

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Activity requires prior registration**</p> <p>KEY # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>	<p>CENTER OPEN ST. PATRICKS DAY CELEBRATION SATURDAY MARCH 16TH 11:00-3:00</p> 	<p>SAVE THE DATE MODEL SEDER TUESDAY, APRIL 17TH RABBI AARON FRANK @ 11:15 A.M. CENTER CLOSED FRIDAY, APRIL 19TH</p>	<p>NATIONAL WOMEN'S HISTORY MONTH</p> 	<p>10:00 Sculpture Studio 1 10:30 Balance & Strength Based Exercise 1:00 Karaoke sing-a-long 2:15 Art History Lecture: <i>The Transition from Impressionism to Modernism: 19th to 20th Century France</i> Edouard Vuillard 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 4 10:00 Canasta 10:00 Current Event 11:00 Women's Support Grp 11:00 Tai Chi Gong 11:00 Columbia OT Students: Flamenco from Spain 12:30 Duplicate Bridge 1:00 Mah-Jongg 1:00 Social Action Committee 1:15 Conversation of the Spirit with Rabbi Aaron Frank Topic: Roses, Lilies and the Capital: The Floral Connection of Purim and Passover# 1:15 Poetry Class 1:15 OATS: Money Matters# 2:30 OATS- Social Media# 3:00 Creative Writing Class 3:00 Qi Gong/Tai Chi</p>	<p>9:30 BAKE SALE 5 9:45 Balance & Strength Based Exercise 10:00 Mixed Media Art Class 11:00 Mindfulness w/Hannah 11:00 Belly Dancing 12:00 Celebrating Mardi Gras 1:00 NEW: Travels with Cecile "Japan" # 1:00 Coloring Books for Adults 2:00 Reimaging Group 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 Nuplicate Bridge 6 10:00 Zumba Gold with Kolu 10:00 Drama Club 10:00 Life Transitions with Susan Cohen, LCSW 11:00 Chair Exercise Volunteer Led--(Eva out) 1:00 5 Weeks of Acrylic Landscape Painting with Figures with April# 1:00 Movie: <i>The Wife</i># 1:00 Caregiver Support Group for Spouse 1:00 OATS: Money Matters# 2:30 OATS- Social Media# 3:00 Qi Gong/Tai Chi Exercise</p> 	<p>10:00 Knitting Group 7 10:00 Watercolor Art w/April 10-12 Health Mgmt./B.P. 10:00 Adjusting to Change Grp. with Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 1:00 Write On! With Susan 1:00 Granny "D" *goes to Washington**# led by Producer Alidra Solday 2:30 Yoga For Joint Health</p> 	<p>9:30 Tai Chi w/Bruce 8 10:00 Sculpture w/Brenda 10:30 Balance & Strength Based Exercise 11:00 Women's Studies "Women at Sea" 11:15 Trip: Rory Doland Restaurant\$** 1:00 RSS Chorus 1:15 Natural Wellness Workshop# 2:00 Music Appreciation 3:00 Tai Chi Gong</p> <p>INTERNATIONAL WOMEN'S DAY</p>
<p>10:00 Chair Yoga 11 10:00 Current Events 11:00 Women's Support Group 11:00 Tai Chi Gong 11:00 Columbia OT Students: Step Dance in Ireland# 11:15 Trip: Stew Leonard's/Costco\$** 12:30 Duplicate Bridge 1:00 Mah-Jongg 1:15 Poetry Class 1:15 OATS: Money Matters# 2:30 OATS-Social Media # 3:00 Creative Writing Class 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength 12 Based Exercise 10:00 Mixed Media Art Class 11:00 Folk Dancing 11:00 Mindfulness w/Hannah 1:00 Coloring Books for Adults 1:00 COLLECTIBLE SALE PREVIEW 2:00 Reimaging Group with Paul Heron, LCSW 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group 3:45 Horace Man Service Learning Team</p>	<p>9:00 Breakfast Club 13 9:30 COLLECTIBLE SALE 10:00 Nuplicate Bridge 10:00 Zumba Gold with Kolu 10:00 Drama Club 10:00 Life Transitions with Susan Cohen, LCSW 11:00 Chair Exercise Volunteer Led--(Eva out) 1:00 5 Weeks of Acrylic Landscape Painting with Figures with April# Last Class (make-up class for 2/20/2019) 1:00 Savvy Agers Group 1:00 Movie: Star is Born# 1:15 OATS: Money Matters# 2:30 OATS- Social Media# 3:00 Qi Gong/Tai Chi 4:00 Women's Circle**# <i>Legacy Letters from the Heart</i> (re-scheduled from February)</p>	<p>10:00 KNITTING SALE 14 10:00 Watercolor Art w/April 10-12 Health Mgmt./B.P. 10:00 Adjusting to Change Grp. with Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 1:00 Health Presentation: WHAT YOU NEED TO KNOW WHEN YOU GO TO THE HOSPITAL BEFORE.....DURING.....AFTER with Hannah 1:00 Write On! With Susan 2:00 Yoga For Joint Health</p>	<p>10:00 Sculpture Studio 15 10:30 Balance & Strength Based Exercise 11:15 Trip: United Nations\$** 1:00 Karaoke sing-a-long 2:15 Art History Lecture: Mystical Symbolism: The Salon de la Rose Croix 3:00 Tai Chi Gong</p> <p>WORLD SLEEP DAY</p>
<p>10:00 Chair Yoga 18 10:00 Canasta 10:00 Current Events 11:00 Women's Support Group 11:00 Better Together with Kinneret 6th graders Purim/St. Patrick's Day 11:00 Tai Chi Gong 11:15 Trip: Aldi Supermarket\$ 12:30 Duplicate Bridge 1:00 Mah-Jongg 1:15 Poetry Class 1:15 OATS: Money Matters# 1:45 Feldenkrais: Easy Flexibility-Turning #1 2:15 Ellie's Book Club The Witch Elm by Tana French 2:30 OATS- Social Media# 3:00 Creative Writing Class 3:00 Qi Gong/Tai Chi</p>	<p>9:45 Balance & Strength 19 Based Exercise 10:00 Advisory Committee 10:00 Mixed Media Art Class 11:00 Mindfulness w/Hannah 11:00 Trip Committee Mtg. 11:00 Belly Dancing 1:00 NEW: Travels with Cecile "Mongolia" # 1:30 Better Together with Kinneret 2nd graders 1:00 Coloring Books for Adults 2:00 Reimaging Group 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 Nuplicate Bridge 20 10:00 Zumba Gold with Kolu 11:00 Chair Exercise 10:00 Drama Club 10:00 Life Transitions with Susan Cohen, LCSW 1:00 Caregiver Support Group for Spouses 1:00 Movie: Can you ever forgive me# 1:15 OATS: Money Matters # 2:30 OATS-Social Media # 3:00 Qi Gong/Tai Chi 4:00 NEW: Learn to play Bridge (4 week course) with Peter**#</p> <p>(PURIM BEGINS AT SUNDOWN) (SPRING BEGINS)</p> 	<p>10:00 Knitting Group 21 10:00 Watercolor Art w/April 10-12 Health Mgmt./B.P. 10:00 Adjusting to Change Grp. with Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 1:00 Write On! With Susan 1:00 Short Stories: "Cask of Amontillado" by Edgar Allan Poe 1:00 Nutrition How to season your food without salt w/ Lisa Spinelli, R.N. & Barbara Denson 2:00 Yoga For Joint Health</p>	<p>9-4pm Caregivers Lounge** 22 (ask for Peter) 9:30 Tai Chi w/Bruce 10:00 Sculpture w/ Brenda 10:30 Balance & Strength Based Exercise 11:00 Reading Hour 11:15 Trip: Dinosaur BBQ\$** 1:00 Karaoke sing-a-long 1:15 Natural Wellness Workshop# 2:00 Music Appreciation 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 25 10:00 Canasta 10:00 Current Events 11:00 Women's Support Group 11:00 Tai Chi Gong 11:00 Columbia OT Students: Schupplattler in Germany# 11:15 Trip: Empire City Casino\$** 12:30 Duplicate Bridge 1:00 Mah-Jongg 1:15 Poetry Class 1:45 Feldenkrais: Power Center #2 3:00 Creative Writing Class 3:00 Qi Gong/Tai Chi 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength 26 Based Exercise 10:00 Mixed Media Art Class 11:00 Folk Dancing 11:00 Mindfulness w/Hannah 1:00 Coloring Books for Adults 1:00 Birth Day Celebration Bobby Liggio 2:00 Reimaging Group 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 2:30 Documentary: Edith Piaf</p> 	<p>9:00 Breakfast Club 27 10:00 Nuplicate Bridge 10:00 Zumba Gold with Kolu 10:00 Drama Club 10:00 Life Transitions with Susan Cohen, LCSW 11:00 Chair Exercise 11:15 Trip: Morgan Library\$** 12-2 Savvy Agers Group Trip to 5 Star Premier with Selina 1:00 Movie: Green Book# 3:00 Qi Gong/Tai Chi 4:00 NEW: Learn to play Bridge (4 week course) with Peter**# 4:00 BlissFit w/Kim Schmidt</p>	<p>9:00 Trip: Sands Casino**\$ 28 10:00 Knitting Group 10:00 Watercolor Art Class 10-12 Health Mgmt./B.P. 10:00 Adjusting to Change Grp. with Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 1:00 Write On! With Susan 1:00 Chat with the Doctor: Women's Health Issues New York Presbyterian 2:00 Yoga For Joint Health</p>	<p>10:00 Sculpture Studio 29 10:30 Balance & Strength Based Exercise 11:15 Trip: Ridgehill Mall\$** 1:00 Karaoke sing-a-long 3:00 Tai Chi Standing Form</p>