

# SEPTEMBER IN-PERSON CALENDAR

Center on the sq. | 20 Washington Sq, N., NY 10011  
 Center Director, Donna Coles  
 212.777.3555 ext 106 | dcoles@greenwichhouse.org



\*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<p><b><u>CENTER</u></b> <b><u>CLOSED</u></b></p> <p><b><u>WESTBETH</u></b> LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<b>Labor Day Closed</b>	<p>10am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -P -</p> <p>12pm Exploring Russian Culture (St Petersburg) CR</p> <p>1pm Ask Kay Month - CR</p>	<p>10:30am Art Talk-P</p> <p>11am Brainercise-CR</p> <p>12:45pm Qi Gong Tai Chi-P</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>10am Chair fitness w Jazell-P</p> <p>12pm Active Balance w. JaZell-P</p> <p>1pm Financial Education Payng Bills-DR</p> <p>2pm Exploring Russian Culture (Moscow) -CR</p>	<p>10am-1pm Intertwine Arts -CR</p> <p>1:00pm Moving Meditation-P</p> <p>2:15pm Documentary and Discussion - Regina Jonas full documentary via YouTube</p>	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
<p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting- AR</p> <p>12pm-Active Balance-P</p> <p>2pm Movie &amp; Discussion- Scoop -CR</p>	<p>10am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -P -</p> <p><b>11:30 Introduction to Hearing Loss and Solutions-</b></p> <p><b>2-4pm Showtime is Back -P</b></p> <p>2pm - Caption Call Presentation</p>	<p>10:30am Art Talk-P</p> <p>11am Brainercise-CR</p> <p>12:45pm Qi Gong Tai Chi-P</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>10am Chair fitness w Jazell-P</p> <p>12pm Active Balance w. JaZell-P</p> <p>1pm -4pm VOLS - CR</p> <p>2pm- Guided meditation -CR</p>	<p>10am-1pm Intertwine Arts -CR</p> <p>1:00pm Moving Meditation-P</p> <p>2:15pm Documentary and Discussion -Jago into the White</p>	

# SEPTEMBER IN-PERSON CALENDAR

Center on the sq. | 20 Washington Sq, N., NY 10011  
 Center Director, Donna Coles  
 212.777.3555 ext 106 | dcoles@greenwichhouse.org



\*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></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>2pm Movie &amp; Discussion - Dr Strangelove - CR</p>	<p><b>17</b></p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -P -</p> <p>11am Let's Talk About Hep C - Participants receive \$15 CVS gift card and a metro card-DR</p> <p>1pm Ask Kay Month - CR</p> <p><b>2-4pm Showtime is Back - P</b></p>	<p><b>18</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 Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p><b>19</b></p> <p>10am Chair fitness w Jazell-P</p> <p>10am Shuttle to Wet Lab tour 10:30</p> <p>12pm Active Balance w. JaZell-P</p> <p>1pm Financial Education Payng Bills-DR</p> <p>2pm Grief Presentation - CR</p> <p>2pm Exploring Russian Culture (Great Lakes and Rivers)</p>	<p><b>20</b></p> <p>10am-1pm Intertwine Arts -CR</p> <p>1:00pm Moving Meditation-P</p> <p>2:15pm Documentary and Discussion - MINIMALISM: Official Netflix Documentary - CR</p>	<p><b><u>CENTER</u></b></p> <p><b><u>CLOSED</u></b></p> <p><b><u>WEST BETH</u></b></p> <p><b>LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</b></p>
<p><b>23</b></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>2pm Movie &amp; Discussion - Buster Keaton The General</p>	<p><b>24</b></p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -P -</p> <p>12pm Exploring Russian Culture - (Ballet) CR</p> <p>1pm Ask Kay Month - CR</p> <p>1pm Carter Burden presentation</p> <p><b>2-4pm Showtime is Back -P</b></p>	<p><b>25</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 Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p><b>26</b></p> <p>9:20 Trip Wave Hill</p> <p>10am Chair fitness w Jazell-P</p> <p>12pm Active Balance w. JaZell-P</p> <p>1pm Financial Education Payng Bills-DR</p> <p>2pm Path to Abundance - CR</p> <p>2pm Exploring Russian Culture (Music &amp; Opera) - P</p>	<p><b>27</b></p> <p>10am-1pm Intertwine Arts -CR</p> <p>11am Les Ballets Trockadero de Monte Carlo - P</p> <p>1:00pm Moving Meditation-P</p> <p>2:15pm Documentary and Discussion - Elephants - Back to the Wild</p>	
<p><b>30</b></p> <p>9:20 Trip American Indian Museum</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>2pm Movie &amp; Discussion - Charlie Chaplin The Great Dictator</p>					

# SEPTEMBER IN-PERSON CALENDAR

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
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	
<p><b>Center Closed for Labor Day</b></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>11am Therapeutic Yoga (Hybrid)</p> <p>10am-2pm Financial/Benefit one- on- one Assistance with Kay</p> <p><b>1:30pm- Presentation by Kay</b></p> <p>2pm- Badminton</p> <p>2PM-Leisure Games</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>2:30pm Tech Help</p>	<p>11:30am SCRABBLE CLUB</p> <p>1:30pm Guitar Lessons</p> <p>2pm Leisure Games/Cards</p>	<p><b><u>CENTER CLOSED</u></b></p> <p><u>WESTBETH</u></p> <p>LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
<p>1pm Tai Chi -Hybrid</p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure</p> <p><b>2pm--POMPEII PUZZLE CLUB!</b></p> <p>Games/Cards</p> <p><b>2pm Tech Help with G Matt</b></p> <p>Food Bag Program sign up</p>	<p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. Jazel</p> <p><b>2 pm: Center for Hearing &amp; Communication: Introduction to hearing loss &amp; Solutions</b></p> <p>Food Bag Program Sign up</p>	<p>11am - Therapeutic Yoga (Hybrid)</p> <p>1:30 My Story with OLP member Neil</p> <p>2 pm- Badminton!</p> <p>2pmLeisure Games/Cards</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>2:30pm Tech Help</p>	<p>11:30am SCRABBLE CLUB</p> <p>1:30pm Guitar Lessons</p> <p>2pm Leisure Games/Cards</p> <p><b>2:30pm-FRIDAY AFTERNOON AT THE MOVIES!</b></p> <p><b>“Wicked Little Lies” Comedy/Mystery</b></p>	

# SEPTEMBER IN-PERSON CALENDAR

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><b>16</b></p> <p>1pm Tai Chi - <b>Hybrid</b></p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p>	<p><b>17</b></p> <p><b>Student Nurses 9:30am-12:00 BP Screening. 2pm Health Presentation</b></p> <p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. Jazell</p> <p><b>2:15pm Silvertones Choral Group!</b></p> <p>Food Bag Pick Up</p>	<p><b>18</b></p> <p>11am - Therapeutic Yoga (Hybrid)</p> <p>2pm- Badminton!</p> <p>2pmLeisure Games/Cards</p> <p>3 pm: NY Road Runners Walking Club</p>	<p><b>19</b></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><b>20</b></p> <p>11:30am SCRABBLE CLUB</p> <p>1:30pm Guitar Lessons</p> <p>2pm Leisure Games/Cards</p>	<p><b><u>CENTER CLOSED</u></b></p> <p><b><u>WESTBETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</u></b></p>
<p><b>23</b></p> <p>1pm Tai Chi -Hybrid</p> <p>2pm Stride/Road Runners</p> <p><b>2pm POMPEII PUZZLE CLUB!</b></p> <p><b>11am-3:30pm Haircuts with Stella-by appointment only!</b></p> <p>Food Bag Program sign up</p>	<p><b>24</b></p> <p><b>STUDENT NURSES 9:30am-12pm BP Screening</b></p> <p><b>2pm Health Presentation</b></p> <p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. Jazell</p> <p>Food Bag Program Sign up</p>	<p><b>25</b></p> <p>11am Therapeutic Yoga (Hybrid)</p> <p>2pm Badminton!</p> <p>2pm Leisure Games/Cards</p> <p>3pm NY Road Runners Walking Club</p>	<p><b>26</b></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><b>27</b></p> <p>11:30am SCRABBLE CLUB</p> <p>1:30pm Guitar Lessons</p> <p>2pm Leisure Games/Cards</p> <p><b>2:30pm DANCE PARTY!</b></p>	
<p><b>30</b></p> <p>1pm Tai Chi - <b>Hybrid</b></p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p>	<p>Food Bag Program Sign up</p> <p>.</p>				

# SEPTEMBER IN-PERSON CALENDAR

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



\*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p><b>Center Closed for Labor Day</b></p> 	<p>3</p> <p><b>10:00: Trip- Trader Joe's</b></p> <p><b>11:00: Indoor Walking Club</b></p> <p><b>2:00: Film-</b></p>	<p>4</p> <p><b>1:30: Painting</b></p> <p><b>1:30: Aerobics w/ JaZell</b></p> <p><b>2:30: Chair Fitness w/ JaZell</b></p>	<p>5</p> <p><b>11:00: Tai Chi w/ Pin Pin</b></p> <p><b>1:00: Trip- Whitney Museum Of American Art</b></p> <p><b>2:30: Games</b></p>	<p>6</p> <p><b>11:00: Indoor Walking Club</b></p> <p><b>2:30: Games</b></p>	<p><b><u>CENTER CLOSED</u></b></p> <p><b><u>WESTBETH</u></b> LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>9</p> <p><b>10:00: Outdoor Walking Club</b></p> <p><b>1:30: Bingocize w/ JaZell</b></p> <p><b>1:55: Bus departs for pottery class</b></p> <p><b>2:30: Aerobics w/ JaZell</b></p>	<p>10</p> <p><b>10-2:00: NYU Nursing</b></p> <p><b>11:00: Indoor Walking Club</b></p> <p><b>11:30: Trip- Aldi</b></p> <p><b>2:00: Film-</b></p>	<p>11</p> <p><b>1:30: Painting</b></p> <p><b>1:30: Aerobics w/ JaZell</b></p> <p><b>2:30: Chair Fitness w/ JaZell</b></p>	<p>12</p> <p><b>11:00: Tai Chi w/ Pin Pin</b></p> <p><b>1:00: Trip- Pier 57 / Little Island</b></p> <p><b>2:30: Games</b></p>	<p>13</p> <p><b>11:00: Indoor Walking Club</b></p> <p><b>2:30: Games</b></p>	

# SEPTEMBER IN-PERSON CALENDAR

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



\*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p><b>10:00: Outdoor Walking Club</b></p> <p><b>1:30: Bingocize w/ JaZell</b></p> <p><b>1:55: Bus departs for pottery class</b></p> <p><b>2:30: Aerobics w/ JaZell</b></p>	<p><b>17</b></p> <p><b>10:00: Trip-Trader Joe's</b></p> <p><b>11:00: Indoor Walking Club</b></p> <p><b>2:00: Film-</b></p>	<p><b>18</b></p> <p><b>10-3:00: Managing &amp; w/ Kay</b></p> <p><b>1:30: Painting</b></p> <p><b>1:30: Aerobics w/ JaZell</b></p> <p><b>2:30: Chair Fitness w/ JaZell</b></p>	<p><b>19</b></p> <p><b>11:00: Tai Chi w/ Pin Pin</b></p> <p><b>1:00: Trip- Snug Harbor Cultural Center &amp; Botanical Garden</b></p> <p><b>2:30: Games</b></p>	<p><b>20</b></p> <p><b>11:00: Indoor Walking Club</b></p> <p><b>2:30: Games</b></p>	<p><b><u>CENTER</u></b></p> <p><b><u>CLOSED</u></b></p> <p><u>WEST BETH</u> LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p><b>23</b></p> <p><b>10:00: Outdoor Walking Club</b></p> <p><b>1:30: Bingocize w/ JaZell</b></p> <p><b>1:55: Bus departs for pottery class</b></p> <p><b>2:30: Aerobics w/ JaZell</b></p>	<p><b>24</b></p> <p><b>10-2:00: NYU Nursing</b></p> <p><b>10:30: Trip-Costco</b></p>	<p><b>25</b></p> <p><b>1:30: Painting</b></p> <p><b>1:30: Aerobics w/ JaZell</b></p> <p><b>2:30: Chair Fitness w/ JaZell</b></p>	<p><b>26</b></p> <p><b>10:30: Trip-Queens County Farm Museum</b></p> <p><b>11:00: Tai Chi w/ Pin Pin</b></p> <p><b>2:30: Games</b></p>	<p><b>27</b></p> <p><b>11:00: Indoor Walking Club</b></p> <p><b>2:30: Games</b></p>	
<p><b>30</b></p> <p><b>10:00: Outdoor Walking Club</b></p> <p><b>1:30: Bingocize w/ JaZell</b></p> <p><b>1:55: Bus departs for pottery class</b></p> <p><b>2:30: Aerobics w/ JaZell</b></p>	<p><b>11:00: Indoor Walking Club</b></p> <p><b>2:00: Film-</b></p>				

# SEPTEMBER IN-PERSON CALENDAR

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



\*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Westbeth is Closed on Mondays</b></p> <p>All of the other locations are having activities:</p> <ul style="list-style-type: none"> <li>Center on the Sq.</li> <li>Our Lady of Pompeii</li> <li>Independence Plaza</li> </ul>	<p><b>3</b></p> <p><b>CENTER CLOSED</b></p> <p><b>Observance of Labor Day</b></p>	<p><b>4</b></p> <p>10-11am: Coffee Club                      11-12pm: Tech Help                      11-12pm: Health Presentation: Staying Active To Prevent Falls                      Mt. Sinai Hospital                      11-12pm: Learn about Benefit &amp; Entitlements                      12-2pm: Lunch                      1:30-2:30pm: Health Presentation: Urinary Incontinence                      2:30-4pm: Art Talk                      4-5pm: Tai Chi</p>	<p><b>5</b></p> <p>10-11: Coffee Club                      11-12:pm: Poetry Writing                      11-12: Tech Help                      12-2pm: Lunch                      2-3pm:Strength &amp; Mobility                      2-4:30pm: Movie: Leave the World Behind</p>	<p><b>6</b></p> <p>10-11am: Coffee Club                      10:30-11:45: Basic Movement                      12-1: Qi Gong                      12-2pm: Lunch                      2-3pm: Japanese Dance                      2-3pm: Documentary &amp; Discussion: Every Little Step                      3-4pm: Tech Help                      3-4pm: Stitch &amp; Chat  <i>Bring a project you are working on &amp; chat</i></p>	<p><b>7</b></p> <p>10-11am: Coffee Club                      12-2pm: Lunch                      1-3pm: Games                      2-2:45pm: Virtual Tour: Edinburgh Castle</p>
<p>2-3pm: Virtual Film Discussion available on Zoom</p>	<p><b>10</b></p> <p>10-11am: Coffee Club                      11-12pm: Tech Help                      12-1pm: Indian Hand Yoga Dance                      12-2pm: Lunch &amp; Brownie Dessert sponsored by Patti!  <b><i>Happy Birthday to Patti!</i></b>                      2-3pm: Strength &amp; Mobility                      3-4pm: Self- Myofasical Release &amp; Restore for Mindbody                      3-5pm:Mandala Art</p>	<p><b>11</b></p> <p>10-11am: Coffee Club                      11-12pm: Tech Help                      11-12pm: Learn about Benefit &amp; Entitlements                      12-2pm: Lunch &amp; Ice Cream!                      2:30-4pm: Art Talk                      4-5pm: Tai Chi</p>	<p><b>12</b></p> <p>10-11: Coffee Club                      11-12pm: Poetry Writing                      11-12: Tech Help                      12-2pm: Lunch                      2-3pm: Strength &amp; Mobility                      2-4:30pm: Movie: The Electrical Life of Louise Wain</p>	<p><b>13</b></p> <p>10-11am: Coffee Club                      10:30-11:45: Basic Movement                      10:30-2pm: <b>TRIP</b>- Asia Society Museum                      12-1: Qi Gong -E                      12-2pm: Lunch                      2-3pm: <b>Health Lecture- The Basics of Hepatitis C</b> Participants will get <b>\$15 CVS giftcard &amp; metocard</b>                      2-3pm: Japanese Dance-                      2-3pm: Documentary &amp; Discussion: Filling in the Blanks                      3-4pm: Tech Help</p>	<p><b>14</b></p> <p>10-11am: Coffee Club                      12-2pm: Lunch                      1-3pm: Games                      2-2:45pm: Virtual Tour: Vancouver</p>
<p>Come join us for <b>BRUNCH</b> here at Westbeth on Sunday 9/8 &amp; 9/22 from 12-2pm</p>					

# SEPTEMBER IN-PERSON CALENDAR

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



\*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Westbeth is Closed on Mondays</b></p> <p>All of the other locations are having activities:</p> <ul style="list-style-type: none"> <li>Center on the Sq.</li> <li>Our Lady of Pompeii</li> <li>Independence Plaza</li> </ul>	<p><b>17</b></p> <p>10-11am: Coffee Club                      11-12pm: Tech Help                      12-1pm: Indian Hand Yoga Dance                      12-2pm: Lunch                      2-2:30pm: HIGN Wellness Workshop                      2-3pm: Strength &amp; Mobility                      3-4pm: Self- Myofasical Release &amp; Restore for Mindbody                      3-5pm: Mandala Art</p>	<p><b>18</b></p> <p>10-11am: Coffee Club                      11-12pm: Tech Help                      11-12pm: Learn about Benefit &amp; Entitlements                      10-2pm: <b>TRIP</b>- Museum of the city of New York                      12-2pm: Lunch                      2:30-4pm: Art Talk                      4-5pm: Tai Chi</p>	<p><b>19</b></p> <p>10-11am: Coffee Club                      11-12pm: Poetry Writing                      11-12pm: Tech Help                      12-2pm: Lunch                      11-12pm: Presentation: Financial Wellness                      2-2:30pm: <b>Presentation: Wills &amp; Healthcare Proxy</b>                      2:30-4pm: <b>VOLS Free Legal Service.</b> <i>Appointment Required</i>                      2-3pm: Strength &amp; Mobility                      3-5:30pm: Movie: The Burial (comedy)</p>	<p><b>20</b></p> <p>10-11am: Coffee Club                      10-11:30am: Health Presentation: Easy Does It Chronic Pain                      10:30-11:45: Basic Movement                      12-1: Qi Gong                      12-2pm: Lunch                      2-3pm: Japanese Dance                      2-3pm: Documentary &amp; Discussion: Tesla's Dream at Warden Clyffe                      3-4pm: Tech Help</p>	<p><b>21</b></p> <p>10-11am: Coffee Club                      12-2pm: Lunch                      1-3pm: Games                      2-2:45pm: Virtual Tour: Santorini Greece</p>
<p>2-3pm: Virtual Film Discussion available on Zoom</p>	<p><b>24</b></p> <p>10-11am: Coffee Club                      10:30-1pm: <b>TRIP</b>- Wave Hill Garden                      11-12pm: Tech Help                      12-1pm: Indian Hand Dance                      12-2pm: Lunch &amp; Birthday Cake Celebration!                      2-2:30pm: HIGN Wellness Workshop                      2-3pm: Strength &amp; Mobility                      3-4pm: Self- Myofasical Release &amp; Restore for Mindbody                      3-5pm: Mandala Art                      4:15-5:15pm: Dance Party</p>	<p><b>25</b></p> <p>10-11am: Coffee Club                      11-12pm: Tech Help                      11-12pm: Learn about Benefit &amp; Entitlements                      11:30-3:30pm: <b>Free Haircut &amp; Hygiene Talk</b>                      12-2pm: Lunch &amp; Flan Dessert celebrating Hispanic Heritage Month                      2:30-4pm: Art Talk                      4-5pm: Tai Chi</p>	<p><b>26</b></p> <p>10-11: Coffee Club                      11-12pm: Poetry Writing                      11-12pm: Tech Help                      11-12: Tech Help                      12-2pm: Lunch                      2-3pm: Strength &amp; Mobility                      2-4:30pm: Movie: AIR (Michael Jordan &amp; Nike)</p>	<p><b>27</b></p> <p>10-11am: Coffee Club                      10:30-11:30am: Health Presentation- Easy Does It Chronic Pain Project                      10:30-11:45: Basic Movement                      12-1: Qi Gong                      2-3pm: Japanese Dance                      2-3pm: Documentary &amp; Discussion: Elisa Kazan &amp; The Blacklist                      3-4pm: Tech Help                      3-4pm: Mental Health Jeopardy! Game show style psychoeducational group</p>	<p><b>28</b></p> <p>10-11am: Coffee Club                      12-2pm: Lunch                      1-3pm: Games                      2-2:45pm: Virtual Tour: Bora Bora</p>
<p>Come join us for <b>BRUNCH</b> here at Westbeth on Sunday 9/8 &amp; 9/22 from 12-2pm</p>					