

APRIL IN-PERSON CALENDAR

*denotes Zoom Class

CENTER ON THE SQUARE

20 WASHINGTON SQ. N. NY, NY 10011

CENTER DIRECTOR DONNA COLES

212-777-3555 EXT 106 | NBROWN@GREENWICHHOUSE.ORG



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting- AR</p> <p>11:30-12:30 Performance @ Whitney</p> <p>12:10 pm-Active Balance- P</p> <p>1:30pm Invented Histories -AR</p> <p>2pm - Ballet Trockadero- P</p> <p>2pm Movie & Discussion "Shirley"-C</p>	<p>2</p> <p>10 am Chair Exercise- P</p> <p>10 am NYU-Blood Pressure Screening-DR</p> <p>11am Knitting - AR</p> <p>11am Jewelry -P</p> <p>1pm- Financial Wellness- CR</p> <p>2pm Showtime - P</p> <p>2pm Health Lecture: I'm So Stressed! DR</p>	<p>3</p> <p>10:30 am Art Talk-P</p> <p>11am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French -CR</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>4</p> <p>10:30 am Fall Stop... MOVE STRONG-P</p> <p>12pm Active Balance w. JaZell- P</p> <p>1pm REVIVAL Dance w. DVP - P</p> <p>1pm Money Matters- DR</p> <p>3pm Theater for Change- P</p>	<p>5</p> <p>9-4pm Tax Preparation-P</p> <p>11am Whitney Museum Art Program - C - No Class</p> <p>2pm Let's Chat- CR</p> <p>2:15pm Documentary and Discussion - Lady Bird -DR</p>	<p><u>CENTER</u></p> <p><u>CLOSED</u></p> <p><u>WEST BETH</u></p> <p>LOCATION IS</p> <p>THE ONLY</p> <p>CENTER</p> <p>HOLDING</p> <p>ACTIVITIES</p> <p>ON</p> <p>SATURDAYS.</p>
<p>8</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Advisory Council Meeting - CR</p> <p>11am Chinese Painting- AR</p> <p>11:00 Spring Chorus</p> <p>12:10 pm-Active Balance-P</p> <p>1:30 pm Invented Histories -AR</p> <p>2pm Total Eclipse of the Heart -WSP</p> <p>2pm - Ballet Trockadero- P</p> <p>2pm Movie & Discussion "Ruskin"-C</p>	<p>9</p> <p>10 am Chair Exercise- P</p> <p>10 am NYU-Blood Pressure Screening-DR</p> <p>11am Knitting - AR</p> <p>11am Jewelry -P</p> <p>1pm Financial Planning w. Allen - CR</p> <p>2pm Showtime - P</p> <p>3pm Art & Life transition Class - AR</p> <p>3pm Big Apple Walkathon</p>	<p>10</p> <p>10:30 am Art Talk-P</p> <p>11am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French -CR</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>11</p> <p>10:30 am Fall Stop... MOVE STRONG-P</p> <p>10:30am Drawing Workshop- AR</p> <p>12pm Active Balance w. JaZell- P</p> <p>1pm REVIVAL Dance w. DVP - P</p> <p>1pm Money Matters- DR</p> <p>3pm Theater for Change- P</p>	<p>12</p> <p>9-4pm Tax Preparation-P</p> <p>11am Whitney Museum Art Program - C</p> <p>2pm Let's Chat- CR</p> <p>2:15pm Special Showing -P</p> <p>Documentary and Discussion</p> <p>What is the City but the People</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>15</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting- AR</p> <p>11:00 Spring Chorus</p> <p>12:10 pm-Active Balance-P</p> <p>1:30PM Invented Histories-AR</p> <p>2pm - Ballet Trockadero- P</p> <p>2pm Movie & Discussion "Poor Things"-C</p>	<p>16</p> <p>10 am Chair Exercise- P</p> <p>10 am NYU-Blood Pressure Screening-DR</p> <p>11am Knitting - AR</p> <p>11am Jewelry -P</p> <p>2pm Showtime - P</p> <p>2pm Health Lecture: Bless Your Heart</p> <p>3pm Art & Life Transition Class - AR</p> <p>3pm Big Apple Walkathon</p>	<p>17</p> <p>10:30 am Art Talk-P</p> <p>11 am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French - CR</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>18</p> <p>10:30 am Fall Stop...MOVE STRONG- *10am Drawing Workshop- AR</p> <p>11am MET Art Box- AR</p> <p>12pm Active Balance- P</p> <p>1pm REVIVAL Dance w. DVP - P</p> <p>1pm Money Matters- DR</p> <p>2pm Mindfulness with Isabella</p> <p>3pm Theater for Change- P</p>	<p>19</p> <p>11am Whitney Museum Art Program - C</p> <p>2pm Let's Chat- CR</p> <p>2pm Lecture on Diabetes- DR</p> <p>2pm Documentary and Discussion - Here at the Water's Edge -P</p>	<p><u>CENTER</u></p> <p><u>CLOSED</u></p> <p><u>WEST BETH</u></p> <p>LOCATION IS</p> <p>THE ONLY</p> <p>CENTER</p> <p>HOLDING</p> <p>ACTIVITIES</p> <p>ON</p> <p>SATURDAYS.</p>
<p>22</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting- AR</p> <p>11:00 Spring Chorus</p> <p>12:10 pm-Active Balance-P</p> <p>1:30pm Invented Histories-AR</p> <p>2pm - Ballet Trockadero- P</p> <p>2pm Movie & Discussion - Priscilla- C</p>	<p>23</p> <p>10 am Chair Exercise- P</p> <p>11am Knitting - AR</p> <p>11am Jewelry -P</p> <p>1pm Financial Planning w. Allen - CR</p> <p>2pm Showtime - P</p> <p>3pm Art & Life Transition Class - AR</p> <p>3pm Big Apple walkathon</p>	<p>24</p> <p>10:30 am Art Talk-P</p> <p>11am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French -CR</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>25</p> <p>10am Trip to Austrian Cultural Forum</p> <p>10:30 am Fall Stop...MOVE STRONG-P</p> <p>10:30am Drawing Workshop- AR</p> <p>12pm Active Balance w. JaZell- P</p> <p>1pm REVIVAL Dance w. DVP - P</p> <p>1pm Money Matters- DR</p> <p>2pm Mindfulness with Isabella-CR</p> <p>3pm Theater for Change- P</p>	<p>26</p> <p>11am Whitney Museum Art Program - C</p> <p>2pm Let's Chat- CR</p> <p>2pm Documentary and Discussion -TBD -P</p>	
<p>29</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting- AR</p> <p>11:00 Spring Chorus</p> <p>12:10 pm-Active Balance-P</p> <p>1:30pm Invented Histories -AR</p> <p>2pm - Ballet Trockadero- P</p> <p>2pm Movie & Discussion - Wonka - C</p>	<p>30</p> <p>10 am Chair Exercise- P</p> <p>11am Knitting - AR</p> <p>11am Jewelry -P</p> <p>2pm Showtime - P</p> <p>3pm Art & Life Transition Class-AR</p> <p>3pm Big Apple WalkaThon</p>		<p>NOTES:</p> <ul style="list-style-type: none"> • Drawing Workshop with the Creativity Center - Thursdays at 10:30pm • Theatre Desk Wednesdays 12:30 - 1:330 • Documentary and Discussion - Fridays at 2:15pm • New Creative Class with Roni Gross Invented Histories - Mondays at 1:30pm • Ballet Trackadero - Mondays at 2pm • Big Apple Walkathon - Tuesdays 3pm 		

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

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212-989-3620 |

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11am-NEW! 15 NY Roadrunners Walking Club! 11am-3:30pm <i>Haircut, health & Hygiene with Vonda .Haircuts by appt-contact center.</i> 1pm Tai Chi 2pm Stride/Road Runners 2:00pm-Tech help w/ GMatt</p>	<p>9:30am Dances with a Variable Population 16 9:30am-12 N NYU Nursing Students-BP screening 11am Chair Fitness w. JaZell 1pm S.A.I.L Exercise w. Jazell 2:00pm-Presentation on Hypertension.</p>	<p>11am Therapeutic Yoga 17 (Hybrid) 1:30-3:30-Legal consultations with lawyer. By appt only. 2:00pm- Badminton 3pm Fall/Stop Exercises</p>	<p>10am Stretch and Balance ZOOM & LIVE STREAM ON TV W/ Audrey 18 11am S.A.I.L- Exercise w. JaZell 1pm Chair Fitness w. JaZell 2pm Art Studio</p>	<p>11:30am 19 SCRABBLE CLUB 1:30pm Guitar Lessons 2pmLeisure Games/Cards 2:30pm Tech Help</p>	<p><u>CENTER</u> <u>CLOSED</u></p> <p><u>WEST BETH</u> LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>11am-NEW! 22 NY Roadrunners Walking Club! 1pm Tai Chi 2pm Stride/Road Runners 2pmLeisure Games/Cards 2pm Pompeii Jigsaw Puzzle Club</p>	<p>9:30am Dances with a Variable Population 23 11am Chair Fitness w. JaZell 1pm S.A.I.L Exercise w. Jazell 2:00pm PRESENTATION BY HARLEM GLOBE TROTTER TED DAY!</p>	<p>11am Therapeutic Yoga 24 (Hybrid) 1:30-Nutrition Presentation with Amelia! 2:00pm- Badminton 3pm Fall/Stop Exercises for all levels/abilities.</p>	<p>10am Stretch and Balance ZOOM & LIVE STREAM ON TV W/ Audrey 25 12:15-2pm Spring Luncheon 11am S.A.I.L- Exercise w. JaZell 1pm Chair Fitness w. JaZell 2pm Art Studio</p>	<p>11:30 am 26 SCRABBLE CLUB 1:30pm Guitar Lessons 2:30pm SPRING DANCE PARTY-Refreshments!</p>	
<p>11a.m-NEW! 29 NY Roadrunners Walking Club! 1pm Tai Chi 2pmLeisure Games/Cards 2pm Stride/Road Runners</p>	<p>9:30am Dances with a Variable Population 30 11am Chair Fitness w. JaZell 1pm S.A.I.L Exercise w. Jazell 2:30-OPEN MIC POETRY SESSION!</p>	<div style="text-align: center;">  <p>📅 MAY 2 - MAY 3 🕒 11:00 AM - 4:00 PM <u>EACH DAY!</u></p> </div>			

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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
1	2	3	4	5	
<p>9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell</p>	<p>10am Trip-Trader Joe's 11am Indoor Walking Club 2pm Crocheting 2pm Movie: Meet Me in St. Louis</p>	<p>11am Feldenkrais (hybrid) 1:30pm Painting 1:30pm Aerobics w JaZell 2:30pm Chair Fitness w/ JaZell</p>	<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>	<p>11am Indoor Walking Club 12-1:30pm Spring Gala 2pm Brain Games 2:30pm Games</p>	
8	9	10	11	12	
<p>9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell</p>	<p>11am Indoor Walking Club 11:30am Trip-Aldi/ Costco 2pm Crocheting 2pm Movie: Funny Girl</p>	<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>	<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>	<p>11am Indoor Walking Club 1:30pm Story Hour 2pm Brain Games w/ NYPL 2:30pm Games</p>	

CENTER
CLOSED

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 ON
 SATURDAYS.

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<p>15</p> <p>9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell</p>	<p>16</p> <p>10am-3pm NYU Nursing 10am Trip- Trader Joe's 11am Indoor Walking Club 2pm Crocheting 2pm Movie: Human Flow</p>	<p>17</p> <p>10am-1pm Haircuts & Hygiene 11am Feldenkrais (hybrid) 1:30pm Painting 1:30pm Aerobics w JaZell 2:30pm Chair Fitness w/ JaZell</p>	<p>18</p> <p>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</p>	<p>19</p> <p>11am Indoor Walking Club 1:30pm Story Hour 2pm Brain Games w/ NYPL 2:30pm Games</p>	<p><u>CENTER</u> <u>CLOSED</u></p> <p><u>WEST BETH</u> LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>22</p> <p>9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell</p>	<p>23</p> <p>10am Trip- Wegmans 11am Indoor Walking Club 12-1:30pm April B-Days 2pm Movie: Some Like it Hot</p>	<p>24</p> <p>11am Feldenkrais (hybrid) 1:30pm Painting 1:30pm Aerobics w JaZell 2:30pm Chair Fitness w/ JaZell</p>	<p>25</p> <p>11am Tai Chi 1pm Trip-Queens Botanical Garden 1:45pm Feed Phil: Scotland 2pm Fall Stop 2:45pm Games 4pm Stuy HS Cyber Mentors</p>	<p>26</p> <p>11am Indoor Walking Club 12-1:30 Spring Luncheon 1:30pm Story Hour 2pm Brain Games w/ NYPL 2:30pm Games</p>	
<p>29</p> <p>9:40am Healthy Cooking w/ Irbania 10am Outdoor Walking Club 1:30pm Bingocize w/ JaZell 2:30pm Aerobics w/ JaZell</p>	<p>30</p> <p>11am Indoor Walking Club 2pm Movie: Singing In the Rain</p>				

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

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



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2

3

4

5

6

<p><u>3-4pm: Film Discussion*</u></p> <p>Center Closed</p> <p>All of the other locations are having activities:</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>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>9:30-10:30: Coffee Club - D</p> <p>11-12:30pm: 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>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>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>
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- Center on the Sq.
- Our Lady of Pompeii
- Independence Plaza

9

10

11

12

13

<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>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>9:30-10:30: Coffee Club - D</p> <p>11-12:30pm: 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>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>9:30-10:30am: Coffee Club - D</p> <p>1-3pm: Games/Scrabble</p> <p>2-2:45pm: Virtual Tour: Chamonix, France - D</p>
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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All of the other locations are having activities:</p> <ul style="list-style-type: none"> Center on the Sq. Our Lady of Pompeii Independence Plaza 	<p>3-4pm: <u>Film Discussion*</u></p> <p>Center Closed</p>	<p>9:30-10:30am: 16 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</p> <p>3-5pm: Mandala Art -D</p>	<p>9:30-10:30am: Coffee Club- 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: SCHE</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>9:30-10:30: Coffee Club -D</p> <p>11-12:30pm: Poetry Writing -</p> <p>12-1pm: Tai Chi: Arthritis* - E</p> <p>1-2pm: Presentation: How to achieve Financial Wellness</p> <p>2-3:30pm: Movie: Elvis Bio- 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>9:30-10:30: Coffee Club -D 19</p> <p>10-11:45pm: TRIP- High Line Maquette Exhibition</p> <p>10:30-11:45: Dances for a Variable Population - E</p> <p>12-1: Qi Gong -E</p> <p>12-3pm: B.P. Screening -C</p> <p>1-2pm: Health Presentation -D</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>9:30-10:30am: 20 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: Lisbon, Portugal - D</p>
		<p>9:30-10:30am: 23 Coffee Club - D</p> <p>10-12pm: B.P. Screening- C</p> <p>10-2pm: TRIP- Jamaica Bay Wildlife Refuge</p> <p>11-12pm: Tech Help- D</p> <p>12-1pm: Indian Hand Dance -E</p> <p>1-2pm: Health Presentation</p> <p>2-3pm: Strength & Mobility</p> <p>2-3pm: Creative Writing - C</p> <p>3-5pm: Mandala Art -D</p>	<p>9:30-10:30am: Coffee Club- D 24</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: SCRIE/DRIE</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>9:30-10:30: Coffee Club - D 25</p> <p>11-12:30pm: Poetry Writing - C</p> <p>12-1pm: Tai Chi: Arthritis* - E</p> <p>2-3:30pm: Movie: Knives out Mystery - 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>9:30-10:30: Coffee Club -D 26</p> <p>10:30-11:45: Dances for a Variable Population - E</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>9:30-10:30am: 27 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: Morocco- D</p>
		<p>9:30-10:30am: 30 Coffee Club - D</p> <p>10-12pm: Blood Pressure Screening - C</p> <p>11-12pm: Tech Help- D</p> <p>12-1pm: Indian Dance - E</p> <p>1-2pm: Health Presentation</p> <p>1-2pm: Birthday Celebration with Cake</p> <p>2-3pm: Strength & Mobility</p> <p>2-3pm: Creative Writing - C</p> <p>3-5pm: Mandala Art -D</p>				
						<p>NEW THIS MONTH:</p> <p>Changes in Lunch Hours: Tuesday through Saturday 12:00pm - 2:00pm</p> <p>Extended Operating Hours on Saturdays from 9:00am - 3:00pm</p> <p>Social Worker available Wednesday & Thursday 9:00am - 5:00pm</p> <p>Financial Wellness Educator available on the third Thursday of each month from 10:00am - 2:00pm</p>