


| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>**Activity requires prior registration**</p> | | | | |
| | | <p>One-to-One Computer Instructions Wednesday & Thursday by appointment##** (Register in the Office)</p> | | |
| <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>KEY # = See Newsletter for Description ** = Must Register \$ = Has Materials Fee</p> </div> | | | | |
| <p>10:00 Chair Yoga 3 10-12 Health Mgmt./B.P. 10:00 Canasta 10:00 Current Events 11:00 O.T. Students -Physical Wellness 11:00 Women's Support Grp 11:00 Tai Chi Gong 12:30 Leisure Games: Duplicate Bridge 1:00 Nutrition: Foods of Love With Maudene Nelson, RD 1:00 Mah-Jongg 1:15 Poetry Class 3:00 Qi Gong/Tai Chi</p> | <p>9:30 BAKE SALE 4 9:45 Balance & Strength Based Exercise 10:00 Mixed Media Class 11:00 Belly Dancing 1:00 Coloring Books 1:00 Presentation: Fire Safety for Seniors With FDNY 2:00 Reimagining 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 Intergenerational: Horace Mann Service Learning Team</p> | <p>10:00 Leisure Game: Nuplicate Bridge 5 10:00 Drama Club 10:00 Life Transition Group With Susan Cohen LCSW 11:00 Chair Exercise 1:00 Caregiver Support Group for Spouses With Selina Ng 1:00 Movie: Casablanca 3:00 Qi Gong/Tai Chi</p> | <p>10:00 Knitting Group 6 10:00 KNITTING SALE 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Write On! -Writing Class 1:00 Chat with the Nurse: "Heart Health and Aging" The National Institute on Aging With Mary Speciale 2:00 Yoga For Joint Health</p> | <p>9:00 Mat/Chair Yoga 7 10:00 Sculpture 10:30 Balance & Strength Based Exercise 11:00 Women's Studies "The Two Lucy's" 11:15 Trip: Crab Shanty Restaurant**# (Cancelled) 1:00 Andrew Cohen "What's Happening" In the Neighborhood Writing For Actors##** 2:00 Art discussion: Romare Bearden: Memories of Childhood, etc. 3:00 Tai Chi Gong</p> |
| <p>10:00 Chair Yoga 10 10-12 Health Mgmt./B.P. 10:00 Canasta 10:00 Current Events 11:00 O.T. Students -Physical Wellness 11:00 Women's Support Grp 11:00 Tai Chi Gong 12:30 Leisure Games: Duplicate Bridge 1:00 Mah Jongg 1:15 Poetry Class 3:00 Qi Gong/Tai Chi</p> | <p>9:45 Balance & Strength Based Exercise 11 10:00 Mixed Media Class 11:00 Photography **# With Melissa Cohen (8 weeks program) 11:00 Folk Dancing 1:00 Coloring Books 1:00 Presentation: "Plan for Your Future and Avoid Guardianship:" Littman & Krooks Collectible Sale Preview 1:30 Intergenerational Prgm: Kinneret 2nd graders 2:00 Reimagining 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 12 9:00 Collectible Sale 10:00 Drama Club 10:00 Life Transition Group With Susan Cohen LCSW 10:00 Leisure Game: Nuplicate Bridge 11:00 Chair Exercise 11:15 Trip: Trader Joes'*** Membership Meeting 12:45 Movie: An Affair to Remember 1:00 Savvy Solos Group With Selina Ng 2:00 NEW: Grief 101##** With Asia Kemp 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge</p> | <p>10:00 Knitting Group 13 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Chat with the Doctor: T.B.D. 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health</p> | <p>9:00 Mat/Chair Yoga 14 10:00 Heart Health Video 10 Day Challenge Contest 10:00 Sculpture 10:30 Balance & Strength Based Exercise 1:00 Presentation: Let's Talk About Heart!!!! Followed by Heart healthy Snacks/Desserts (Cancelled) 2:00 Music appreciation 3:00 Tai Chi Gong</p> <p style="text-align: center;">WEAR RED FOR HEART HEALTH DAY HAPPY VALENTINE'S DAY ♥</p> |
| <p>PRESIDENTS' DAY HOLIDAY CENTER CLOSED</p>  | | | | |
| <p>17</p> | <p>9:45 Balance & Strength Based Exercise 18 10:00 Mixed Media Class 10:00 Advisory Council 11:00 Photography **# With Melissa Cohen (8 weeks program) 11:00 Trip Committee Mtg. 11:00 Belly Dancing 12:30 Leisure Games: Duplicate Bridge 1:00 Coloring Books 1:00 Presentation: NY Connects 2:00 Reimagining 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 Leisure Game: Nuplicate Bridge 19 10:00 Life Transition Group With Susan Cohen LCSW 10-12 Health Mgmt./B.P. 10:00 Drama Club 11:00 Chair Exercise 11:15 Trip: Cross County Mall*** 1:00 Movie: The Way We Were 1:00 Caregiver Support Group for Spouses With Selina Ng 2:00 NEW: Grief 101##** With Asia Kemp 2:00 Chat with the Nurse/Health Minute With Mary Speciale 3:00 Qi Gong/Tai Chi</p> | <p>10:00 Knitting Group 20 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 12:30-2:00 Coalition Meeting 1:00 Grief Support Group 1:00 Chat with the Nurse: "28 Days Towards a Healthy Heart" National Heart, Lung and Blood Institute by Mary Speciale 1:00 Write On! -Writing Class 2:00 Yoga For Joint Health 3:15 Demonstration: Drumming Circle##** 4:45 Women's Circle*** Online Dating</p> | <p>9:00 Mat/Chair Yoga 21 10:00 Sculpture 10:30 Balance & Strength Based Exercise 11:15 Trip: Dinosaurs Bar-B-Q** 1:00 Social Action Committee 1:00 RSS Chorus 1:00 Natural Wellness Workshop: # "Herbs & Seeds" 2:00 Writing For Actors##** 2:15 Art discussion: The Great Migration: Jacob Lawrence's "The Migration Series" 3:00 Tai Chi Gong</p> |
| <p>24</p> | <p>9:45 Balance & Strength Based Exercise 25 10:00 Mixed Media Class 11:00 Photography **# With Melissa Cohen (8 weeks program) 11:00 Folk Dancing 1:00 Birth Day Celebration##** DJ Lex 1:00 Coloring Books 2:00 Reimagining Ourselves Grp With Paul Heron, LCSW 2:00 Yoga with Paula 2:00 Menu Committee (Cancelled) 3:00 Men's Group With Paul Heron, LCSW 3:45 Intergenerational: Horace Mann Service Learning Team</p> | <p>9:00 Breakfast Club 26 10-12 Health Mgmt./B.P. 10:00 Life Transition Group With Susan Cohen LCSW 10:00 Drama Club 10:00 Leisure Game: Nuplicate Bridge 11:00 Chair Exercise 11:15 Trip: Ridgehill Mall*** 1:00 Movie: Annie Hall 1:00 Savvy Solos Group With Selina Ng 2:00 NEW: Grief 101##** With Asia Kemp 3:00 Qi Gong/Tai Chi 4:00 Learn to Play Bridge 4:00 Presentation: Slavery in Riverdale and Kingsbridge Adam Arenson, Associate Professor of History and Director of the Urban Studies Program Manhattan College</p> | <p>10:00 Knitting Group 27 10:00 Watercolor 10:00 Adjusting to Change With Paul Heron, LCSW 11:00 Exercise for Mobility 11:00 Trivia 1:00 Grief Support Group with Susan Cohen LCSW 1:00 Health Presentation: "Heart Health in Women" and "Protecting Our Hearts" National Heart, Lung and Blood Institute by Mary Speciale 1:00 Write On! -Writing Class 1:15 Conversation of the Spirit with Rabbi Aaron Frank 2:00 Yoga For Joint Health</p> | <p>9:00 Mat/Chair Yoga 28 10:00 Sculpture 10:30 Balance & Strength Based Exercise 11:00 Reading Hour 12:00 Heart Health Raffle Drawing 1:00 Short Stories: "Roast Beef, Medium" by Edna Ferber 1:00 RSS Chorus 2:00 Music Appreciation 3:00 Tai Chi Gong</p> |