**Activity requires prior registration**

**Presidents’ Day Holiday Center Closed**

**Monday**

10:00 Chair Yoga
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

**Tuesday**

9:30 BAKE SALE
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 Reimaging Ourselves Grp
With Paul Heron, LCSW
2:00 Yoga with Paula
3:00 Meditation with Paula
3:05 Men’s Group
3:05 With Paul Heron, LCSW
3:45 Intergenerational: Horace Mann Service Learning Team

10:00 Leisure Game: Nuplicate Bridge
10:00 Life Transition Group
10:00 Life Transition Group
11:00 Chair Exercise
1:00 Caregiver Support
1:00 Group for Spouses
With Selina Ng
1:00 Movie
3:00 Qi Gong/Tai Chi

**Wednesday**

9:00 Breakfast Club
12:90 Collectable Sale
10:00 Drama Club
10:12 Health Mgmt./B.P.
11:00 Life Transition Group
With Susan Cohen LCSW
10:10 Lego Class
12:90 Nuplicate Bridge
11:30 Chair Exercise
11:15 Trip
1:00 Trader Joe’s***
1:15 12-45 Membership Meeting
1:00 Movie: An Affair to Remember
1:30 Savvy Solos Group
With Selina Ng
2:00 Movie:
10:00 Knitting Group
12:00 Watercolor
10:00 Adjusting to Change
With Paul Heron, LCSW
11:00 Exercise for Mobility
11:00 Grief Support Group
With Susan Cohen LCSW
1:00 Chat with the Doctor: T.B.D.
1:00 Write On!
2:00 Yoga For Joint Health

10:00 Knitting Group
10:00 Watercolor
10:00 Adjusting to Change
With Paul Heron, LCSW
11:00 Exercise for Mobility
11:00 Grief Support Group
With Susan Cohen LCSW
1:00 Chat with the Doctor: T.B.D.
1:00 Write On!
2:00 Yoga For Joint Health

**Thursday**

9:00 Chair Yoga
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

**Friday**

9:00 Chair Yoga
7:15 Tai Chi Gong
11:15 Trip
Crab Shanty Restaurant**
1:00 RSL Chorus
1:00 Andrew Cohen
"What's Happening In the Neighborhood"
2:00 Writing For Actors***
2.15 Art discussion: Romare Bearden: Memories of Childhood, etc.
3:00 Tai Chi Gong

Key:
# = See Newsletter for Description
** = Must Register
$ = Has Materials Fee

R.S.S. RESERVES THE RIGHT TO MAKE CHANGES. PLEASE CHECK THE DAILY SCHEDULE

RIVERDALE SENIOR SERVICES 2600 NETHERLAND AVENUE, BRONX, NY 10463 718-884-5900
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