

NOVEMBER IN-PERSON CALENDAR

Center on the sq. | 20 Washington Sq.

Center Director, Donna Coles

212.777.3555 ext 106 | dcoles@greenwichhouse.org



*denotes Zoom Class

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

10am-1pm Intertwine Arts -CR
 11 Les Ballets Trockadero de Monte Carlo - P
 1:00 Moving Meditation-P
 2-4 Jerry M Lys Latin Motion Band - Carmen Miranda look-a-Like Contest - P - **Snacks**
 2:15 Documentary & discussion- The Martha Mitchell Effect - CR

1

4

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8

10am Tai Chi - P
 10:30 Advisory Committee Meeting
 11am Shakespeare - C
 11am Chinese Painting- AR
 12 pm-Active Balance-P
 2:00pm General Membership Meeting
 1-2:30 Theatre for Change - P & Zoom
 1-3:30 Trip - Costco
 1:30 Book of Postcards-AR
 2:00 Movie & Discussion: Dolomite Is My Name - CR

9:30am - NYU Blood pressure - 2:00pm NYC Presentation - Tooth Wisdom - DR
 10 am Chair Fitness w Jazell- P
 11am Knitting - AR-
 11am Jewelry -P -
 1pm FINANCIAL PLANNING SEMINAR WITH ALLEN ZWICKLER-CR
 1-2pm Embroidery - AR
 2pm Russian Culture-CR
 2-4pm Showtime is Back -P

10:30 am Art Talk-P
 10:30am Brainercise-CR
 12:30 Hudson Park Library Presentation Participatory Budget Process - DR
 12:45 Qi Gong Tai Chi-P
 2pm Intermediate French -Zoom - CR
 2pm Let's Jam (Music) - P
 2pm Open Art Studio- AR

10am Chair fitness w Jazell-P
 10:30-11:30amFearless Watercolor Workshop - AR
 12pm Active Balance w. JaZell-P
 1pm -Why you may need to make a change in coverage- CR
 1pm Sing-a-Long w Hallie - P
 2pm Russian Culture - P

10am-1pm Intertwine Arts -CR
 11 Les Ballets Trockadero de Monte Carlo - P
 1:00 Moving Meditation-P
 2:15 Documentary & Discussion - Devil at the Crossroad- CR

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

11

12

13

14

15

Center on the Square Open Veteran's Day
 10am Tai Chi - P
 11am Shakespeare - C
 11am Chinese Painting- AR
 12 pm-Active Balance-P
 1-2:30 Theatre for Change -P & Zoom
 1:30 Book of Postcards
 2:00 Movie & Discussion:Amadeus -CR

9:30am - NYU Blood pressure - 2:00pm NYC Presentation - What Matters To You- DR
 10 am Chair Fitness w Jazell- P
 11am Knitting - AR-
 11am Jewelry -P -
 1pm Mental Health JEOPARDY!-DR
 1pm-Understanding your costs and Medicare Billing
 1-2pm Embroidery - AR
 2pm Russian Culture-CR
 2-4pm Showtime -P

10:30 am Art Talk-P
 10:30am Brainercise-CR
 12:45 Qi Gong Tai Chi-P
 1-4pm VOLS - Legal - Mezz
 2pm Intermediate French - Zoom - CR
 2pm Let's Jam (Music) - P
 2pm Open Art Studio- AR

10am Chair fitness w Jazell-P
 10:30-11:30amFearless Watercolor Workshop - AR
 11:30 Nutrition - Easy Ways to Cut the Salt - DR
 12pm Active Balance w. JaZell-P
 1pm - Understanding your costs and Medicare Billing - CR
 1pm Sing-a-Long w Hallie - P
 1pm Path To Abundance - CR
 2pm Russian Culture - P

10am-1pm Intertwine Arts -CR
 11 Les Ballets Trockadero de Monte Carlo - P
 1:00 Moving Meditation-P
 2:15 Documentary & Discussion - Mountain Queen The Summits of Lhakpa Sherpa - CR

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*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>10am Tai Chi - P 11am Shakespeare - C 11am Chinese Painting- AR 12 pm-Active Balance-P 1-2:30 Theatre for Change -P & Zoom 1:30 Book of Postcards-AR 2:00 Movie & Discussion: The Two Popes -CR</p>	<p>19</p> <p>9:30am - NYU Blood pressure - 2:00pm NYC Presentation - TBD - DR 10 am Chair Fitness w Jazell- P 11am Knitting - AR- 11am Jewelry -P - 1pm FINANCIAL PLANNING SEMINAR WITH ALLEN ZWICKLER- CR 1-2pm Embroidery - AR 2pm Russian Culture-CR 2-4pm Showtime -P</p>	<p>20</p> <p>10:30 am Art Talk-P 10:30 Brainercise-CR 12:45 Qi Gong Tai Chi-P 2pm Intermediate French - Zoom - CR 2pm Let's Jam (Music) - P 2pm Open Art Studio- AR</p>	<p>21</p> <p>10am Chair fitness w Jazell-P 10:30-11:30am Fearless Watercolor Workshop - AR 11:30 Nutrition - Easy Ways to Cut the Salt - DR 12pm Active Balance w. JaZell-P 1pm Sing-a-Long w Hallie - P 2pm Russian Culture - P</p>	<p>22</p> <p>10am-1pm Intertwine Arts -CR 11 Les Ballets Trockadero de Monte Carlo - P 1:00 Moving Meditation-P 2:15 Documentary & Discussion - Martha Stewart - CR</p>	<p>CENTER CLOSED WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>25</p> <p>10am Tai Chi - P 11am Shakespeare - C 11am Chinese Painting- AR 12 pm-Active Balance-P 12-2pm Thanksgiving Lunch 1-2:30 Theatre for Change -P & Zoom 1:30 Book of Postcards-AR 2:00 Movie & Discussion: Buena Vista Social Club-CR</p>	<p>26</p> <p>9:30am - NYU Blood pressure - 2:00pm NYC Presentation - TBD - DR 10 am Chair Fitness w Jazell- P 11am Knitting - AR- 11am Jewelry -P - 1pm MEDICARE OPEN ENROLLMENT HOW TO MAKE CHANGES - CR 1-2pm Embroidery - AR 2pm Russian Culture-CR 2-4pm Showtime -P</p>	<p>27</p> <p>10:30 am Art Talk-P 10:30am Brainercise-CR 12:45 Qi Gong Tai Chi-P 2pm Intermediate French -Zoom - CR 2pm Let's Jam (Music) - P 2pm Open Art Studio- AR</p>	<p>28</p> <p>CLOSED FOR THANKSGIVING</p>	<p>29</p> <p>CLOSED FOR THANKSGIVING</p>	

NOVEMBER IN-PERSON CALENDAR

Our Lady of Pompeii | 25 Carmine St.

Center Director Mary Springer

212-989-3620 | mspringer@greenwichhouse.org



*denotes Zoom Class

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Notes

Save the date for Holiday Flea Market on December 4th, 5th, & 6th from 11 Am to 4 Pm



4

1pm Tai Chi - Hybrid
2pm Stride/Road Runners
2pm Leisure Games/Cards

5

Student Nurses 9:30am-12:00 BP Screening.
2pm Health Presentation
11am Chair Fitness w. JaZell
1pm S.A.I.L Exercise w. JaZell
2pm-Puzzle Club
2:30- OLP FASHION SHOW viewing on TV

6

11am - Therapeutic Yoga (Hybrid)
12 Noon: NY Road Runners Walking Club
10am-1:30 pm-Benefits w/Kay
1:45pm-Presentation
2pm- Badminton!
2pmLeisure Games/Cards
3pm-Fall/Stop Exercise

7

10am Stretch and Balance W/ Audrey-Hybrid
11am S.A.I.L- Exercise w. JaZell
1pm Chair Fitness w. JaZell
2pm Art Studio
2:30pm Tech Help

8

11:30 AM- Our Lady of Pompeii Orientation with Joanna
11:30am SCRABBLE CLUB
1:30pm Guitar Lessons
2pmLeisure Games/Cards
2pm-Crocheting with Liliana!

11:30am SCRABBLE CLUB
1:15pm-Miranda from Hudson Park Library!
11:30pm Guitar Lessons
2pmLeisure Games/Cards
2pm -Crocheting with Liliana

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

11

Center Closed for Veteran's Day



12

Student Nurses 9:30am-12:00 BP Screening.
2pm Health Presentation
11am Chair Fitness w. JaZell
1pm S.A.I.L Exercise w. JaZell
2:30 pm: Tech Help

13

11am - Therapeutic Yoga (Hybrid)
12 Noon: NY Road Runners Walking Club
1pm-Theater Lottery- Once upon a Mattress.
1:30pm-Grow NY Presentation with Susie!
2pm- Badminton!
2pmLeisure Games/Cards
3pm-Fall/Stop Exercise

14

10am Stretch and Balance W/ Audrey-Hybrid
11am S.A.I.L- Exercise w. JaZell
1pm Chair Fitness w. JaZell
2pm-My Story w/ Aileen
2pm Art Studio
2:30pm Tech Help

15



11:30am SCRABBLE CLUB
1:30pm Guitar Lessons
2pm-Leisure Games/Cards
2pm-Crocheting with Liliana!

NOVEMBER IN-PERSON CALENDAR

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



*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	<p>CENTER CLOSED</p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>11 am-Haircuts by Elizabeth-appt required.</p> <p>1pm Tai Chi - Hybrid</p> <p>2pm Stride/Road Runners</p> <p>2 pm Tech Help with G. Matt - appt required</p> <p>2pm Leisure Games/Cards</p>	<p>Student Nurses 9:30am-12:00 BP Screening. 2pm Health Presentation</p> <p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. JaZell</p> <p>2pm Puzzle Club</p> <p>2:30pm MOVIE: Car Wash- Comedy/Drama</p> <p>2:30 pm: Tech Help</p>	<p>11am - Therapeutic Yoga CLASS CANCELLED!</p> <p>12 Noon: NY Road Runners Walking Club</p> <p>2pm- Badminton!</p> <p>2pm. Presentation on Hepatitis C.</p> <p>2pmLeisure Games/Cards</p> <p>3pm-Fall/Stop Excercise</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>2pmLeisure Games/Cards</p> <p>2PM-Crocheting with Liliana!</p> <p>2:30pm Thanksgiving Dance party</p>	
25	26	27	28	29	
<p>1pm Tai Chi - Hybrid</p> <p>2 pm: OLP Puzzle Club</p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p>	<p>Student Nurses 9:30am-12:00 BP Screening. 2pm Health Presentation</p> <p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. JaZell</p> <p>2:30 pm: Tech Help</p>	<p>11am - Therapeutic Yoga CLASS CANCELLED!</p> <p>12 Noon: NY Road Runners Walking Club</p> <p>1PM: Theater Lottery-The Notebook</p> <p>2pm Badminton!</p> <p>2pmLeisure Games/Cards</p> <p>3pm-Fall/Stop Excercise</p>	<p><u>Center Closed for Thanksgiving Day</u></p> 	<p><u>Center Closed for the Day after Thanksgiving</u></p> 	

NOVEMBER IN-PERSON CALENDAR

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



*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Notes					
				11:00: Indoor Walking Club 2:30: Games	
4	5	6	7	8	<p>CENTER CLOSED</p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
10:00: Outdoor Walking Club 1:30: Bingocize w/ JaZell 2:30: Aerobics w/ JaZell	10-2:00: NYU Nursing 10:00-11:00: Trip-Trader Joe's 11:00: Choir Walking Club 1:00: Karate 2:00: Film-Woman of the Hour	10-3:00: Managing \$ w/ Kay 11:00: FallStop w/ Jessica 11:00: Feldenkrais 1:30: Painting 1:30: Aerobics w/ JaZell 2:30: Chair Fitness w/ JaZell	9:30-2:00: Trip-Met Museum 11:00: Tai Chi w/ Pin Pin 2:00: Poetry Workshop 2:30: Games 4:00: Stuy HS Cyber Mentors	11:00: Indoor Walking Club 2:00: Brain Games w/ NYPL 2:30: Games	
11	12	13	14	15	
Veteran's Day Center Closed	10-2:00: NYU Nursing 11:00: Choir 11:00: Indoor Walking Club 11:30-2:00: Trip-Aldi 2:00: Film-TBD	10-1:00: Haircuts & Hygiene 11:00: FallStop w/ Jessica 11:00: Feldenkrais 1:30: Painting 1:30: Aerobics w/ JaZell 2:30: Chair Fitness w/ JaZell	11:00: Tai Chi w/ Pin Pin 1:00-3:00: Trip-Grey Art Museum 2:00: Poetry Workshop 2:30: Games 4:00: Stuy HS Cyber Mentors	11:00: Indoor Walking Club 2:30: Games	

NOVEMBER IN-PERSON CALENDAR

Independence Plaza | 310 Greenwich Street
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*denotes Zoom Class


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	19	20	21	22	
10:00: Outdoor Walking Club 1:30: Bingocize w/ JaZell 2:30: Aerobics w/ JaZell	10:00-11:00: Trip-Trader Joe's 11:00: Choir 11:00: Indoor Walking Club 1:00: Karate 1:00: Film-Killers of the Flower Moon	10-3:00: Managing \$ w/ Kay 11:00: FallStop w/ Jessica 11:00: Feldenkrais 1:30: Painting 1:30:Aerobics 2:30:ChairFitness	11:00: Tai Chi w/ Pin Pin 1:00-3:00: Trip-The Jewish Museum 2:00: Poetry Workshop 2:30: Games 4:00: Stuy HS Cyber Mentors	10:00: Jewelry 11:00: Indoor Walking Club 1:00: Jewelry 2:00: Brain Games w/ NYPL 2:30: Games	CENTER CLOSED WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.
25	26	27	28	29	
10:00: Outdoor Walking Club 1:30: Bingocize w/ JaZell 2:30: Aerobics w/ JaZell	10:00: Trip-Trader Joe's 10-2:00: NYU Nursing 11:00: Choir Walking Club 12-1:30: Thanksgiving Party 1: Karate 2: Film-The Piano Lesson	10:30-1:00: Trip-Costco 11:00: FallStop w/ Jessica 11:00: Feldenkrais 1:30: Painting Aerobics 2:30: Chair Fitness w/ JaZell	Closed - Thanksgiving Break	Closed - Thanksgiving Break	

NOVEMBER 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>2-3pm: Virtual Film Discussion on Zoom every Monday</p>				<p>1 10-11am: Coffee Club 10:30-11:45am: Basic Movement 12-1: Qi Gong 2-3pm: Japanese Dance 2:30-4:30: Whitney Workshop</p>	<p>2 10-11: Coffee Club 10-11:30am: Documentary Discussion: My Gen. 1960's London 1-3pm: Games 1:30-2:30: Sing Along 2-2:45pm: Virtual Tour: 30 Most Beautiful Cities</p>
<p>Westbeth is Closed on Mondays 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>5 10 -11: Coffee Club 10-1:30pm: Wellness Coaching (Blood Pressure) 11-12pm: Tech Help 12-1pm: Indian Hand & Yoga Exercise 2-3: Wellness Workshop: Tooth Wisdom - NYU 2-3pm:Strength & Mobility 3-4pm: Self- Myofascial Release & Restore for Mindbody 4-5pm: Mandala Art</p>	<p>6 10-11am: Coffee Club 11-12pm: Memoir Class 2:30-4pm: Art Talk 3-4: Tech Help 4-5pm: Tai Chi</p>	<p>7 10-11am: Coffee Club 12-1pm: Self Blood Pressure Monitoring 2-3pm: Strength & Mobility 2:30-4:30 pm: Movie: Beyond the Sea 3-4: Health Presentation: Vitamin D & B12 Deficiencies- Mt. Sinai</p>	<p>8 10-11: Coffee Club TRIP: Brooklyn Botanical Garden RSVP 10am: Health Presentation: What is COPD? 10:30-11:45am: Basic Movement 12-1: Qi Gong 2-3pm: Japanese Dance 2-3pm: Bereavement 2:30-4:30: Whitney Workshop @ Whitney</p>	<p>9 10-11am Coffee Club 10-11:30am Documentary & Discussion: Gatsby in Connecticut 1-3pm: Games 1:30-2:30pm: Sing Along 2-2:45pm: Virtual Tour Europe Places</p>
<p>Lunch Tuesdays through Saturdays from 12:00pm - 2:00pm Brunch at Westbeth OAC on 11/ 3 & 11/17 See reverse side for Brunch Menu</p>	<p>12 Center Closed in Observance of Veteran's Day</p> 	<p>13 10-11: Coffee Club 11-12pm:Memoir Class 12:30-1:30pm: Makeup Class for Strength & Mobility 2:30-4pm: Art Talk 3-4: Tech Help 4-5pm: Tai Chi</p>	<p>14 10-11am: Coffee Club 11-12pm: Poetry Class 12-1pm: Self Blood Pressure Monitoring 1-2pm: Makeup Class for Self Mysofascial Release & Restore for Mindbody 2-3pm:Strength & Mobility 2-3pm: Nutrition Presentation: Easy Way to Cut Salt 3-4:30 pm: Movie: The Wedding - Comedy</p>	<p>15 10-11:Coffee Club 10:30-11:45am: Basic Movement 12-1: Qi Gong 2-3pm: Japanese Dance 2-3pm: Nutrition Presentation: Plant-based diets & benefits by DFTA</p>	<p>16 10-11: Coffee Club 10-11:30am: Documentary & Discussion: Women in Fashion: 100 Years of Design 1-3pm: Games 1:30-2:30pm:Sing Along 2-2:45pm: Virtual Tour: Titanic Museum in Tennessee</p>

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CENTER DIRECTOR RUBY NG
212-255-5191 | RNG@GREENWICHHOUSE.ORG



*denotes Zoom Class

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brunch Menu:

12:00 - 2:00pm:
11/3:
Oatmeal, Scrambled
Eggs w/ Swiss, Whole
Wheat Bread &
Cantaloupe

11/17:
Bran Flakes Cereal,
Egg a la Mexicana,
Whole Wheat Bread
& Banana

10-11: Coffee Club
10-1:30pm: Wellness
Coaching (Blood Pressure)
10:30-12:30: **TRIP-** Costco
11-12pm: Tech Help
12-1pm: Indian Hand & Yoga
1-2pm: **Health Presentation:**
Sciatica
2-3pm: **Health Presentation**
by NYU
~~2-3pm: Strength &
Mobility **CANCELLED**~~
~~3-4pm: Self-Myofascial
Release & Restore for
Mindbody **CANCELLED**~~
4-5pm: Mandala Art

19

10-11: Coffee Club

11-12pm: Memoir Class
11-12pm: **Health
Presentation:** The
Diabetic Foot
by Mt. Sinai Hospital
2:30-4pm: Art Talk
3-4: Tech Help
4-5pm: Tai Chi

20

10-11am: Coffee Club
10-3pm: Financial Wellness
Counseling
11-12pm: Poetry Class
12-1pm: Self Blood
Pressure Monitoring
1-2pm: **Presentation:**
Financial Wellness
2-4pm: **Presentation:**
Healthcare Proxy & Wills
w/ **Free Legal Consultation**
RSVP required
~~2-3pm: Strength &
Mobility **CANCELLED**~~
2:30-4:30 pm: Movie:
Toast - drama-nostalgic

21

10-11am: Coffee Club
10:30-11:45am: Basic
Movement
12-1: Qi Gong
2-3pm: Japanese
Dance
2-3pm: Bereavement
w/ Isabella

22

10-11am: Coffee Club
10-11:30am:
Documentary &
Discussion: Frida
(Artist)
1-3pm: Games
1:30-2:30pm: Sing
Along
2-2:45pm: Virtual
Tour: Wonder of
Turkey

23

Social Services:

Case Manager is
available at
Westbeth on
Wednesday & Friday
from
9:00am - 5:00pm

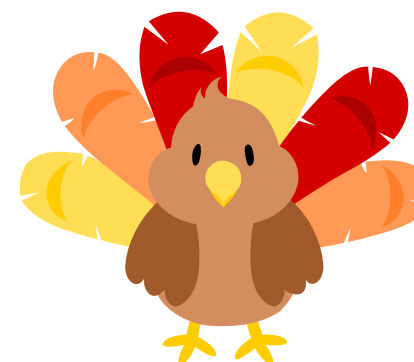
10-11: Coffee Club
10-1:30: Wellness
Coaching(Blood Pressure)
11-12am: Tech Help
12-1pm: Indian Hand &
Yoga Exercise
12-2: Birthday Celebration
with Cake!
2-3pm: **Presentation:**
Virtual Fall Prevention
~~2-3pm: Strength &
Mobility **CANCELLED**~~
~~3-4pm: Self-Myofascial
Release & Restore for
Mindbody **CANCELLED**~~
4-5pm: Mandala Art
4:15-5:15pm: Dance Party

26

10-11am: Coffee Club
11-12pm: Memoir Class
12-2pm: **Thanksgiving
Celebration!** Come join
us for a special
Thanksgiving luncheon!
2:30-4pm: Art Talk
3-4: Tech Help
4-5pm: Tai Chi

27

**Center Closed
Happy Thanksgiving!**



28

29

10-11am: Coffee
Club
10-11:30am:
Documentary &
Discussion: The
First Summer in
May
1-3pm: Games
1:30-2:30pm: Sing
Along
2-2:45pm: Virtual
Tour: Italy

30

**Financial Wellness
Counseling**
available on the 3rd
Thursday of each
month from
10:00am - 3:00pm