






Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sunday, June 16th Father's Day</p> 	<p>**Activity requires prior registration**</p>	<p>KEY # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>		
<p>10:00 Chair Yoga 3 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 11:15 Trip: Arthur Avenue** CANCELLED</p> <p>12:30 Leisure Games: Nuplicate Bridge</p> <p>1:00 Mah-Jongg 1:00 Social Action Committee 1:00 Nutrition: Basics of Eating for High Energy With Maudene Nelson, RD</p> <p>1:15 Poetry Class 1:45 Feldenkrais: Comfortable Upright #11 3:00 Qi Gong/Tai Chi 4:00 Meditation with Tiffany#</p>	<p>9:00 BAKE SALE 4 9:00 Mixed Media Class 9:45 Balance & Strength Based Exercise 11:00 Belly Dancing 11:00 Mindfulness with Hannah 1:00 Coloring Books 1:00 Travels with Cecile# CHINA 2:00 Reimagining Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group with Paul Heron, LCSW</p>	<p>9:00 COLLECTIBLE SALE 5 10:00 Leisure Games: Nuplicate Bridge 10:00 Zumba Gold with Kolu 10:00 Life Transition Group With Susan Cohen, LCSW 11:00 Chair Exercise 11:15 Trip: Macys/Sears** CANCELLED</p> <p>1:00 Caregiver Support Group for Spouses Let's Paint flowers! (Last Class)</p> <p>12:45 Movie: Dog's Way Home</p> <p>3:00 Qi Gong/Tai Chi</p> 	<p>8:30 Trip: 6 Kiwanis Club Circle line**</p> <p>10:00 Knitting Group 10:00 Watercolor 10:00 Adjusting to Change Group With Paul Heron, LCSW 10:30-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group (Loss of a Partner) With Susan Cohn, LCSW 1:00 Chat with the Doctor: Testosterone and Estrogen levels in Older Adults</p> <p>1:00 Write On! -Writing Class (Cancelled) 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture 7 10:30 Balance & Strength Based Exercise 11:00 Trip: Splash Day at Riverdale Neighborhood House** 11:00 Walk with Ease w/Lisa 1:00 Karaoke 2:15 Art & Culture: Alice Neel (1900-1984) 3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 10 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 11:15 Trip: Christmas Tree Store**</p> <p>12:30 Leisure Games: Nuplicate Bridge</p> <p>1:00 Mah Jongg 1:00 Presentation: Coping with Arthritis With Dr Eli Kamara Orthopedic MD of Montefiore Hospital (refreshments)</p> <p>1:15 Poetry Class 1:45 Feldenkrais: Easier Standing #12 3:00 Qi Gong/Tai Chi 4:00 Meditation with Tiffany#</p>	<p>9:00 Mixed Media Class 11 9:45 Balance & Strength Based Exercise 11:00 Folk Dancing 1:00 Presentation: DOWN SIZING <i>This presentation will provide a guide on how to declutter and downsize your home.</i></p> <p>1:00 Coloring Books 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>PHILIPPINE INDEPENDENCE</p> <p>9:00 Breakfast Club 12 10:00 Drama 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: Hibachi Grill**</p> <p>1:00 Savvy Solo Club 12:45 Movie: the Upside</p> <p>3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p> 	<p>10:00 Knitting Group 13 10:00 Watercolor 10:00 Adjusting to Change Group With Paul Heron, LCSW 10:30-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group (Loss of a Partner) With Susan Cohn, LCSW 1:00 Presentation: Over the counter mobile stores services for seniors</p> <p>1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>45th ANNIVERSARY MEMBER CELEBRATION**</p> <p>10:00 Clay Sculpture 14 10:30 Balance & Strength Based Exercise 11:00 Walk with Ease w/Lisa 11:00 Women's Studies "Writers Married to Authors" 1:00 RSS Chorus 2:00 Music Appreciation 3:00 Tai Chi Gong with Bill</p> <p>FREE LUNCH</p>
<p>10:00 Chair Yoga 17 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 11:15 Trip: Aldi Supermarket**</p> <p>12:00 Father's Day Lunch**</p> <p>12:30 Leisure Games: Nuplicate Bridge</p> <p>1:00 Mah Jongg 1:15 Poetry Class 1:45 NEW TIME & DATE: Blissfit# 3:00 Qi Gong/Tai Chi</p>	<p>9:00 Mixed Media Class 18 9:45 Balance & Strength Based Exercise 10:00 Advisory Council 11:00 Trip Committee 11:00 Belly Dancing 1:00 Coloring Books 1:00 Travels with Cecile# CHINA 1:00 Menu Committee 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>10:00 Leisure Games: 19 Nuplicate Bridge 10:00 Drama 10:00 Zumba Gold with Kolu 10:00 Life Transition Group With Susan Cohen, LCSW 11:00 Chair Exercise 12:45 MEMBERSHIP MEETING 1:00 Caregiver Support Group for Spouses 1:00 Movie: Gloria Bell 3:00 Qi Gong/Tai Chi 6:00 Women's Circle** Vision Board Party With April Lombardi</p> 	<p>10:00 Knitting Group 20 10:00 Watercolor 10:00 Adjusting to Change Group With Paul Heron, LCSW 10:30-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group (Loss of a Partner) With Susan Cohn, LCSW 1:00 Presentation: Everything you need to know about hearing aids and other ways to communicate by Dunshaw Audiology with Dr. Lyn Kase 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture 21 10:30 Balance & Strength Based Exercise 11:00 Walk with Ease w/Lisa 11:15 Trip: Schervier for B.B.Q.***</p> <p>12:00 Summer Solstice Sundaes</p> <p>1:00 Karaoke 2:15 Art & Culture: Kay Sage (1898-1963) 3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 24 10:00 Canasta 10:00 Current Events 11:00 Women's Support Group 11:00 Tai Chi Gong with Bill 12:30 Leisure Games: Nuplicate Bridge</p> <p>1:00 Mah-Jongg 1:00 Presentation: "What we do and what we provide" By NYC Environmental Protection with Effie Ardizzone "Free Giveaways"</p> <p>1:15 Poetry Class 1:15 Conversation of the Spirit with Rabbi Aaron Frank 3:00 Qi Gong/Tai Chi 4:00 Meditation with Tiffany#</p>	<p>9:00 Mixed Media Class 25 9:45 Balance & Strength Based Exercise 11:00 Folk Dancing 1:00 Birthday Celebration Juan Manuel Ortega (CANCELLED)#</p> <p>1:00 Coloring Books 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 26 10:00 Drama 10:00 Zumba Gold with Kolu 10:00 Leisure Games: Nuplicate Bridge 10:00 Life Transition Group With Susan Cohen, LCSW 11:00 Chair Exercise 11:15 Trip: Empire City Casino**</p> <p>1:00 Savvy Solo Club 1:00 Movie: Isn't It Romantic</p> <p>3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p> 	<p>10:00 Knitting Group 27 10:00 Watercolor 10:00 Adjusting to Change Group With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group (Loss of a Partner) With Susan Cohn, LCSW 1:00 Write On! -Writing Class 1:00 Presentation: Experience Reiki with Barbara Denson 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture 28 10:30 Balance & Strength Based Exercise 11:00 Reading Hour 12:00 4th of July BBQ Lunch 1:00 Trip: Ridgehill Mall**</p> <p>1:00 RSS Chorus 1:00 Short Stories: "Notorious Jumping Frog of Calaveres County" by Mark Twain 2:00 Music Appreciation 3:00 Tai Chi Gong with Bill</p>