




Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>CENTER OPEN</b> <b>SATURDAY</b> <b>MAY 18TH</b> <b>9:00-1:00</b></p> <p><b>SERVICE LEARNING WITH HORACE MANN HIGH SCHOOL Gardening (9:00-11:00)</b> <b>Movie: (10:00-12:00)</b> <b>Lunch: (12:00-1:00)</b> <b>Spaghetti &amp; Meat Balls</b> <b>Whole Wheat Roll</b> <b>Garden Salad</b> <b>Fruit Jell-O</b></p>	<p><b>CENTER OPEN</b> <b>SUNDAY MAY 19TH</b> <b>12:00-3:00</b> <b>RSS 40TH ANNUAL VINTAGE ARTISTS SHOW</b> <b>**LUNCH AVAILABLE**</b></p> 	<p>10:00 Nuplicate Bridge 1 10:00 Drama Club 10:00 Zumba Gold with Kolu 10:00 Life Transitions Group with Susan Cohen, LCSW 11:00 Chair Exercise 10:45 Trip <b>United Nations Tour **</b> 1:00 Movie: <b>Stan &amp; Ollie</b> 1:00 <b>Let's Paint flowers!</b> All levels are welcome, bring your own acrylic painting supplies with April Lombardi 1:00 Caregiver Support Group for Spouses 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p>	<p>10:00 Knitting Group 2 10:00 Watercolor with April 10:00 Adjusting to Change Group with P. Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Presentation: <b>Stress and the Older Adult</b> Montefiore Hospital With Gerri O'Connell 1:00 Write On! - 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 2:00 Yoga For Joint Health 3:15 NEW: <b>Meditation with Tiffany#</b></p>	<p>10:00 Clay Sculpture 3 10:30 Balance &amp; Strength Based Exercise 12:00 <b>ORCHID RAFFLE</b> 1:00 <b>Wellness Workshops with Barbara Denson#</b> 1:00 Karaoke 2:15 Art &amp; Culture Discussion with Prof. Landgraf <b>Max Ernst (1906-1941) Europe</b> 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 6 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 12:30 Duplicate Bridge 1:00 Social Action Committee 1:00 Mah-Jongg 1:15 Poetry Class 1:45 Feldenkrais <b>Flexible Feet #8</b> 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:00 <b>BAKE SALE</b> 7 9:00 Mixed Media Class 9:45 Balance &amp; Strength Based Exercise 11:00 Belly Dancing 11:00 Mindfulness with Hannah 1:00 Coloring Books 1:00 <b>Presentation: ACCESS-A-RIDE</b> 2:00 Travels with Cecile# <b>North Korea &amp; South Korea</b> 2:00 Reimaging 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 3:45 Horace Mann Service Learning Team</p>	<p>9:00 Breakfast Club 8 10:00 Nuplicate Bridge 10:00 Drama Club 10:00 Life Transitions Group with Susan Cohen, LCSW 10:00 Zumba Gold with Kolu 11:00 Chair Exercise 1:00 Movie: <b>Mary Queen of Scots</b> 1:00 <b>Let's Paint flowers!</b> All levels are welcome, bring your own acrylic painting supplies with April Lombardi 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge 4:00 BlissFit</p>	<p>10:00 Knitting Group 9 10:00 Watercolor with April 10:00 Adjusting to Change Group with P. Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 11:15 <b>Men's Group Trip**</b> 1:00 Presentation: RSS and the Community Garden Project With Barbara Denson 1:00 Write On! - 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 2:00 Yoga For Joint Health 3:15 NEW: <b>Meditation with Tiffany#</b></p>	<p>9:30 Tai Chi with Bruce 10 10:00 Clay Sculpture with Brenda 10:30 Balance &amp; Strength Based Exercise 11:00 Women in Fact &amp; Fiction: "Ya Ha: Women of the American West" Trip: 11:15 <b>Dinosaur BBQ**</b> 12:00 <b>Mother's Day Lunch</b> 1:00 Cake demonstration by Five Star 2:00 Music Appreciation with Perrin Grace <b>Celine Dion</b> 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 13 10:00 Canasta 10:00 Current Events 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 11:15 Trip: <b>Christmas Tree Store**</b> 12:30 Duplicate Bridge 1:00 Mah-Jongg 1:15 Conversation of the Spirit With Rabbi Aaron Frank 1:15 Poetry Class 1:45 Feldenkrais- <b>Face &amp; Jaw #9</b> 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:00 Mixed Media Class 14 9:45 Balance &amp; Strength Based Exercise 11:00 Mindfulness with Hannah 11:00 Folk Dancing 11:15 Trip: <b>WNET -Channel 13 Tour**</b> 1:00 Coloring Books 1:00 Presentation: <b>"Retaining Choice- Who Knows Your Wishes?"</b> 1:30 Better Together with Kinneret 2nd graders 2:00 Reimaging 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 <b>COLLECTIBLE SALE</b> 15 10:00 Drama Club 10:00 Nuplicate Bridge 10:00 Zumba Gold with Kolu 10:00 Life Transitions Group with Susan Cohen, LCSW 11:00 Chair Exercise 11:15 Trip: <b>Ridgehill Mall**</b> 1:00 Movie: <b>Ben is Back</b> 1:00 Caregiver Support Group for Spouses 1:00 <b>Let's Paint flowers!</b> All levels are welcome, bring your own acrylic painting supplies with April Lombardi 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge 6-8:00 <b>Women's Circle **#</b> "Shall I Stay or Shall I Go"</p>	<p>10:00 Knitting Group 16 10:00 Watercolor 10:00 Adjusting to Change Group with P. Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Presentation: <b>"In our own voice"</b> presentation of their own personal stories on their struggle with mental illness. With Clara Kiely of NAMI <b>(National Alliance on Mental Illness)</b> 1:00 Write On! - 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 2:00 Yoga For Joint Health 3:15 NEW: <b>Meditation with Tiffany#</b></p>	<p>10:00 Clay Sculpture 17 with Brenda 10:30 Balance &amp; Strength Based Exercise 11:00 Walk with Ease w/Lisa (Evidence Based) 1:00 RSS Chorus 2:15 Art &amp; Culture Discussion with Prof. Landgraf <b>Max Ernst (1941-1976) America &amp; Europe</b> 3:00 Tai Chi Gong</p>
<p>10:00 Chair Yoga 20 10:00 Canasta 10:00 Current Events 11:00 Better Together 6th Grd <b>Garden Party on the Terrace/ End of year Celebration</b> 11:00 Women's Support Grp 11:00 Tai Chi Gong with Bill 11:30 Trip: <b>Aldi Supermarket**</b> 12:30 Duplicate Bridge 1:00 Mah-Jongg 1:15 Poetry Class 1:45 Feldenkrais <b>Better Turning (Hand Hold Shin) #10</b> 2:15 Ellie's Book Club 3:00 Creative Writing 3:00 Qi Gong/Tai Chi</p>	<p>9:00 Mixed Media Class 21 9:45 Balance &amp; Strength Based Exercise 10:00 Advisory Council 11:00 Trip Committee 11:00 Belly Dancing 11:00 Mindfulness with Hannah 1:00 Coloring Books 1:00 <b>Birthday Celebration**</b> <b>Juan Manuel Ortega</b> 2:00 Reimaging 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 Breakfast Club 22 10:00 Nuplicate Bridge 10:00 Life Transitions Group with Susan Cohen, LCSW 10:00 Drama Club 10:00 Zumba Gold with Kolu 11:00 Chair Exercise 1:00 Movie: <b>On the Basis of Sex</b> 1:00 Savvy Solos Club 1:00 <b>Let's Paint flowers!</b> All levels are welcome, bring your own acrylic painting supplies with April Lombardi 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p>	<p>10:00 Knitting Group 23 10:00 Watercolor with April 10:00 Adjusting to Change Group with P. Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia <b>1:00 Presentation: JASA VanCorlandt Senior Chorus</b> 1:00 Write On! - 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 2:00 Yoga For Joint Health 3:15 NEW: <b>Meditation with Tiffany#</b></p>	<p>9:30 Tai Chi with Bruce 24 10:00 Clay Sculpture with Brenda 10:30 Balance &amp; Strength Based Exercise 11:00 Reading Hour 11:00 Walk with Ease w/Lisa (Evidence Based) 11:15 Trip: <b>Sammy's Restaurant**</b> 12:00 <b>Memorial day lunch**</b> 1:00 Karaoke 1:00 <b>Wellness Workshops with Barbara Denson#</b> 1:00 Short Stories: "The Three Hermits" by Leo Tolstoy 2:00 Music Appreciation with Perrin Grace <b>Chaka Khan</b> 3:00 Tai Chi Gong</p>
<p><b>27</b> <b>CENTER CLOSED</b> <b>MEMORIAL DAY HOLIDAY</b></p> 	<p>9:00 Mixed Media Class 28 9:45 Balance &amp; Strength Based Exercise 11:00 Folk Dancing 11:00 Mindfulness with Hannah 12:30 Duplicate Bridge 1:00 Coloring Books 1:00 Travels with Cecile <b>North Korea &amp; South Korea#</b> 2:00 Reimaging 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>10:00 Nuplicate Bridge 29 10:00 Drama Club 10:00 Life Transitions Group with Susan Cohen, LCSW 10:00 Zumba Gold with Kolu 11:00 Chair Exercise 11:15 Trip: <b>Empire City Casino**</b> 1:00 Movie: <b>What Men Want</b> 1:00 <b>Let's Paint flowers!</b> All levels are welcome, bring your own acrylic painting supplies with April Lombardi 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge 4:00 BlissFit</p>	<p>10:00 Knitting Group 30 10:00 Watercolor 10:00 Adjusting to Change Group with P. Heron, LCSW 10-12 Health Mgmt./B.P. 11:00 Exercise for Mobility 11:00 Trivia 1:00 Nutrition: <b>Foods that are Beneficial to Reduce Arthritis symptoms</b> <b>by Lisa Spinelli, R.N.</b> 1:00 Write On! - 1:00 Grief Support Group (Loss of a Partner) with Susan Cohen, LCSW 2:00 Yoga For Joint Health</p>	<p>10:00 Clay Sculpture 31 with Brenda 10:30 Balance &amp; Strength Based Exercise 11:00 Walk with Ease w/Lisa (Evidence Based) 1:00 RSS Chorus 3:00 Tai Chi Gong</p>

**KEY**  
# = See Newsletter for Description  
\*\* = Must Register  
\$ = Has Materials Fee