

# 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><b>1</b></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 &amp; Discussion "Shirley"-C</p>	<p><b>2</b></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><b>3</b></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><b>4</b></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><b>5</b></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><b><u>CENTER CLOSED</u></b></p> <p><b><u>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</u></b></p>
<p><b>8</b></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>1:30 pm Invented Histories -AR</p> <p>2pm Total Eclipse of the Heart -WSP</p> <p>2pm - Ballet Trockadero- P</p> <p>2pm Movie &amp; Discussion "Ruskin"-C</p>	<p><b>9</b></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 &amp; Life transition Class - AR</p> <p>3pm Big Apple Walkathon</p>	<p><b>10</b></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><b>11</b></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><b>12</b></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 What is the City but the People</p>	

# 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>10am Tai Chi - P <b>15</b></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 &amp; Discussion "Poor Things"-C</p>	<p>10 am Chair Exercise- P <b>16</b></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 &amp; Life Transition Class - AR</p> <p>3pm Big Apple Walkathon</p>	<p>10:30 am Art Talk-P <b>17</b></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><b>18</b></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><b>19</b></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><b><u>CENTER</u></b> <b><u>CLOSED</u></b></p> <p><b><u>WEST BETH</u></b> <b>LOCATION IS</b> <b>THE ONLY</b> <b>CENTER</b> <b>HOLDING</b> <b>ACTIVITIES</b> <b>ON</b> <b>SATURDAYS.</b></p>
<p>10am Tai Chi - P <b>22</b></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 &amp; Discussion - Priscilla- C</p>	<p><b>23</b></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 &amp; Life Transition Class - AR</p> <p>3pm Big Apple walkathon</p>	<p>10:30 am Art Talk-P <b>24</b></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><b>25</b></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><b>26</b></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><b>29</b></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 &amp; Discussion - Wonka - C</p>	<p><b>30</b></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 &amp; Life Transition Class-AR</p> <p>3pm Big Apple WalkaThon</p>		<p><b>NOTES:</b></p> <ul style="list-style-type: none"> <li>• Drawing Workshop with the Creativity Center - Thursdays at 10:30pm</li> <li>• Theatre Desk Wednesdays 12:30 - 1:330</li> <li>• Documentary and Discussion - Fridays at 2:15pm</li> <li>• New Creative Class with Roni Gross Invented Histories - Mondays at 1:30pm</li> <li>• Ballet Trackadero - Mondays at 2pm</li> <li>• Big Apple Walkathon - Tuesdays 3pm</li> </ul>		

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

# APRIL IN-PERSON CALENDAR

\*denotes Zoom Class

OUR LADY OF POMPEII  
25 CARMINE ST. NY, NY 10014  
CENTER DIRECTOR MARY SPRINGER  
MSPRINGER@GREENWICHHOUSE.ORG



212-989-3620 |

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

# APRIL IN-PERSON CALENDAR

\*denotes Zoom Class

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
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<p><b><u>CENTER</u></b></p> <p><b><u>CLOSED</u></b></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><b>9:40am Healthy Cooking w/ Irbania</b></p> <p>10am Outdoor Walking Club</p> <p>1:30pm Bingocize w/ JaZell</p> <p>2:30pm Aerobics w/ JaZell</p>	<p><b>10am Trip-Trader Joe's</b></p> <p>11am Indoor Walking Club</p> <p>2pm Crocheting</p> <p><b>2pm Movie: Meet Me in St. Louis</b></p>	<p>11am Feldenkrais (hybrid)</p> <p>1:30pm Painting</p> <p>1:30pm Aerobics w JaZell</p> <p>2:30pm Chair Fitness w/ JaZell</p>	<p>11am Tai Chi</p> <p><b>1pm Trip-Brooklyn Botanic Garden</b></p> <p>1:45pm Somebody Feed Phil: Dubai</p> <p>2pm Fall Stop</p> <p>2:45pm Games</p> <p>4pm Stuy HS Cyber Mentors</p>	<p>11am Indoor Walking Club</p> <p><b>12-1:30pm Spring Gala</b></p> <p><b>2pm Brain Games</b></p> <p>2:30pm Games</p>	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
<p><b>9:40am Healthy Cooking w/ Irbania</b></p> <p>10am Outdoor Walking Club</p> <p>1:30pm Bingocize w/ JaZell</p> <p>2:30pm Aerobics w/ JaZell</p>	<p>11am Indoor Walking Club</p> <p><b>11:30am Trip-Aldi/ Costco</b></p> <p>2pm Crocheting</p> <p><b>2pm Movie: Funny Girl</b></p>	<p>11am Feldenkrais (hybrid)</p> <p><b>1pm Managing Your money w/ Kay</b></p> <p>1:30pm Painting</p> <p>1:30pm Aerobics w JaZell</p> <p>2:30pm Chair Fitness w/ JaZell</p>	<p>11am Tai Chi</p> <p><b>1pm Trip-Bartow-Pell Mansion Museum</b></p> <p>1:45pm Feed Phil: Orlando</p> <p>2pm Fall Stop</p> <p>2:45pm Games</p> <p>4pm Stuy HS Cyber Mentors</p>	<p>11am Indoor Walking Club</p> <p>1:30pm Story Hour</p> <p><b>2pm Brain Games w/ NYPL</b></p> <p>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 | J.MAYOCK@GREENWICHHOUSE.ORG



\*denotes Zoom Class

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

# 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

2

3

4

5

6

3-4pm: Film Discussion\*

**Center**

**Closed**

All of the other locations are having activities:

- Center on the Sq.
- Our Lady of Pompeii
- Independence Plaza

9:30-10:30am: 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 -**C**

3-5pm:Mandala Art -**D**

9:30-10:30am: 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: **Nutrition Presentation-** Let's

Talk & Eat Vegetables **D**

2-3pm: Strength & Mobility - **E**

2-3pm: Creative Writing

3-5pm:Mandala Art -**D**

9:30-10:30am: Coffee Club- **D**

11-12: Health Presentation: Comfort & Palliative Care

11-12: Memoir Class - **C**

12-1pm: Fall Stop Move Strong - **E**

1-2:20pm: Art & Life Transition Workshop **NEW!** -**C**

2:30-4pm: Art Talk -**D**

3-4pm: Tech Help- **C**

4-5pm: Knitting **NEW!** -**C**

4-5pm: Tai Chi - **E**

9:30-10:30am: Coffee Club- **D**

11-12: Health Presentation: Diabetes- **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: Social Security Account

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: Coffee Club - **D**

11-12:30pm: Poetry Writing - **C**

12-1pm: Tai Chi: Arthritis\* - **E**

2-3:30pm: Movie: Bull Durham

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**

11-12:30pm: Poetry Writing - **C**

12-1pm: Tai Chi: Arthritis\* - **E**

2-3:30pm: Movie: My Big Fat Greek Wedding - **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**

10:30-11:45: Dances for a Variable Population - **E**

12-1: Qi Gong -**E**

12-3pm: Blood Pressure Screening -**C**

1-2pm: Health Presentation -**D**

2-3pm: Japanese Dance-**E**

3-4pm: Tech Help -**C**

9:30-10:30: Coffee Club -**D**

10:30-11:45: Dances for a Variable Population - **E**

11:30-3: **Trip:** Hispanic Society Museum & Library

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: Coffee Club - **D**

10:30-12pm: West African Dancing **NEW!** - **E**

1-3pm: Games/Scrabble

2-2:45pm: Virtual Tour: Madrid Spain - **D**

9:30-10:30am: Coffee Club - **D**

10:30-11:45: Dances for a Variable Population - **E**

11:30-3: **Trip:** Hispanic Society Museum & Library

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: Coffee Club - **D**

10:30-11:45: Dances for a Variable Population - **E**

11:30-3: **Trip:** Hispanic Society Museum & Library

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: Coffee Club - **D**

10:30-11:45: Dances for a Variable Population - **E**

11:30-3: **Trip:** Hispanic Society Museum & Library

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**

13

# APRIL IN-PERSON CALENDAR

\*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

3-4pm: Film Discussion\*

**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: **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: **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**

9:30-10:30am: 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**

9:30-10:30am: 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: Coffee Club -**D**  
11-12:30pm: 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**  
11-12:30pm: 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** **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**

9:30-10:30: 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**

**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 Thursday of each month from 10:00am - 2:00pm

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: **27**  
Coffee Club - **D**  
10:30-12pm: West African Dancing **NEW!** - **E**  
1-3pm: Games/Scrabble  
2-2:45pm: Virtual Tour: Morocco- **D**