

JULY IN-PERSON CALENDAR

*denotes Zoom Class

Center on the sq. | 20 Washington Sq, N., NY 10011
 Center Director, Donna Coles
 212.777.3555 ext 106 | dcoles@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>12 pm-Active Balance-P</p> <p>1:30pm Invented Histories -AR</p> <p>2pm Movie & Discussion - Born on the 4th of July</p>	<p>2</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -CR -</p> <p>2pm Medicare 101- CR</p> <p>2pm Showtime - P</p>	<p>3</p> <p>10:30 am Art Talk-P</p> <p>10:30 Fearless Watercolor -AR</p> <p>11am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French - CR (Zoom hybrid Meeting ID: 875 9339 9757) Passcode: 760369</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>4</p> <p>Center Closed 4th of July</p>	<p>5</p> <p>10am Chair fitness w Jazell-P</p> <p>10am-1pm Intertwine Arts -CR</p> <p>11-1 Playback theatre Workshop - P</p> <p>2pm pm Documentary and Discussion - CR</p> <p>3:15pm Moving Meditation-P</p>	<p>CENTER CLOSED WEEKLY SHOPPING TRIP TO TRADER JOES EVERY SATURDAY IN JULY! PICK UP: 10:30AM @COS RETURN 12:30 FROM TRADER JOE 14TH ST WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>8</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting-AR</p> <p>12 pm-Active Balance-P</p> <p>1:30pm Invented Histories -AR</p> <p>2pm Movie & Discussion - Hamilton</p>	<p>9</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -CR -</p> <p>12:45 NYU Wellness Coaching - DR</p> <p>2pm Healthy Diet Healthy Brian Presentation - DR</p> <p>2pm Showtime - P</p>	<p>10</p> <p>10:30 am Art Talk-P</p> <p>10:30 Fearless Watercolor -AR</p> <p>11am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French -CR-Zoom hybrid Meeting ID: 875 9339 9757 Passcode: 760369</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>11</p> <p>12pm Active Balance w. JaZell-CR</p> <p>1pm Financial Education Paying Bills-DR</p> <p>2pm Mindfulness - CR</p>	<p>12</p> <p>10am Chair fitness w Jazell-P</p> <p>10am-1pm Intertwine Arts-CR</p> <p>2pm pm Documentary and Discussion -1. The Founding Mothers of the USA Eliza Hamilton, Sarah Jay & Dolley Madison 2. The unbelievable story of Eliza Hamilton-CR</p> <p>3:15pm Moving Meditation-P</p>	

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<p>15</p> <p>10am Tai Chi - P 11am Shakespeare - C</p> <p>11am Chinese Painting-AR</p> <p>12 pm-Active Balance-P</p> <p>1:30pm Invented Histories -AR 2-3pm Invented History Showing -P</p> <p>2pm Movie & Discussion - JAWS - CR</p>	<p>16</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -CR -</p> <p>1pm Medicare Coverage Options, Costs, Medicare Savings Program - CR</p> <p>2pm Showtime - P</p>	<p>17</p> <p>10:30 am Art Talk-P</p> <p>10:30 Fearless Watercolor -AR</p> <p>11am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P 2pm Intermediate French -CCR-Zoom hybrid Meeting ID: 875 9339 9757 Passcode: 760369</p> <p>1pm-4pm - VOLS -CR</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>18</p> <p>12pm Active Balance w. JaZell-CR</p> <p>1pm Financial Education Paying Bills-DR</p> <p>2pm Grief Presentation - CR</p>	<p>19</p> <p>10am Chair fitness w Jazell-P</p> <p>10am-1pm Intertwine Arts -CR</p> <p>2pm pm Documentary and Discussion -</p> <p>3:15pm Moving Meditation-P</p>	<p><u>CENTER</u></p> <p><u>CLOSED</u></p> <p>WEEKLY</p> <p>SHOPPING TRIP TO TRADER JOES EVERY SATURDAY IN JULY! PICK UP: 10:30AM @COS Return 12:30 from Trader Joe 14th St WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>22</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting-AR</p> <p>12 pm-Active Balance-P</p> <p>1:30pm Invented Histories -AR</p> <p>2pm Movie & Discussion - Boys in the Boat</p>	<p>23</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -CR -</p> <p>1pm Joining a Plan, Working past 65 Presentation - CR</p> <p>2pm Showtime - P</p>	<p>24</p> <p>10:30 am Art Talk-P</p> <p>10:30 Fearless Watercolor -AR</p> <p>11am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French -CCR-Zoom hybrid Meeting ID: 875 9339 9757 Passcode: 760369</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>25</p> <p>12pm Active Balance w. JaZell-CR</p> <p>1pm Joining a Plan, Working past 65 Lunch and Learn - DR</p> <p>2pm Path of Abundance - CR</p>	<p>26</p> <p>10am Chair fitness w Jazell-P</p> <p>10am-1pm Intertwine Arts-CR</p> <p>2pm pm Documentary and Discussion -</p> <p>3:15pm Moving Meditation-P</p>	
<p>29</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting-AR</p> <p>12 pm-Active Balance-P</p> <p>1:30pm Invented Histories -AR</p> <p>2pm Movie & Discussion - Chariots of Fire</p>	<p>30</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -CR -</p> <p>1pm When and How to Make changes Presentation - CR</p> <p>2pm Showtime - P</p>	<p>31</p> <p>10:30 am Art Talk-P</p> <p>10:30 Fearless Watercolor -AR</p> <p>11am Brainercise-CR</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French -CCR-Zoom hybrid Meeting ID: 875 9339 9757 Passcode: 760369</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>			

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Our Lady of Pompeii | 25 Carmine St. NY, NY 10014
 Center Director Mary Springer
 212-989-3620 | mspringer@greenwichhouse.org



*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>1pm Tai Chi</p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p> <p>Food Bag Program</p>	<p>2</p> <p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. Jazell</p> <p>Food Bag Program</p>	<p>3</p> <p>11am -Therapeutic Yoga (Hybrid)</p> <p>10am-2pm Financial/Benefit one- on- one Assistance with Kay</p> <p>1:30pm- Presentation by Kay</p> <p>2:00pm- Badminton!</p>	<p>4</p> <p><u>Center Closed for the 4th of July</u></p> 	<p>5</p> <p>11:30am SCRABBLE CLUB</p> <p>1:30pm Guitar Lessons</p> <p>2pmLeisure Games/Cards</p> <p>2:30pm Tech Help</p>	<p><u>CENTER CLOSED</u></p> <p><u>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</u></p>
<p>8</p> <p>11 am: NY Road Runners Walking Club</p> <p>1pm Tai Chi</p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p> <p>2pm--POMPEII PUZZLE CLUB!</p>	<p>9</p> <p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. Jazell</p> <p>Food Bag Pick up</p> <p>2:00 pm LiveON NY- Benefits for Older Adults Presentation</p>	<p>10</p> <p>10 am: Health Advocates for Older People: Home Safety & Fall Prevention</p> <p>11am Therapeutic Yoga (Hybrid)</p> <p>1:00pm Actor/Theater Workshop w/ Johnny Culver</p> <p>2:00pm- Badminton!</p>	<p>11</p> <p>10am Stretch and Balance W/ Audrey-Hybrid</p> <p>11am S.A.I.L- Exercise w. JaZell</p> <p>1pm Chair Fitness w. JaZell</p> <p>2pm Art Studio</p>	<p>12</p> <p>11:30am SCRABBLE CLUB</p> <p>1:30pm Guitar Lessons</p> <p>2pmLeisure Games/Cards</p> <p>2:30pm Tech Help</p>	

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<p>22</p> <p>11 am: NY Road Runners Walking Club 1pm Tai Chi 2pm Stride/Road Runners 2pm--POMPEII PUZZLE CLUB! 2-4 pm Tech Help with GMatt</p>	<p>23</p> <p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. Jazell</p> <p>Food Bag Pick Up</p>	<p>24</p> <p>11am - Therapeutic Yoga (Hybrid)</p> <p>2 pm- Badminton!</p> <p>2pmLeisure Games/Cards</p>	<p>25</p> <p>10am Stretch and Balance W/ Audrey-Hybrid</p> <p>11am S.A.I.L- Exercise w. JaZell</p> <p>1pm Chair Fitness w. JaZell</p> <p>2pm Art Studio</p>	<p>26</p> <p>11:30am SCRABBLE CLUB</p> <p>30pm Guitar Lessons</p> <p>2:30 pm Dance Party!</p> <p>2:30pm Tech Help</p>	
<p>29</p> <p>11 am: NY Road Runners Walking Club 1pm Tai Chi -Hybrid 2pm Stride/Road Runners 2pm Leisure Games/Cards Food Bag Program</p>	<p>30</p> <p>11am Chair Fitness w. JaZell 1pm S.A.I.L Exercise w. Jazell 1-3 pm NYU Nursing Students Wellness Coaching Blood pressure Checks, and Health presentation Food Bag Program</p>	<p>31</p> <p>11am - Therapeutic Yoga (Hybrid)</p> <p>2 pm- Badminton!</p> <p>2pmLeisure Games/Cards</p>	<p>August 1-2</p> <p>11:00 AM - 4:00 PM</p> <p><u>EACH DAY!</u></p> 		

JULY IN-PERSON CALENDAR

Independence Plaza | 310 Greenwich Street, New York, NY 10013
 Center Director, Joseph Mayock
 212-267-0499 | jmayock@greenwichhouse.org



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>10:00: Outdoor Walking Club</p> <p>1:30: Bingocize w/ JaZell</p> <p>2:30: Aerobics w/ JaZell</p>	<p>2</p> <p>10:00: Trip-Trader Joe's</p> <p>11:00: Indoor Walking Club</p> <p>2:00: Film-</p>	<p>3</p> <p>11:00: Feldenkrais (Hybrid)</p> <p>1:30: Painting</p> <p>1:30: Aerobics w/ JaZell</p> <p>2:30: Chair Fitness w/ JaZell</p>	<p>4</p> <p>Center Closed or 4th of July</p>	<p>5</p> <p>11:00: Indoor Walking Club</p> <p>12-1:30: 4th of July Celebration</p> <p>2:30: Games</p>	<p><u>CENTER CLOSED</u></p> <p><u>WEST BETH</u> LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>8</p> <p>10:30: Trip-City Island</p> <p>10:00: Outdoor Walking Club</p> <p>1:30: Bingocize w/ JaZell</p> <p>1:55: Bus departs for pottery class</p> <p>2:30: Aerobics w/ JaZell</p>	<p>9</p> <p>11:00: Indoor Walking Club</p> <p>11:30: Trip-Aldi/Costco</p> <p>2:00: Film-</p>	<p>10</p> <p>11:00: Feldenkrais (Hybrid)</p> <p>1:30: Painting</p> <p>1:30: Aerobics w/ JaZell</p> <p>2:30: Chair Fitness w/ JaZell</p>	<p>11</p> <p>11:00: Tai Chi w/ Pin Pin</p> <p>1:00: Trip-Noguchi Museum</p> <p>2:30: Games</p>	<p>12</p> <p>11:00: Indoor Walking Club</p> <p>2:00: Brain Games w/ NYPL</p> <p>2:30: Games</p>	

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<p>22</p> <p>10:00: Outdoor Walking Club</p> <p>1:30: Bingocize w/ JaZell</p> <p>1:55: Bus departs for pottery class</p> <p>2:30: Aerobics w/ JaZell</p>	<p>23</p> <p>10:00: Trip-Wegmans</p> <p>11:00: Indoor Walking Club</p> <p>12-1:30: July Birthdays Celebration</p>	<p>24</p> <p>11:00: Feldenkrais (Hybrid)</p> <p>1:30: Painting</p> <p>1:30: Aerobics w/ JaZell</p> <p>2:30: Chair Fitness w/ JaZell</p>	<p>25</p> <p>10:00: Trip-The Cloisters</p> <p>11:00: Tai Chi w/ Pin Pin</p> <p>2:30: Games</p> <p>4:00: Stuy HS Cyber Mentors</p>	<p>26</p> <p>10-12:00: Jewelry</p> <p>11:00: Indoor Walking Club</p> <p>1-3:00: Jewelry</p> <p>2:30: Games</p>	
<p>29</p> <p>10:00: Outdoor Walking Club</p> <p>1:30: Bingocize w/ JaZell</p> <p>1:55: Bus departs for pottery class</p> <p>2:30: Aerobics w/ JaZell</p>	<p>30</p> <p>10:00: Trip-Trader Joe's</p> <p>11:00: Indoor Walking Club</p> <p>2:00: Film-</p>	<p>31</p> <p>11:00: Feldenkrais (Hybrid)</p> <p>1:30: Painting</p> <p>1:30: Aerobics w/ JaZell 2:30: Chair Fitness w/ JaZell</p>			

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WESTBETH CENTER

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CENTER DIRECTOR RUBY NG

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*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2-3pm: Virtual Film Discussion on Zoom</p> <hr/> <p>Westbeth is Closed on Mondays</p> <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>2</p> <p>10-11am: Coffee Club - D</p> <p>11-12pm: Tech Help- D</p> <p>12-1pm: Indian Hand Dance -E</p> <p>12-2pm: Lunch</p> <p>2-3pm: Strength & Mobility - E</p> <p>2-3pm: Creative Writing</p> <p>3-5pm: Mandala Art -D</p>	<p>3</p> <p>10-11am: Coffee Club- D</p> <p>12-1pm: Fall Stop Move Strong - E</p> <p>(LAST CLASS)</p> <p>12-2pm: Special 4th of July Luncheon with cornbread & dessert!</p> <p>2:30-4pm: Art Talk -D</p> <p>3-4pm: Tech Help- C</p> <p>4-5pm: Tai Chi - E</p>	<p>4</p> <p>Center CLOSED in Observance of Independence Day</p>	<p>5</p> <p>10-11am: Coffee Club -D</p> <p>12-1: Qi Gong -E</p> <p>12-2pm: Lunch</p> <p>2-3pm: Japanese Dance -</p> <p>2-3pm: Documentary & Discussion: Lucy & Desi - E</p> <p>3-4pm: Tech Help -C</p>	<p>6</p> <p>10-11am: Coffee Club - D</p> <p>11:30-12:30pm: KOT Self-Directed Blood Pressure Initiative Training - Learn how to properly take your own Blood Pressure NEW!</p> <p>1-3pm: Games</p> <p>2-2:45pm: Virtual Tour: Lauterbrunnen Switzerland- D</p>
	<p>9</p> <p>10-11am: Coffee Club - D</p> <p>11-12pm: Tech Help- D</p> <p>12-1pm: Indian Hand Dance -E</p> <p>12-2pm: Lunch</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>10-11am: Coffee Club- D</p> <p>11am-1pm: AHA Self Directed Blood Pressure Monitoring</p> <p>12-2pm: Lunch</p> <p>1-4pm: TRIP: American Folk Art Museum (Columbus & 66th Street)</p> <p>1:30-2:30pm: Summer Memories: "Remiscence group talking about summers past by Isabella"</p> <p>2:30-4pm: Art Talk -D</p> <p>3-4pm: Tech Help- C</p> <p>4-5pm: Tai Chi - E</p>	<p>11</p> <p>10-11: Coffee Club -D</p> <p>11-12:30pm: Poetry Writing -C</p> <p>12-2pm: Lunch</p> <p>1-2pm: Presentation on Benefits & Entitlements</p> <p>2-3:30pm: Movie & Snacks: Close Encounters of the Third Kind</p> <p>2-3pm: Strength & Mobility E</p> <p>4-5pm: Tech Help - C</p>	<p>12</p> <p>10-11: Coffee Club -D</p> <p>10:30-11:45: Basic Fitness</p> <p>12-1: Qi Gong -E</p> <p>12-2pm: Lunch</p> <p>12-3pm: Blood Pressure Screening -C</p> <p>1-2pm: Health Presentation -D</p> <p>2-3pm: Japanese Dance-</p> <p>2-3pm: Documentary & Discussion: A Girl in the</p> <p>3-4pm: Tech Help -C</p>	<p>13</p> <p>10-11am: Coffee Club - D</p> <p>11:30-12:30pm: AHA Self Directed Blood Pressure Monitoring- NEW!</p> <p>12-2pm: Lunch</p> <p>1-3pm: Games</p> <p>2-2:45pm: Virtual Tour: Germany- D</p>

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>2-3pm: Virtual Film Discussion on Zoom</p> <hr/> <p>Westbeth is Closed on Mondays</p> <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>10-11am: Coffee Club - D</p> <p>11-12pm: Tech Help- D</p> <p>12-1pm: Indian Hand Dance - E</p> <p>1-2pm: Wellness Coaching w/ Blood Pressure Screening)</p> <p>2-2:30: Wellness Workshop</p> <p>2-3pm: Strength & Mobility - E</p> <p>2-3pm: Creative Writing</p> <p>3-5pm: Mandala Art - D</p>	<p>10-11am: Coffee Club</p> <p>11am-1pm: AHA Self Directed Blood Pressure Monitoring</p> <p>11-3pm: Free Haircuts and Hygiene Talk</p> <p>12-2pm: Lunch</p> <p>1-2pm: Presentation on Benefits & Entitlements</p> <p>2:30-4pm: Art Talk - D</p> <p>3-4pm: Tech Help- C</p> <p>4-5pm: Tai Chi - E</p>	<p>10-11am: Coffee Club</p> <p>11-12:30pm: Poetry Writing</p> <p>12-2pm: Lunch</p> <p>1:30-2pm: Financial Literacy</p> <p>2-2:30pm: Presentation: Wills & Healthcare Proxy</p> <p>2:30-4pm: VOLS Free Legal Service. RSVP</p> <p>3-4:30pm: Movie & Snacks: Oppenheimer - D</p> <p>2-3pm: Strength & Mobility</p> <p>4-5pm: Tech Help - C</p>	<p>10-11am: Coffee Club - D</p> <p>10:30-11:45: Basic Movement - E</p> <p>12-1: Qi Gong - E</p> <p>12-2pm: Lunch</p> <p>2-3pm: Japanese Dance-</p> <p>2-3pm: Documentary & Discussion: The Summer of Love 1967</p> <p>3-4pm: Tech Help - C</p>	<p>10-11am: Coffee Club</p> <p>11:30-12:30pm: AHA Self Directed Blood Pressure Monitoring- NEW!</p> <p>12-2pm: Lunch</p> <p>1-3pm: Games</p> <p>2-2:45pm: Virtual Tour: Caribbean Islands- D</p>	
	<p>10-11am: Coffee Club - D</p> <p>11-12pm: Tech Help</p> <p>12-1pm: Indian Hand Dance - E</p> <p>12-2pm: Lunch</p> <p>2-3pm: Strength & Mobility - E</p> <p>2-3pm: Creative Writing - C</p> <p>3-5pm: Mandala Art - D</p>	<p>10-11am: Coffee Club</p> <p>10-2:30pm: TRIP: City Island</p> <p>11am-1pm: AHA Self Directed Blood Pressure Monitoring</p> <p>11-12pm: GI Frenemies Gut Health Presentation</p> <p>1:30-2:30pm: Acceptance & Commitment Therapy</p> <p>12-2pm: Lunch</p> <p>2:30-4pm: Art Talk - D</p> <p>3-4pm: Tech Help- C</p> <p>4-5pm: Tai Chi - E</p>	<p>10-11: Coffee Club - D</p> <p>11-12:30pm: Poetry Writing - C</p> <p>12-2pm: Lunch</p> <p>1-2pm: Presentation on Benefits & Entitlements</p> <p>2-3:30pm: Movie & Snacks: La La Land</p> <p>2-3pm: Strength & Mobility</p> <p>4-5pm: Tech Help - C</p>	<p>10-11: Coffee Club - D</p> <p>10:30-11:45: Basic Movement - E</p> <p>10:30-2pm: TRIP: The Metropolitan Museum of Art (1000 5th Ave)</p> <p>12-1: Qi Gong - E</p> <p>12-2pm: Lunch</p> <p>12-3pm: Blood Pressure Screening - C</p> <p>1-2pm: Health Presentation</p> <p>2-3pm: Japanese Dance- E</p> <p>2-3pm: Documentary & Discussion: The Witches of Hollywood</p> <p>3-4pm: Tech Help - C</p>	<p>10-11am: Coffee Club - D</p> <p>11:30-12:30pm: AHA Self Directed Blood Pressure Monitoring- NEW!</p> <p>12-2pm: Lunch</p> <p>1-3pm: Games</p> <p>2-2:45pm: Virtual Tour: Santorini Greece- D</p>	
	<p>10-11am: Coffee Club - D</p> <p>11-12pm: Tech Help- D</p> <p>12-1pm: Indian Hand Dance</p> <p>12-2pm: Lunch w/ Cake</p> <p>2-3pm: Strength & Mobility - E</p> <p>2-3pm: Creative Writing</p> <p>3:30-4:30pm: Birthday Dance Party</p> <p>3-5pm: Mandala Art - D</p>	<p>10-11am: Coffee Club - D</p> <p>10:30-1:30pm: TRIP: Costco & ALDI</p> <p>11am-1pm: AHA Self Directed Blood Pressure Monitoring</p> <p>12-2pm: Lunch</p> <p>2:30-4pm: Art Talk - D</p> <p>3-4pm: Tech Help- C</p> <p>4-5pm: Tai Chi - E</p>				