

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>MONDAY IS ICE CREAM DAY</b></p>  <p><b>KEY:</b> # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>	<p>COMPUTER HELP MONDAY-THURSDAY 10:00-3:00</p> 	<p>10:00 Leisure Games &amp; Bridge 1 10:00 Drama 11:00 Chair Exercise 1:00 Caregiver Support Group for Spouses 1:00 Movie: <b>Leisure Seeker(1hr52 mins)</b> 1:30 Creativity Workshop 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 2 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Trivia 11:00 Exercise for Mobility 1:00 Write On! -Writing Class 1:00 Chat with the Doc: <b>Nutrition for Bone Health -Dr. Mishaela Rubin, MD</b> 2:00 <b>New Group: Living with Physical Challenges#</b> 2:00 Yoga For Joint Health 3:15 Meditation</p>	<p>10:00 Sculpture\$ 3 10:00 NEW: <b>Paleo Therapeutic Exercise#</b> 10:00 Art: <b>Hand Building Using Clay**\$</b> 10:30 Balance &amp; Strength Based Exercise 11:00 Meet &amp; Greet** <b>Eric Dinowitz</b> 11:15 Trip: <b>Crab Shanty**</b> 1:00 RSS Chorus 1:00 NEW: <b>Natural Wellness Workshops w/Barbara#</b> 2:00 Art &amp; Culture: Paul Gauguin 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 6 10:00 Leisure Games 10:00 Canasta 10:30 Current Events 11:00 <b>Women's Support Grp: Meet and Greet new facilitator Rosemary</b> 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>9:30 <b>BAKE SALE</b> 7 9:45 Balance &amp; Strength Based Exercise 10:00 RSS Walking Club 10:00 Reminiscing 10:00 Mixed Media 11:00 Belly Dancing 1:00 <b>Presentation: NYConnects and other programs from NSHOPP—with Raid Iris Dominguez</b> 1:00 Coloring Books 2:00 Reimagining Yourself Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>9:00 Breakfast Club 8 10:00 Drama 10:00 Leisure Games &amp; Bridge 11:00 Chair Exercise 12:20 Trip: <b>Hudson River Museum**</b> 1:00 Movie: <b>Finding Your Feet (1hr51 mins)</b> 1:30 Creativity Workshop\$ 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 9 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 <b>Health Discussion: Brain Health and Wellness with Molly Fogel of Alzheimer's Foundation</b> 1:00 Write On! -(Writing Class) 2:00 <b>Drawing Class**#</b> 2:00 Yoga For Joint Health 3:15 Meditation 4:15 <b>Bereavement for Spouses Group#</b></p>	<p>10:00 Sculpture\$ 10 10:00 NEW: <b>Paleo Therapeutic Exercise#</b> 10:00 Art: <b>Hand Building Using Clay**\$</b> 10:30 Balance &amp; Strength Based Exercise 11:15 Trip: <b>Dinosaur BBQ**</b> 1:00 Karaoke 1:00 NEW: <b>Natural Wellness Workshops w/Barbara#</b> 2:00 Music Appreciation: Music &amp; Ballet Masterpieces 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 13 10:00 Leisure Games 10:00 Canasta 10:30 Current Events 11:00 Women's Support Grp 11:15 Trip: <b>Trader Joes**</b> 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 4:00 <b>Dinner &amp; Movie</b> 6:00 <b>Caregiver Support Group for Adult Children</b></p>	<p>9:45 Balance &amp; Strength Based Exercise 14 10:00 Reminiscing 10:00 RSS Walking Club 10:00 Mixed Media 10:15 Trip: <b>Poe Park Green Market**</b> 11:00 Folk Dancing 11:00 Women's Study 1:00 Coloring Books 2:00 Reimagining Yourself Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>10:00 Leisure Games &amp; Bridge 15 10:00 Drama 11:00 Chair Exercise 11:15 Trip: <b>Hibachi Grill**</b> 1:00 Caregiver Support Group for Spouses 1:00 Movie: <b>Kings (1 hr. 32 mins)</b> 1:30 Creativity Workshop\$ 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 16 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 <b>Health Discussion: Good Balance with Sally of Physical Medicine &amp; Rehab</b> 1:00 Discussion: Short Stories: <i>Second Best</i> by D. H. Lawrence 1:00 Write On! -(Writing Class) 2:00 <b>Drawing Class**#</b> 2:00 <b>New Group: Living with Physical Challenges# (Cancelled)</b> 2:00 Yoga For Joint Health 3:15 Meditation</p>	<p>10:00 Sculpture\$ 17 10:00 NEW: <b>Paleo Therapeutic Exercise#</b> 10:00 Art: <b>Hand Building Using Clay**\$</b> 10:30 Balance &amp; Strength Based Exercise 11:15 Trip: <b>Loobster Box**</b> 1:00 RSS Chorus 1:00 NEW: <b>Natural Wellness Workshops w/Barbara#</b> 2:00 Art &amp; Culture: The Nabis 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 20 10:00 Leisure Games 10:00 Canasta 10:30 Current Events 11:00 Women's Support Group 11:15 Trip: <b>Aldie Supermarket**</b> 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 &amp; Strength Based Exercise 21 10:00 RSS Walking Club 10:00 Reminiscing 10:00 Mixed Media 10:00 Advisory Committee 11:00 Trip Committee Mtg. 11:00 Belly Dancing 1:00 <b>Birthday Celebration Bobbi Ligio**</b> 1:00 Coloring Books 2:00 Reimagining Yourself Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>9:00 Breakfast Club 22 10:00 Drama 10:00 Leisure Games &amp; Bridge 11:00 Chair Exercise 11:15 Trip: <b>Ridgehill Mall **</b> 1:00 Movie: <b>Final Portrait (1hr 30mins)</b> 1:30 Creativity Workshop\$ 3:00 Qi Gong/Tai Chi</p> 	<p>10:00 Knitting Group 23 10:00 Watercolor 10:00 Adjusting to Change 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:30-4:00 <b>TALENT SHOW</b> 4:15 <b>Bereavement for Spouses Group#</b></p> 	<p>10:00 Sculpture\$ 24 10:00 NEW: <b>Paleo Therapeutic Exercise#</b> 10:00 Art: <b>Hand Building Using Clay**\$</b> 10:00 Trip: <b>Senator Jeff Klein Senior Appreciation Day Dinner Theatre**</b> 10:30 Balance &amp; Strength Based Exercise 1:00 Karaoke 1:00 NEW: <b>Natural Wellness Workshops w/Barbara#</b> 2:00 Music Appreciation: Chopin and the Romantic era 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 27 10:00 Leisure Games 10:00 Canasta 10:30 Current Events 11:00 Women's Support Group 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 <b>Caregiver Support Group for Adult Children</b></p>	<p>9:45 Balance &amp; Strength Based Exercise 28 10:00 RSS Walking Club 10:00 Reminiscing 10:00 Mixed Media 10:15 Trip: <b>Poe Park Green Market**</b> 11:00 Folk Dancing 11:00 Reading Hour 1:00 Coloring Books 2:00 Reimagining Yourself Group 2:00 Mat Yoga with Paula <b>(Cancelled)</b> 3:00 Meditation with Paula <b>(Cancelled)</b> 3:00 Men's Group</p>	<p>10:00 Leisure Games &amp; Bridge 29 10:00 Drama 11:00 Chair Exercise 11:15 Trip: <b>Empire City Casino**</b> 1:00 Movie: <b>Book Club (1 hr. 44 mins)</b> 1:30 Creativity Workshop\$ 3:00 Qi Gong/Tai Chi 4:00 <b>Bliss Fit**#</b></p> 	<p>10:00 Knitting Group 30 10:00 Watercolor 10:00 Adjusting to Change 11:00 Exercise for Mobility 11:00 Trivia 1:00 <b>Health Discussion: In our Own Voice- (Sharing personal stories) with Clara Kiely of nami (National Alliance of Mental Illness)</b> 1:00 Write On! -(Writing Class) 2:00 <b>Drawing Class**#</b> 2:00 <b>New Group: Living with Physical Challenges#</b> 2:00 Yoga For Joint Health 3:15 Meditation</p>	<p>10:00 Sculpture\$ 31 10:00 NEW: <b>Paleo Therapeutic Exercise#</b> 10:00 Art: <b>Hand Building Using Clay</b> <b>10:00 Unclaimed Funds**#</b> <b>NY City Comptroller Office</b> 10:30 Balance &amp; Strength Based Exercise 1:30 <b>End of Summer Dance with Giovanni</b> 3:00 Tai Chi Gong</p> 