

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div> 10am Tai Chi - P 11am Shakespeare - C 11am Chinese Painting- AR 11:30-12:30 Performance @ Whitney 12:10 pm-Active Balance-P 1:30pm Invented Histories -AR 2pm - Ballet Trockadero- P 2pm Movie & Discussion “Shirley”-C </div>	<div>2</div> <div> 10 am Chair Exercise- P 10 am NYU-Blood Pressure Screening-DR 11am Knitting - AR 11am Jewelry -P 1pm- Financial Wellness-CR 2pm Showtime - P 2pm Health Lecture: I'm So Stressed! DR </div>	<div>3</div> <div> 10:30 am Art Talk-P 10:30 Intuitive Painting-AR 11am Brainercise-CR 12:45 Qi Gong Tai Chi-P 2pm Intermediate French -CR 2pm Let’s Jam (Music) - P 2pm Open Art Studio- AR </div>	<div>4</div> <div> 10:30 am Fall Stop...MOVE STRONG-P 10:30am Drawing Workshop- AR 12pm Active Balance w. JaZell- P 1pm REVIVAL Dance w. DVP - P 1pm Money Matters- DR 2pm Mindfulness with Isabella-CR 3pm Theater for Change- P </div>	<div>5</div> <div> 9-4pm Tax Preparation-P 11am Whitney Museum Art Program - C 2pm Let’s Chat- CR 2:15pm Documentary and Discussion - Lady Bird -DR </div>	<div> <div>CENTER CLOSED</div> <div>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</div> </div>
<div>8</div> <div> 10am Tai Chi - P 11am Shakespeare - C 11am Chinese Painting- AR 11:00 Spring Chorus 12:10 pm-Active Balance-P 1:30 pm Invented Histories -AR 2pm - Ballet Trockadero- P 2pm Movie & Discussion “Ruskin”-C </div>	<div>9</div> <div> 10 am Chair Exercise- P 10 am NYU-Blood Pressure Screening-DR 11am Knitting - AR 11am Jewelry -P 1pm Financial Planning w. Allen - CR 2pm Showtime - P 3pm Big Apple Walkathon </div>	<div>10</div> <div> 10:30 am Art Talk-P 10:30 Intuitive Painting-AR 11am Brainercise-CR 12:45 Qi Gong Tai Chi-P 2pm Intermediate French -CR 2pm Let’s Jam (Music) - P 2pm Open Art Studio- AR </div>	<div>11</div> <div> 10:30 am Fall Stop...MOVE STRONG-P 10:30am Drawing Workshop- AR 12pm Active Balance w. JaZell- P 1pm REVIVAL Dance w. DVP - P 1pm Money Matters- DR 2pm Mindfulness with Isabella-CR 3pm Theater for Change-P </div>	<div>12</div> <div> 9-4pm Tax Preparation-P 11am Whitney Museum Art Program - C 2pm Let’s Chat- CR 2:15pm Special Showing -P Documentary and Discussion What is the City but the People </div>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10am Tai Chi - P</div> <div>11am Shakespeare - C</div> <div>11am Chinese Painting- AR</div> <div>11:00 Spring Chorus</div> <div>12:10 pm-Active Balance-P</div> <div>1:30PM Invented Histories-AR</div> <div>2pm - Ballet Trockadero- P</div> <div>2pm Movie & Discussion "Poor Things"-C</div> <div>15</div>	<div>10 am Chair Exercise- P</div> <div>10 am NYU-Blood Pressure Screening-DR</div> <div>11am Knitting - AR</div> <div>11am Jewelry -P</div> <div>2pm Showtime - P</div> <div>2pm Health Lecture: Bless Your Heart</div> <div>3pm Big Apple Walkathon</div> <div>16</div>	<div>10:30 am Art Talk-P</div> <div>10:30 Intuitive Painting-AR</div> <div>11 am Brainercise-CR</div> <div>12:45 Qi Gong Tai Chi-P</div> <div>2pm Intermediate French - CR</div> <div>2pm Let's Jam (Music) - P</div> <div>2pm Open Art Studio- AR</div> <div>17</div>	<div>10:30 am Fall Stop...MOVE STRONG-</div> <div>10am Drawing Workshop- AR</div> <div>11am MET Art Box- AR</div> <div>12pm Active Balance- P</div> <div>1pm REVIVAL Dance w. DVP - P</div> <div>1pm Money Matters- DR</div> <div>2pm Mindfulness with Isabella</div> <div>3pm Theater for Change- P</div> <div>18</div>	<div>11am Whitney Museum Art Program - C</div> <div>2pm Let's Chat- CR</div> <div>2pm Lecture on Diabetes- DR</div> <div>3:00pm Documentary and Discussion - Invisible history middle Florida's hidden roots -DR</div> <div>19</div>	<div>CENTER</div> <div>CLOSED</div> <div>WEST BETH</div> <div>LOCATION IS</div> <div>THE ONLY</div> <div>CENTER</div> <div>HOLDING</div> <div>ACTIVITIES</div> <div>ON</div> <div>SATURDAYS.</div>
<div>10am Tai Chi - P</div> <div>11am Shakespeare - C</div> <div>11am Chinese Painting- AR</div> <div>11:00 Spring Chorus</div> <div>12:10 pm-Active Balance-P</div> <div>1:30pm Invented Histories-AR</div> <div>2pm - Ballet Trockadero- P</div> <div>2pm Movie & Discussion - Priscilla- C</div> <div>22</div>	<div>10 am Chair Exercise- P</div> <div>11am Knitting - AR</div> <div>11am Jewelry -P</div> <div>1pm Financial Planning w. Allen - CR</div> <div>2pm Showtime - P</div> <div>3pm Big Apple walkathon</div> <div>23</div>	<div>10:30 am Art Talk-P</div> <div>10:30 Intuitive Painting-AR</div> <div>11am Brainercise-CR</div> <div>12:45 Qi Gong Tai Chi-P</div> <div>2pm Intermediate French -CR</div> <div>2pm Let's Jam (Music) - P</div> <div>2pm Open Art Studio- AR</div> <div>24</div>	<div>10am Trip to Austrian Cultural Forum</div> <div>10:30 am Fall Stop...MOVE STRONG-P</div> <div>10:30am Drawing Workshop- AR</div> <div>12pm Active Balance w. JaZell- P</div> <div>1pm REVIVAL Dance w. DVP - P</div> <div>1pm Money Matters- DR</div> <div>2pm Mindfulness with Isabella-CR</div> <div>3pm Theater for Change- P</div> <div>25</div>	<div>11am Whitney Museum Art Program - C</div> <div>2pm Let's Chat- CR</div> <div>2:15pm Documentary and Discussion - Dior and I -DR</div> <div>26</div>	
<div>10am Tai Chi - P</div> <div>11am Shakespeare - C</div> <div>11am Chinese Painting- AR</div> <div>11:00 Spring Chorus</div> <div>12:10 pm-Active Balance-P</div> <div>1:30pm Invented Histories -AR</div> <div>2pm - Ballet Trockadero- P</div> <div>2pm Movie & Discussion - Wonka - C</div> <div>29</div>	<div>10 am Chair Exercise- P</div> <div>11am Knitting - AR</div> <div>11am Jewelry -P</div> <div>2pm Showtime - P</div> <div>3pm Big Apple WalkaThon</div> <div>30</div>		<div>NOTES:</div> <div><div><div>Drawing Workshop with the Creativity Center - Tuesdays at 10:30pm</div><div>Theatre Desk Wednesdays 12:30 - 1:330</div></div><div><div>Documentary and Discussion - Fridays at 2:15pm</div><div></div><div>New Creative Class with Roni Gross Invented Histories - Mondays at 1:30pm</div></div><div><div>Ballet Trackadero - Mondays at 2pm</div><div></div><div>Big Apple Walkathon - Tuesdays 3pm</div></div></div>		

APRIL IN-PERSON CALENDAR

*denotes Zoom Class

OUR LADY OF POMPEII
25 CARMINE ST. NY, NY 10014
CENTER DIRECTOR MARY SPRINGER
212-989-3620 | MSPRINGER@GREENWICHHOUSE.ORG



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	
1pm Tai Chi	9:30am Dances with a Variable Population	11am -Therapeutic Yoga (Hybrid)	10am Stretch and Balance ZOOM & LIVE STREAM ON TV W/ Audrey	11:30 am SCRABBLE CLUB	
2pm Stride/Road Runners	9:30-12 NYU student nurses-BP screening-	10am-2pm- Financial/Benefit Asst with Kay	11am S.A.I.L- Exercise w. JaZell	NO Guitar Lessons	<u>CENTER</u>
2pmLeisure Games/Cards	1pm S.A.I.L Exercise w. Jazell	1:30pm- Presentation by Kay	1pm Chair Fitness w. JaZell	2pmLeisure Games/Cards	<u>CLOSED</u>
	2:00pm- Presentation-How to reduce Stress!	2:00pm- Badminton!	2pm Art Studio	2:30pm Tech Help	<u>WEST BETH</u>
		3pm - Fall/Stop Exercises for all levels/abilities.			LOCATION IS
					THE ONLY
8	9	10	11	12	
11a.m- NEW! NY/Roadrunners Walking Club!	9:30am Dances with a Variable Population	11am Therapeutic Yoga (Hybrid)	9:30am-11 am BREAKFAST CLUB!	11:30 am SCRABBLE CLUB	CENTER
1pm Tai Chi	9:30-12 NYU student nurses-BP screening-	1:00pm Actor/Theater Workshop w/ Johnny Culver	10am Stretch and Balance ZOOM & LIVE STREAM ON TV W/ Audrey	NO Guitar Lessons	HOLDING
2pm Stride/Road Runners	NEW 11 am Chair Fitness w. JaZell	1:30-Volunteer of Legal Services Presentation	11am S.A.I.L- Exercise w. JaZell	2pmLeisure Games/Cards	ON
2pmLeisure Games/Cards	1pm S.A.I.L Exercise w. Jazell	2:00pm- Badminton!	1pm Chair Fitness w. JaZell	2:30-MOVIE- Moneyball!	SATURDAYS.
2pm Pompeii Jigsaw Puzzle Club	2:00pm-Student Nurse Project.	3pm Fall/Stop Exercises for all levels/abilities.	2pm Art Studio	2:30pm Tech Help	

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Monday	Tuesday	Wednesday	Thursday	Friday
<div>15</div> <div>11a.m-NEW! NY Roadrunners Walking Club! 11A.M.-3:30 Haircut, health & Hygiene with Vonda .Haircuts by appt-contact center. 1pm Tai Chi 2pm Stride/Road Runners 2:00pm-Tech help w/ GMatt</div>	<div>16</div> <div>9:30am Dances with a Variable Population 9:30-12 NYU student nurses-BP screening 11am Chair Fitness w. JaZell 1pm S.A.I.L Exercise w. Jazell 2:00pm-Presentation on Hypertension.</div>	<div>17</div> <div>11am Therapeutic Yoga (Hybrid) 1:30-3:30-Legal consultations with lawyer. By appt only. 2:00pm- Badminton 3pm Fall/Stop Exercises</div>	<div>18</div> <div>10am Stretch and Balance ZOOM & LIVE STREAM ON TV W/ Audrey 11am S.A.I.L- Exercise w. JaZell 1pm Chair Fitness w. JaZell 2pm Art Studio</div>	<div>19</div> <div>11:30 am SCRABBLE CLUB 1:30 Guitar Lessons 2pmLeisure Games/Cards 2:30pm Tech Help</div>
<div>22</div> <div>11a.m-NEW! NY Roadrunners Walking Club! 1pm Tai Chi 2pm Stride/Road Runners 2pmLeisure Games/Cards 2pm Pompeii Jigsaw Puzzle Club</div>	<div>23</div> <div>9:30am Dances with a Variable Population 11am Chair Fitness w. JaZell 1pm S.A.I.L Exercise w. Jazell 2:00pm- PRESENTATION BY HARLEM GLOBE TROTTER TED DAY!</div>	<div>24</div> <div>11am Therapeutic Yoga (Hybrid) 1:30-Nutrition Presentation with Amelia! 2:00pm- Badminton 3pm Fall/Stop Exercises for all levels/abilities.</div>	<div>25</div> <div>10am Stretch and Balance ZOOM & LIVE STREAM ON TV W/ Audrey 12:15-2pm Spring Luncheon 11am S.A.I.L- Exercise w. JaZell 1pm Chair Fitness w. JaZell 2pm Art Studio</div>	<div>26</div> <div>11:30 am SCRABBLE CLUB 1:30 Guitar Lessons 2:30pm SPRING DANCE PARTY- Refreshments!</div>
<div>29</div> <div>11a.m-NEW! NY Roadrunners Walking Club! 1pm Tai Chi 2pmLeisure Games/Cards 2pm Stride/Road Runners</div>	<div>30</div> <div>9:30am Dances with a Variable Population 11am Chair Fitness w. JaZell 1pm S.A.I.L Exercise w. Jazell 2:30-OPEN MIC POETRY SESSION!</div>			


CENTER
CLOSED

WEST BETH
LOCATION IS
THE ONLY
CENTER
HOLDING
ACTIVITIES
ON
SATURDAYS.



MAY 2 - MAY 3
 11:00 AM - 4:00 PM
EACH DAY!

APRIL IN-PERSON CALENDAR						INDEPENDENCE PLAZA 310 GREENWICH ST. 2ND FL. NY, NY 10013 CENTER DIRECTOR JOE MAYOCK 212-267-0499 JMayock@GreenwichHouse.org		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<div>1</div> <p> 9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell </p>	<div>2</div> <p> 10am Trip-Trader Joe's 11am Indoor Walking Club 2pm Crocheting 2pm Movie: Meet Me in St. Louis </p>	<div>3</div> <p> 11am Feldenkrais (hybrid) 1:30pm Painting 1:30pm Aerobics w JaZell 2:30pm Chair Fitness w/ JaZell </p>	<div>4</div> <p> 11am Tai Chi 1pm Trip-Brooklyn Botanic Garden 1:45pm Somebody Feed Phil: Dubai 2pm Fall Stop 2:45pm Games 4pm Stuy HS Cyber Mentors </p>	<div>5</div> <p> 11am Indoor Walking Club 12-1:30pm Spring Gala 2pm Brain Games 2:30pm Games </p>	<p> <u>CENTER</u> <u>CLOSED</u> <u>WEST BETH</u> LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS. </p>			
<div>8</div> <p> 9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell </p>	<div>9</div> <p> 11am Indoor Walking Club 11:30am Trip-Aldi/ Costco 2pm Crocheting 2pm Movie: Funny Girl </p>	<div>10</div> <p> 11am Feldenkrais (hybrid) 1pm Managing Your money w/ Kay 1:30pm Painting 1:30pm Aerobics w JaZell 2:30pm Chair Fitness w/ JaZell </p>	<div>11</div> <p> 11am Tai Chi 1pm Trip-Bartow-Pell Mansion Museum 1:45pm Feed Phil: Orlando 2pm Fall Stop 2:45pm Games 4pm Stuy HS Cyber Mentors </p>	<div>12</div> <p> 11am Indoor Walking Club 1:30pm Story Hour 2pm Brain Games w/ NYPL 2:30pm Games </p>				

APRIL IN-PERSON CALENDAR						INDEPENDENCE PLAZA 310 GREENWICH ST. 2ND FL. NY, NY 10013 CENTER DIRECTOR JOE MAYOCK 212-267-0499 JMayock@GreenwichHouse.org		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
15 9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell	16 10am-3pm NYU Nursing 10am Trip- Trader Joe's 11am Indoor Walking Club 2pm Crocheting 2pm Movie: Human Flow	17 10am-1pm Haircuts & Hygiene 11am Feldenkrais (hybrid) 1:30pm Painting 1:30pm Aerobics w JaZell 2:30pm Chair Fitness w/ JaZell	18 11am Tai Chi 1pm Trip-Godwin-Ternbach Museum (Queens College) 1:45pm Feed Phil: Taipei 2pm Fall Stop 2:45pm Games 4pm Stuy HS Cyber Mentors	19 11am Indoor Walking Club 1:30pm Story Hour 2pm Brain Games w/ NYPL 2:30pm Games	<u>CENTER</u> <u>CLOSED</u> <u>WEST BETH</u> LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.			
22 9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell	23 10am Trip- Wegmans 11am Indoor Walking Club 12-1:30pm April B-Days 2pm Movie: Some Like it Hot	24 11am Feldenkrais (hybrid) 1:30pm Painting 1:30pm Aerobics w JaZell 2:30pm Chair Fitness w/ JaZell	25 11am Tai Chi 1pm Trip-Queens Botanical Garden 1:45pm Feed Phil: Scotland 2pm Fall Stop 2:45pm Games 4pm Stuy HS Cyber Mentors	26 11am Indoor Walking Club 12-1:30 Spring Luncheon 1:30pm Story Hour 2pm Brain Games w/ NYPL 2:30pm Games				
29 9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell	30 11am Indoor Walking Club 2pm Movie: Singing In the Rain							

APRIL IN-PERSON CALENDAR

D- Dining Room, C-Computer Room, E-Exercise Room

*denotes Zoom Class

WESTBETH CENTER
155 BANK ST. NY, NY 10014
CENTER DIRECTOR RUBY NG
212-255-5191 | RNG@GREENWICHHOUSE.ORG



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>3-4pm: Film Discussion*</u></p> <p>Center Closed</p> <p>All of the other locations are having activities:</p> <ul style="list-style-type: none">Center on the Sq.Our Lady of PompeiiIndependence Plaza	<p>2</p> <p>9:30-10:30am: Coffee Club - D</p> <p>10-12pm: Blood Pressure Screening - C</p> <p>11-12pm: Tech Help- D</p> <p>12-1pm: Indian Hand Dance -E</p> <p>1-2pm: Health Presentation - D</p> <p>2-3pm: Strength & Mobility - E</p> <p>2-3pm: Creative Writing -C</p> <p>3-5pm:Mandala Art -D</p>	<p>3</p> <p>9:30-10:30am: Coffee Club- D</p> <p>11-12: Health Presentation: Comfort & Palliative Care</p> <p>11-12: Memoir Class - C</p> <p>12-1pm: Fall Stop Move Strong - E</p> <p>1-2:20pm: Art & Life Transition Workshop NEW! -C</p> <p>2:30-4pm: Art Talk -D</p> <p>3-4pm: Tech Help- C</p> <p>4-5pm: Knitting NEW! -C</p> <p>4-5pm: Tai Chi - E</p>	<p>4</p> <p>9:30-10:30: Coffee Club - D</p> <p>10:30-12pm: Poetry Writing - C</p> <p>12-1pm: Tai Chi: Arthritis* - E</p> <p>2-3:30pm: Movie: Bull Durham</p> <p>2-3pm: Strength & Mobility - E</p> <p>3:30-5pm: West African Drumming NEW! - E</p> <p>4-5pm: Tech Help - C</p>	<p>5</p> <p>9:30-10:30: Coffee Club -D</p> <p>10:30-11:45: Dances for a Variable Population - E</p> <p>12-1: Qi Gong -E</p> <p>12-3pm: Blood Pressure Screening -C</p> <p>1-2pm: Health Presentation -D</p> <p>2-3pm: Japanese Dance-E</p> <p>3-4pm: Tech Help -C</p>	<p>6</p> <p>9:30-10:30am: Coffee Club - D</p> <p>10:30-12pm: West African Dancing NEW! - E</p> <p>1-3pm: Games/Scrabble</p> <p>2-2:45pm: Virtual Tour: Madrid Spain - D</p>
	<p>9</p> <p>9:30-10:30am: Coffee Club - D</p> <p>10-12pm: Blood Pressure Screening - C</p> <p>11-12pm: Tech Help- D</p> <p>12-1pm: Indian Hand Dance -E</p> <p>1-2pm: Health Presentation- D</p> <p>2-3pm: Nutrition Presentation- Let's Talk & Eat Vegetables D</p> <p>2-3pm: Strength & Mobility - E</p> <p>2-3pm: Creative Writing</p> <p>3-5pm:Mandala Art -D</p>	<p>10</p> <p>9:30-10:30am: Coffee Club- D</p> <p>11-12: Health Presentation: Diabetes- D</p> <p>11-12: Memoir Class - C</p> <p>12-1pm: Fall Stop Move Strong - E</p> <p>1-2:20pm: Art & Life Transition Workshop NEW! -C</p> <p>2-2:30pm: Presentation: Social Security Account</p> <p>2:30-4pm: Art Talk -D</p> <p>3-4pm: Tech Help- C</p> <p>4-5pm: Knitting NEW! -C</p> <p>4-5pm: Tai Chi - E</p>	<p>11</p> <p>9:30-10:30: Coffee Club - D</p> <p>10:30-12pm: Poetry Writing - C</p> <p>12-1pm: Tai Chi: Arthritis* - E</p> <p>2-3:30pm: Movie: My Big Fat Greek Wedding - D</p> <p>2-3pm: Strength & Mobility - E</p> <p>3:30-5pm: West African Drumming NEW! - E</p> <p>4-5pm: Tech Help - C</p>	<p>12</p> <p>9:30-10:30: Coffee Club -D</p> <p>10:30-11:45: Dances for a Variable Population - E</p> <p>11:30-3: Trip: Hispanic Society Museum & Library</p> <p>12-1: Qi Gong -E</p> <p>2-3pm: Japanese Dance - E</p> <p>2-3pm:Anger Management NEW!- D</p> <p>2:30-4:30: Whitney Museum Workshop</p> <p>3-4pm: Tech Help -C</p>	<p>13</p> <p>9:30-10:30am: Coffee Club - D</p> <p>1-3pm: Games/Scrabble</p> <p>2-2:45pm: Virtual Tour: Chamonix, France - D</p>

APRIL IN-PERSON CALENDAR

*denotes Zoom Class

WESTBETH CENTER
155 BANK ST. NY, NY 10014
CENTER DIRECTOR RUBY NG
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Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Center Closed All of the other locations are having activities: • Center on the Sq. • Our Lady of Pompeii • Independence Plaza		9:30-10:30am: 16 Coffee Club - D 10-12pm: Blood Pressure Screening - C 11-12pm: Tech Help- D 12-1pm: Indian Hand Dance - E 1-2pm: Health Presentation - D 2-3pm: Strength & Mobility - E 2-3pm: Creative Writing 3-5pm:Mandala Art - D		9:30-10:30am: 17 Coffee Club- D 11-12: Memoir Class - C 12-1pm: Fall Stop Move Strong - E 1-2:20pm: Art & Life Transition Workshop NEW! - C 2-2:30pm: Presentation: SCHE 2:30-4pm: Art Talk - D 3-4pm: Tech Help- C 4-5pm: Knitting NEW! - C 4-5pm: Tai Chi - E		9:30-10:30: 18 Coffee Club - D 10:30-12pm: Poetry Writing 12-1pm: Tai Chi: Arthritis* - E 1-2pm: Presentation: How to achieve Financial Wellness 2-3:30pm: Movie: Elvis Bio- D 2-3pm: Strength & Mobility - E 3:30-5pm: West African Drumming NEW! - E 4-5pm: Tech Help - C		9:30-10:30: Coffee Club - D 19 10-11:45pm: TRIP - High Line Maquette Exhibition 10:30-11:45: Dances for a Variable Population - E 12-1: Qi Gong - E 12-3pm: B.P. Screening - C 1-2pm: Health Presentation - D 2-3pm: Japanese Dance- E 2-3pm: Anger Management - NEW! - D 2:30-4:30: Whitney Museum Workshop 3-4pm: Tech Help - C		9:30-10:30am: 20 Coffee Club - D 10:30-12pm: West African Dancing NEW! - E 1-3pm: Games/Scrabble 2-2:45pm: Virtual Tour: Lisbon, Portugal - D	
		9:30-10:30am: 23 Coffee Club - D 10-12pm: B.P. Screening- C 10-2pm: TRIP - Jamaica Bay Wildlife Refuge 11-12pm: Tech Help- D 12-1pm: Indian Hand Dance- E 1-2pm: Health Presentation 2-3pm: Strength & Mobility 2-3pm: Creative Writing - C 3-5pm:Mandala Art - D		9:30-10:30am: 24 Coffee Club- D 11-12: Memoir Class - C 12-1pm: Fall Stop Move Strong - E 1-2:20pm: Art & Life Transition Workshop NEW! - C 2-2:30pm: Presentation: SCRIE/DRIE 2:30-4pm: Art Talk - D 3-4pm: Tech Help- C 4-5pm: Knitting NEW! - C 4-5pm: Tai Chi - E		9:30-10:30: 25 Coffee Club - D 10:30-12pm: Poetry Writing - C 12-1pm: Tai Chi: Arthritis* - E 2-3:30pm: Movie: Knives out Mystery - D 2-3pm: Strength & Mobility - E 3:30-5pm: West African Drumming NEW! - E 4-5pm: Tech Help - C		9:30-10:30:Coffee Club - D 26 10:30-11:45: Dances for a Variable Population - E 12-1: Qi Gong - E 2-3pm: Japanese Dance- E 2-3pm: Anger Management - NEW! - D 2:30-4:30: Whitney Museum Workshop 3-4pm: Tech Help - C		9:30-10:30am: 27 Coffee Club - D 10:30-12pm: West African Dancing NEW! - E 12-2: Spring Celebration- Brownies & Ice Cream 1-3pm: Games/Scrabble 2-2:45pm: Virtual Tour: Morocco- D	
		9:30-10:30am: 30 Coffee Club - D 10-12pm: Blood Pressure Screening - C 11-12pm: Tech Help- D 12-1pm: Indian Dance - E 1-2pm: Health Presentation 1-2pm: Birthday Celebration with Cake 2-3pm: Strength & Mobility 2-3pm: Creative Writing - C 3-5pm:Mandala Art - D						NEW THIS MONTH: Changes in Lunch Hours: Tuesday through Saturday 12:00pm - 2:00pm Extended Operating Hours on Saturdays from 9:00am - 3:00pm Social Worker available Wednesday & Thursday 9:00am - 5:00pm Financial Wellness Educator available on the third week of the month on Thursday 10:00am - 2:00pm			