CLOSED</p> 	<p>5</p> <p>INDEPENDENCE DAY CENTER CLOSED</p>  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p style="text-align: center; color: red;">KEY</p> <p># = See Newsletter for Description</p> <p>** = Must Register</p> </div>
<p>10:00 Chair Yoga 8</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Tai Chi Gong</p> <p>11:00 Women's Support Grp</p> <p>11:15 Trip: Stew Leonard's /Costco**</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:30-11:45 One On-One**# 9 Computer Instruction</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 Mixed Media Class</p> <p>11:00 Folk Dancing</p> <p>11:00 Trip: Sketching @ Wave Hill**</p> <p>1:00 Coloring Books</p> <p>1:00 Presentation: Unclaimed Funds</p> <p>2:00 Reimaging Ourselves Grp. With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p>	<p>9:00 Breakfast Club 10</p> <p>10:00 Drama Camp</p> <p>10:00 Leisure Games: Nuplicate Bridge</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>10:00 Zumba Gold with Kolu</p> <p>11:00 Chair Exercise</p> <p>12:45 Movie: Dumbo</p> <p>1:00 Acrylic Painting (bring sketches from Wave Hill)</p> <p>1:00 Savvy Solo Club - New Jewish Home Trip</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge (Place Dinner Order)</p> 	<p>9:30-11:45 One On-One**# 11 Computer Instruction</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor with April</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Health Presentation: Catholic Guild for the Blind With Evelyn Pedrozo</p> <p>1:00 Grief Support Group With Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p> <p>3:00 Documentary: The Last Secrets of 9/11</p>	<p>9:00 Mat/Chair Yoga 12 With Paula</p> <p>10:00 Sculpture with Brenda</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:00 Women in Fact and Fiction: "The Three Sophias"</p> <p>11:00 Trip: Johnnie's Reef**</p> <p>1:00 RSS Chorus</p> <p>1:00 Meditation Circle# with Andria Cassidy</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 15</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Tai Chi Gong</p> <p>11:00 Women's Support Grp</p> <p>11:15 Trip: Trader Joe's**</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:30-11:45 One On-One**# 16 Computer Instruction</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 Mixed Media Class</p> <p>10:00 Advisory Council</p> <p>11:00 Trip Committee Mtg.</p> <p>11:00 Belly Dancing</p> <p>11:00 Trip: Sketching @ Wave Hill</p> <p>1:00 Bingo on the Terrace#</p> <p>1:00 Coloring Books</p> <p>1:00 Menu Committee Meeting</p> <p>1:00 Travels with Cecile Living in the Mexican American Border</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group</p>	<p>9:00 TAG SALE-\$5 BAG 17</p> <p>10:00 Drama Camp</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>10:00 Leisure Games: Nuplicate Bridge</p> <p>10:45 Trip: NY Historical Society**</p> <p>11:00 Chair Exercise</p> <p>12:45 Movie: Best of Enemies</p> <p>1:00 Caregiver Support Group for Spouses</p> <p>1:00 Acrylic Painting (bring sketches from Wave Hill)</p> <p>3:00 Qi Gon</p> <p>3:00 Caregiver Support Group #</p> 	<p>9:30-11:45 One On-One**# 18 Computer Instruction</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor with April</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Health Presentation: Netflix</p> <p>1:00 Grief Support Group With Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p> <p>3:00 Documentary: 9/11: Truth, Lies & Conspiracies</p>	<p>9:00 Mat/Chair Yoga 19 With Paula</p> <p>10:00 Sculpture</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:15 Trip: El Dorado Restaurant**</p> <p>1:00 Documentary: Mission Control The Unsung Heroes of Apollo (50h Anniversary of Moon Landing)</p> <p>2:15 Art Lecture: Marianne von Werefkin (1860-1938)</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 22</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Tai Chi Gong</p> <p>11:00 Women's Support Grp</p> <p>11:30 Trip: Aldi Supermarket**</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:00 Health Presentation: Dehydration and Seniors By: Right at Home With Ernie Morales</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:30-11:45 One On-One**# 23 Computer Instruction</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 Mixed Media Class</p> <p>11:00 Folk Dancing</p> <p>1:00 Birthday Celebration GIOVANNY</p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Ourselves Grp With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group With Paul Heron, LCSW</p>	<p>9:00 Breakfast Club 24</p> <p>10:00 Drama Camp</p> <p>10:00 Leisure Games: Nuplicate Bridge</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: Ridgehill Mall**</p> <p>12:45 Movie: The Public</p> <p>1:00 Savvy Solo Club</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge With</p> 	<p>9:30-11:45 One On-One**# 25 Computer Instruction</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor with April</p> <p>10:00 Adjusting to Change With Paul Heron, LCSW</p> <p>10-12 Health Mgmt./B.P.</p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Nutrition: 11 Bugs we may be Eating One Day With Lisa Spinelli</p> <p>1:00 Grief Support Group With Susan Cohen LCSW</p> <p>1:00 Write On! -Writing Class</p> <p>2:00 Yoga For Joint Health</p> <p>3:00 Documentary: Saudi Arabia Uncovered</p>	<p>9:00 Mat/Chair Yoga 26 With Paula</p> <p>10:00 Sculpture with Brenda</p> <p>10:30 Balance & Strength Based Exercise</p> <p>11:00 Reading Hour</p> <p>11:15 Trip: Artie's Steak & Seafood**</p> <p>1:00 Short Stories: "The Remarkable Case of Davidson's Eyes" by H.G. Wells</p> <p>1:00 Meditation Circle# with Andria Cassidy</p> <p>1:00 RSS Chorus</p> <p>3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 29</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Tai Chi Gong</p> <p>11:00 Women's Support Group</p> <p>11:15 Trip: Empire City Casino**</p> <p>12:30 Leisure Games: "ACBL Sanctioned Duplicate Bridge."</p> <p>1:15 Conversation of the Spirit with Rabbi Aaron Frank</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>3:00 Qi Gong/Tai Chi</p>	<p>9:30-11:45 One On-One**# 30 Computer Instruction</p> <p>9:45 Balance & Strength Based Exercise</p> <p>10:00 Mixed Media Class</p> <p>10:00 Opera Lovers Club:# The Barber of Seville</p> <p>11:00 Belly Dancing</p> <p>1:00 Travels with Cecile CHINA</p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Ourselves Grp</p> <p>2:00 Mat Yoga with Paula</p> <p>3:00 Meditation with Paula</p> <p>3:00 Men's Group</p>	<p>10:00 Drama Camp 31</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Leisure Games: Nuplicate Bridge</p> <p>10:00 Life Transition Group With Susan Cohen LCSW</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: VanCortland Lake House**</p> <p>1:00 Movie: Little</p> <p>3:00 Qi Gon</p> 	<p>RSS is a Cooling Center for NYC.</p> <p>Please layer your clothes if needed.</p> <p>Your cooperation is appreciated.</p> <div style="border: 1px solid black; padding: 5px; text-align: center;">  <p style="color: white; background-color: red; padding: 2px;">Do not touch air conditioning controller</p> </div>	<p>NEW:</p> <p>Beginning, Tuesday July 9th, One-On-One Computers By appointment ONLY! 9:30am, 10:15am & 11:00am</p> 