


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 with Bill</p> <p>11:00 Women's Support Group</p> <p>11:00 Columbia OT Students: <b>Schuhplattler in Germany</b></p> <p>12:30 Duplicate Bridge</p> <p>1:00 Mah-Jongg</p> <p>1:00 Social Action Committee</p> <p>1:15 <b>Conversation of the Spirit#</b> With Rabbi Aaron Frank</p> <p>1:15 Poetry Class</p> <p>1:45 Feldenkrais <b>Better Balance #3</b></p> <p>3:00 Qi Gong/Tai Chi</p> <p>3:00 Creative Writing</p>	<p>9:00 Mixed Media Class 2</p> <p>9:30 <b>BAKE SALE</b></p> <p>9:45 Balance &amp; Strength Based Exercise</p> <p>11:00 Mindfulness with Hannah</p> <p>11:00 Belly Dancing</p> <p>1:00 Presentation: <b>US CENSUS Bureau</b></p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Group With Paul Heron, LCSW</p> <p>2:00 Mat Yoga with Paula cancelled</p> <p>3:00 Meditation with Paula cancelled</p> <p>3:00 Men's Group With Paul Heron, LCSW</p> <p>3:45 Horace Man Service Learning Team</p>	<p>10:00 Nuplicate Bridge 3</p> <p>10:00 Drama</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transitions With Susan Cohen, LCSW</p> <p>11:00 Chair Exercise</p> <p>12:45 Movie: <b>MARY POPPINS (2:10)</b></p> <p>1:00 Caregiver Support Group for Spouses</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p> 	<p>10:00 Knitting Group 4</p> <p>10:00 Watercolor Art Class 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 <b>Computer Literacy</b></p> <p><b>Workshop for Women's Wellness</b> <b>By Mt. St. Vincent's Nursing Students</b></p> <p>11:00 Exercise for Mobility</p> <p>11:00 Trivia</p> <p>1:00 Presentation: <b>Women's Wellness</b> <b>By Mt. St. Vincent's Nursing Students#</b></p> <p>1:00 Grief Support Group (Loss of a Partner) With Susan Cohen, LCSW</p> <p>1:00 Write On! - Writing Class</p> <p>2:00 Yoga For Joint Health</p>	<p>9:30 Tai Chi w/Bruce 5</p> <p>10:00 Sculpture with Brenda</p> <p>10:30 Balance &amp; Strength Based Exercise</p> <p>11:15 Trip: <b>Epstein's Restaurant**</b></p> <p>1:00 <b>NEW:</b> <b>Stress Reduction Workshops</b> <b>with Barbara Denson</b></p> <p>1:00 RSS Chorus</p> <p>2:00 Art Discussion:</p> <p>3:00 Tai Chi Gong with Bill</p>
<p>10:00 Chair Yoga 8</p> <p>10:00 Canasta</p> <p>10:00 Current Events</p> <p>11:00 Tai Chi Gong with Bill</p> <p>11:00 Columbia OT Students: <b>Line Dancing in the Philippines</b></p> <p>11:00 Women's Support Group</p> <p>11:15 Trip: <b>Empire City Casino**</b></p> <p>12:30 Duplicate Bridge</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>1:45 Feldenkrais <b>Low Back Comfort #4</b></p> <p>3:00 Qi Gong/Tai Chi</p> <p>3:00 Creative Writing</p> <p>6:00 Caregiver Support Group for Adult Children</p>	<p>9:00 Mixed Media Class 9</p> <p>9:45 Balance &amp; Strength Based Exercise</p> <p>11:00 Folk Dancing</p> <p>11:00 Mindfulness with Hannah</p> <p>1:00 Coloring Books</p> <p>1:00 Presentation: <b>Poison Prevention In the Home</b> <b>by NYC Poison Control Center</b></p> <p>2:00 Reimaging Group 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>3:45 Horace Man Service Learning Team</p>	<p>9:00 Breakfast Club 10</p> <p>9:30 <b>COLLECTIBLE SALE</b></p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transitions With Susan Cohen, LCSW</p> <p>10:00 Drama</p> <p>10:00 Nuplicate Bridge</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: <b>Pizza Beat Restaurant**</b></p> <p>1:00 Savvy Agers Group</p> <p>1:00 Movie: <b>SECOND ACT(1:43)</b></p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p> 	<p>10:00 Knitting Group 11</p> <p>10:00 Watercolor Art Class 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 <b>Computer Literacy</b></p> <p><b>Workshop for Women's Wellness</b> <b>By Mt. St. Vincent's Nursing Students#</b></p> <p>11:00 Trivia</p> <p>1:00 Presentation: <b>Combating Fatigue—</b> <b>Feel Grand Series</b> <b>By Right at Home Agency</b> <b>Ernie Morales</b></p> <p>1:00 Grief Support Group (Loss of a Partner) With Susan Cohen, LCSW</p> <p>1:00 Write On! - Writing Class</p> <p>2:00 Yoga For Joint Health</p> <p>3:15 <b>NEW DAY: BlissFit</b></p>	<p>9:30 Tai Chi w/Bruce 12</p> <p>10:00 Sculpture with Brenda</p> <p>10:30 Balance &amp; Strength Based Exercise</p> <p>11:00 Women in Fact &amp; Fiction: <b>Queen of Cosmetics</b></p> <p>11:00 Trip: <b>St. John The Divine Church**</b></p> <p>1:00 Karaoke sing-a-long</p> <p>1:00 <b>NEW:</b> <b>Stress Reduction Workshops</b> <b>with Barbara Denson</b></p> <p>2:00 Music Appreciation With Perrin</p> <p>3:00 Tai Chi Gong with Bill</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 with Bill</p> <p>11:15 Trip: <b>Aldi Supermarket**</b></p> <p>11:00 Columbia OT Students: <b>Recap#</b></p> <p>11:00 <b>Better Together 6th grade-Passover/Easter</b></p> <p>11:00 Women's Support Group</p> <p>12:30 Duplicate Bridge</p> <p>1:00 Mah-Jongg</p> <p>1:00 <b>Nutrition: Dietary differences and Similarities for women and men</b> <b>With Maudene Nelson, RN</b></p> <p>1:15 Poetry Class</p> <p>1:45 Feldenkrais <b>Healthy Spine #5</b></p> <p>3:00 Qi Gong/Tai Chi</p> <p>3:00 Creative Writing</p>	<p>9:00 Mixed Media Class 16</p> <p>9:45 Balance &amp; Strength Based Exercise</p> <p>10:00 <b>Advisory Committee</b></p> <p>11:00 Spanish Immersion Class With Yasmin Martinez**</p> <p>11:00 Mindfulness with Hannah</p> <p>11:00 <b>Trip Committee Mtg.</b></p> <p>11:00 Belly Dancing</p> <p>1:00 Coloring Books</p> <p>1:00 <b>Menu Committee Meeting</b></p> <p>1:00 Learn to Trim your Own Easter Hat With Kolu** <b>(Bring The Hat &amp; Trimmings)</b></p> <p>1:00 Travels with Cecile# Mongolia</p> <p>1:30 <b>Better Together with Kinneret 2nd graders</b></p> <p>2:00 Reimaging Group 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>10:00 Nuplicate Bridge 17</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Drama</p> <p>10:00 Life Transitions With Susan Cohen, LCSW</p> <p>11:00 Chair Exercise</p> <p>11:15 <b>MODEL SEDER**</b></p> <p>1:00 Movie: <b>IF BEALE STREET COULD TALK (1:57)</b></p> <p>1:00 Caregiver Support Group for Spouses</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p> <p>6:00 <b>Women's Circle***</b> <b>Why Do We Get Sick?</b> An interactive presentation about germs, the environment, and holistic medicine <b>with Patricia Maher</b></p> 	<p><b>9:00 KNITTING SALE</b> 18</p> <p>10:00 Knitting Group</p> <p>10:00 Watercolor Art Class 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 Presentation: <b>Catholic Guild for the Blind</b> <b>When your Vision declines...we are here to help</b> <b>With Evelyn Pedroza</b></p> <p>1:00 Grief Support Group (Loss of a Partner) With Susan Cohen, LCSW</p> <p>1:00 Write On! - Writing Class</p> <p>2:00 Yoga For Joint Health</p>	<p>19</p>  <p><b>Easter</b></p> <p><b>GOOD FRIDAY HOLIDAY CENTER CLOSED</b></p> <p><b>PASSOVER BEGINS</b></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 with Bill</p> <p>11:00 Women's Support Group</p> <p>12:00 <b>Easter Brunch**</b></p> <p>12:30 Duplicate Bridge</p> <p>1:00 Mah-Jongg</p> <p>1:15 Poetry Class</p> <p>1:45 Feldenkrais <b>Shoulders #6</b></p> <p>2:15 <b>Ellie's Group: The Maid by Stephanie Land</b></p> <p>3:00 Qi Gong/Tai Chi</p> <p>3:00 Creative Writing</p> <p>6:00 Caregiver Support Group for Adult Children</p>	<p>9:00 Mixed Media Class 23</p> <p>9:45 Balance &amp; Strength Based Exercise</p> <p>11:00 Folk Dancing</p> <p>1:00 <b>Birthday Celebration GIOVANNY**</b></p> <p>1:00 Coloring Books</p> <p>2:00 Reimaging Group 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</p> <p>10:00 Zumba Gold with Kolu</p> <p>10:00 Life Transitions With Susan Cohen, LCSW</p> <p>10:00 Nuplicate Bridge</p> <p>11:00 Chair Exercise</p> <p>11:15 Trip: <b>Morgan Library**</b></p> <p>12:45 Movie: <b>VICE (2:12)</b></p> <p>1:00 Savvy Agers Group</p> <p>3:00 Qi Gong/Tai Chi</p> <p>4:00 Learn to Play Bridge</p> <p>4:00 BlissFit</p> 	<p>10:00 Knitting Group 25</p> <p>10:00 Watercolor Art Class 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 Presentation: <b>Hepatitis what you need to Know</b> <b>With Sheila Reynoso of Montefiore Hospital#</b></p> <p>1:00 Grief Support Group (Loss of a Partner) With Susan Cohen, LCSW</p> <p>1:00 Write On! - Writing Class</p> <p>2:00 Yoga For Joint Health</p>	<p>9:30 Tai Chi w/Bruce 26</p> <p>10:00 Sculpture with Brenda</p> <p>10:30 Balance &amp; Strength Based Exercise</p> <p>11:00 Reading Hour</p> <p>11:15 Trip: <b>Sammy's Restaurant**</b></p> <p>1:00 Karaoke sing-a-long</p> <p>1:00 <b>NEW:</b> <b>Stress Reduction Workshops</b> <b>with Barbara Denson</b></p> <p>1:00 Short Stories: <b>The Coffin Maker</b> <b>by Alexander Pushkin</b></p> <p>2:00 Music Appreciation With Perrin</p> <p>3:00 Tai Chi Gong with Bill</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 with Bill</p> <p>11:00 Women's Support Group</p> <p>11:15 Trip: <b>Ridgehill Mall**</b></p> <p>12:30 Duplicate Bridge</p> <p>1:00 Mah Jongg</p> <p>1:15 Poetry Class</p> <p>1:45 Feldenkrais <b>Better Breathing #7</b></p> <p>3:00 Qi Gong/Tai Chi</p> <p>3:00 Creative Writing</p>	<p>9:00 Mixed Media Class 30</p> <p>9:45 Balance &amp; Strength Based Exercise</p> <p>11:00 Folk Dancing</p> <p>11:00 Spanish Immersion Class With Yasmin Martinez**</p> <p>1:00 Coloring Books</p> <p>1:00 Travels with Cecile# North &amp; South Korea</p> <p>2:00 Reimaging Group 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>3:45 Horace Man Service Learning Team</p> <p>5:00 <b>VOLUNTEER RECOGNITION DINNER**</b> (Invite Only)</p> 	<p><b>**Activity requires prior registration**</b></p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>KEY</b></p> <p><b># = See Newsletter for Description</b></p> <p><b>** = Must Register</b></p> <p><b>\$ = Has Materials Fee</b></p> </div>		<p><b>SAVE THE DATE</b></p>  <p><b>RSS 40TH ANNUAL VINTAGE ARTIST GALLERY OPENING RECEPTION SUNDAY MAY 19TH 12:00 - 3:00</b></p>
<p><b>R.S.S. RESERVES THE RIGHT TO MAKE CHANGES. PLEASE CHECK THE DAILY SCHEDULE</b></p>				