


Monday	Tuesday	Wednesday	Thursday	Friday
<p>**Activity requires prior registration**</p>		<p>BLACK HISTORY MONTH MOVIES TUESDAY @ 2:00 P.M.</p> 	<p>KEY # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p>	<p>10:00 Clay Sculpture 1 10:30 Balance & Strength Based Exercise 1:00 Karaoke sing-a-long 2:00 Art History Lecture: Eileen Agar 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 4 10:00 Canasta 10:00 Current Events 11:00 Tai Chi Gong 11:00 Columbia OT Students# Bharatanatyam in India 11:00 Women's Support Group 12:00 African American Poets Readings by Robert Ackerson 12:30 Duplicate Bridge 1:00 Social Action Committee 1:00 Mah Jongg 1:00 Conversation of the Spirit: with Rabbi Frank 1:15 Poetry Class 1:15 OATS: Money Matters# 2:30 OATS- Explore Tech# 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 Class 10:00 Reminiscing with Diana 11:00 Mindfulness with Hannah 11:00 Belly Dancing 12:00 Chinese New Year Lunch Celebration 1:00 Presentation: Selina Ng. speaks of her Chinese Heritage and video ... (Selina & Al Wedding vows) 1:00 Coloring Books for Adults 2:00 Movie: Maya Angelou : And Still I Rise (1:53)# 2:00 Reimagining Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group CHINESE NEW YEAR YEAR OF THE PIG</p>	<p>9:00 COLLECTIBLE SALE 6 10:00 Nuplicate Bridge# 10:00 Zumba Gold with Kolu 10:00 Drama Club 11:00 Chair Exercise 11:15 Trip: Morgan Library#\$ 1:00 Caregiver Support Group for Spouses 1:00 NEW: 5 Weeks of Acrylic Landscape Painting and Figures with April# 1:00 Movie: Old Man & The Gun# 1:15 OATS: Money Matters# 2:30 OATS- Explore Tech# 3:00 Qi Gong/Tai Chi</p>	<p>10:00 Knitting Group 7 10:00 Watercolor Art Class 10-12 Health Mgmt./B.P. 10:00 Adjusting to Change 10:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group - (Loss of a Partner) with Susan Cohn 1:00 Presentation:**# Senior Power In ACTION!- Harnessing the Powers of Seniors to take Social Action- With Senator Alessandra Biaggi and Bobbi Sackman- Moderated by: Julie Dalton 3:00 Yoga For Joint Health</p>	<p>10:00 Sculpture Studio 8 10:00 Paleo Therapeutic Exercise 10:30 Balance & Strength Based Exercise 11:00 Discussion: Women's' Studies "The Adventuresses" 11:15 Trip: Crab Shanty#\$ 1:00 RSS Chorus 2:00 Music Appreciation: New Orleans Dixieland I 1:30 Natural Wellness Workshop# Flower arrangement 3:00 Tai Chi Gong</p>
FEBRUARY 11-14 HEART HEALTH WEEK FEBRUARY 11-14				
<p>10:00 Chair Yoga 11 10:00 Canasta 10:00 Current Events 11:00 Tai Chi Gong 11:00 Columbia OT Students# Waltz in Austria 11:00 Women's Support Group 12:00 African American Poets Readings by Robert Ackerson 12:30 Duplicate Bridge 1:00 Nutrition: Feeding your Heart over 50 followed by Healthy Food Demo with Samples with Maudene Nelson, RN 1:00 Mah Jongg 1:15 Poetry Class-(Cancelled) 1:15 OATS: Money Matters# 2:15 Ellie's Book Club "The Educator" 2:30 OATS- Explore Tech# 3:00 Qi Gong/Tai Chi 3:00 Creative Writing Class 6:00 Caregiver Support Group</p>	<p>WEAR RED DAY -come dress in RED 9:45 Balance & Strength 12 Based Exercise 10:00 Reminiscing with Diana 10:00 Mixed Media Class 11:00 Mindfulness with Hannah 11:00 Folk Dancing 1:00 Coloring Books for Adults 1:00 Presentation: "Laughter is good for the Heart" Games & Raffle (Contest- The Best Dressed Red) 1:30 Better Together with Kinneret 2nd graders- Creating Terrariums 2:00 Movie: Come Sunday - (1:45)# 2:00 Reimagining Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group 3:45 Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 13 10:00 Nuplicate Bridge # 10:00 Zumba Gold with Kolu 10:00 Drama Club 11:00 Chair Exercise 11:15 Trip: Trader Joes' 1:00 Savvy Solos Club 1:00 Movie: Return to Me# (Heartfelt Movie) 1:00 NEW: 5 Weeks of Acrylic Landscape Painting and Figures with April# 1:15 OATS: Money Matters# 2:30 OATS- Explore Tech# 3:00 Qi Gong/Tai Chi</p>	<p>9:00 KNITTING SALE 14 10:00 Watercolor Art Class 10:00 Adjusting to Change 11:00 Trivia 11:00 Exercise for Mobility 1:00 Discussion: Short Story 1:00 Health Presentation: "Heart Disease in Women" With Gerri O'Connell of Montefiore Hospital 1:00 Grief Support Group - (Loss of a Partner) with Susan Cohn 3:00 Yoga & Meditation for a Healthy Heart HAPPY VALENTINE DAY</p> 	<p>10:00 Sculpture Studio 15 10:30 Balance & Strength Based Exercise 1:00 Karaoke sing-a-long 2:15 Art History Lecture: Dora Maar 3:00 Tai Chi Gong</p> 
<p>18</p> <p>PRESIDENTS DAY CENTER CLOSED</p> 	<p>9:45 Balance & Strength 19 Based Exercise 10:00 Mixed Media Class 10:00 Reminiscing with Diana 10:00 Advisory Committee 11:00 Mindfulness with Hannah 11:00 Trip Committee Mtg. 11:00 Belly Dancing 12:30 Duplicate Bridge 1:00 Presentation: Know Your Library 1:00 Coloring Books for Adults 2:00 Movie: Strong Island (1:53)# 2:00 Reimagining Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group</p>	<p>10:00 Drama Club 20 10:00 Nuplicate Bridge # 10:00 Zumba Gold with Kolu 11:00 Chair Exercise 11:15 Trip: Macys/Sears#\$ 1:00 Caregiver Support Group for Spouses 1:00 Movie: The Wife# 1:00 NEW: 5 Weeks of Acrylic Landscape Painting and Figures with April# 1:15 OATS: Money Matters# 2:30 OATS- Social Media# 3:00 Qi Gong/Tai Chi 4-6:00 Women's Circle - Legacy letters from the heart#</p>	<p>10:00 Knitting Group 21 10:00 Watercolor Art Class 10-12 Health Mgmt./B.P. 10:00 Adjusting to Change 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: Sleep Patterns in Older Adults with L. Spinelli, R.N. 1:00 Grief Support Group - (Loss of a Partner) with Susan Cohn 1:00 Short Story: "With Other Eyes" by Luigi Pirandello 2:00 Tai Chi Gong 2:00 Yoga For Joint Health (CANCELLED)</p>	<p>10:00 Sculpture Studio 22 10:00 Paleo Therapeutic Exercise 10:30 Balance & Strength Based Exercise 11:00 Reading Hour 11:15 Trip: Dinosaur Bar-B-Q#\$ 1:00 RSS Chorus 1:30 Natural Wellness Workshop# Potpourri 2:00 Music Appreciation: New Orleans Dixieland II 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 25 10:00 Canasta 10:00 Current Events 11:00 Tai Chi Gong 11:00 Women's Support Group 11:00 Columbia OT Students# Bourree in France 11:15 Trip: Aldi Supermarket# 12:00 African American Poets Readings by Robert Ackerson 12:30 Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 1:15 OATS: Money Matters# 2:30 OATS- Social Media# 3:00 Qi Gong/Tai Chi 3:00 Creative Writing Class 6:00 Caregiver Support Group for Adult Children</p>	<p>9:45 Balance & Strength 26 Based Exercise 10:00 Mixed Media Class 10:00 Reminiscing with Diana 11:00 Mindfulness with Hannah 11:00 Folk. Dancing 10-12 Health Mgmt./B.P. 1:00 Birthday Celebration**# GIOVANNY 2:00 Reimagining Group 2:00 Mat Yoga with Paula 3:00 Meditation with Paula 3:00 Men's Group 3:45 Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 27 10:00 Life Transitions # with Susan Cohn 10:00 Nuplicate Bridge# 10:00 Zumba Gold with Kolu 10:00 Drama Club 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall#\$ 1:00 Savvy Solos Club 1:00 Movie: Bohemian Rhapsody# 1:00 NEW: 5 Weeks of Acrylic Landscape Painting and Figures with April# 1:15 OATS: Money Matters# 2:30 OATS- Social Media# 3:00 Qi Gong/Tai Chi</p>	<p>10:00 Knitting Group 28 10:00 Watercolor Art Class 10-12 Health Mgmt./B.P. 10:00 Adjusting to Change 11:00 Exercise for Mobility 11:00 Trivia 1:00 Health Presentation: Fall Prevention and use of adaptive equipment with Sally & Noah of Physical Medicine & Rehab Center 1:00 Grief Support Group - (Loss of a Partner) with Susan Cohn 2:00 Yoga For Joint Health</p>	<p>SAVE THE DATE</p>  <p>SATURDAY MARCH 16TH ST. PATRICKS DAY CELEBRATION & LUNCHEON 11:00-3:00 (Irish coffee)</p>