

OCTOBER 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
<p>Notes</p>	<p>1</p> <p>9:30 Movement Speaks DVP w/ Naomi - Washington Square Park Garibaldi Plaza</p> <p>9:30am - NYU Blood pressure - DR</p> <p>2:00pm NYC Presentation - - DR</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -P -</p> <p>1pm Financial Education, -CR</p> <p>1-2pm Intuitive Painting Workshop - AR</p> <p>2pm Russian Culture - CR</p> <p>2-4pm Showtime is Back -P -</p>	<p>2</p> <p>10:30 am Art Talk-P</p> <p>11am Brainercise-CR</p> <p>11-3 Pick up Art from Art show - P</p> <p>12:45 Qi Gong Tai Chi-P</p> <p>2pm Intermediate French -CR</p> <p>2pm Let's Jam (Music) - P - Cancelled</p> <p>2pm Open Art Studio- AR</p>	<p>3</p> <p>10am Chair fitness w Jazell-P</p> <p>10:30-11:30am Fearless Watercolor Workshop - AR</p> <p>12pm Active Balance w. JaZell-P</p> <p>1pm Financial Education, "What is Open Enrollment"- CR</p> <p>2pm Russian Culture - CR</p>	<p>4</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 Will & Harper- CR</p>	<p>CENTER CLOSED</p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>7</p> <p>10am Tai Chi - P</p> <p>11am Shakespeare - C</p> <p>11am Chinese Painting- AR</p> <p>11am Advisory Committee Meeting - CR</p> <p>12 pm-Active Balance-P</p> <p>1-2:30 Theatre for Change - P & Zoom</p> <p>1:30-3:30 A Fantasy Book of Postcards to Anyone You Can Imagine - AR</p> <p>2pm Movie & Discussion -The Trial of the Chicago 7- CR</p>	<p>8</p> <p>9:30 Movement Speaks DVP w/ Naomi - Washington Square Park Garibaldi Plaza</p> <p>9:30am - NYU Blood pressure - DR</p> <p>2:00pm NYC Presentation - TBD - DR</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -P -</p> <p>1pm Allen Zwickler Financial Planning Seminar - CR</p> <p>1-2pm Intuitive Painting Workshop - AR</p> <p>2pm Russian Culture - CR</p> <p>2-4pm Showtime is Back -P</p>	<p>9</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>10</p> <p>9:15am Trip Museum of Natural History</p> <p>10am Chair fitness w Jazell- P</p> <p>10:30-11:30am Fearless Watercolor Workshop - AR</p> <p>11:30 Nutrition Presentation Easy Ways to Eat the Whole Plant - DR</p> <p>12pm Active Balance w. JaZell-P</p> <p>1pm Financial Education, "Medicare Definitions"-CR</p> <p>2pm Russian Culture - P</p> <p>2pm Mental health Jeopardy -CR</p> <p>3pm Town Hall Meeting, Topic "JCW Membership Funds" - P</p>	<p>11</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 koyaanisqatsi - CR</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>CLOSED FOR COLUMBUS</p>	<p>15</p> <p>9:30 Movement Speaks DV</p> <p>9:30am - NYU Blood pressure - 2:00pm NYC Presentation - TBD - DR</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry - P -</p> <p>1pm Financial Education, "Understaing your Current Coverage"-CR</p> <p>1-2pm Embroidery - AR</p> <p>2pm Russian Culture - CR</p> <p>2-4pm Showtime is Back -P</p>	<p>16</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>2-5pm BEYOND LIKENESS: Portrait Paintings by Robert Bunkin - Artist Reception</p> <p>2pm Let's Jam (Music) - P - Cancelled</p> <p>2pm Open Art Studio- AR</p>	<p>17</p> <p>10am Chair fitness w Jazell-P</p> <p>10:30-11:30am Fearless Watercolor Workshop - AR</p> <p>12pm Active Balance w. JaZell-P</p> <p>1-3:30 Trip Socrates sculpture park</p> <p>2pm Russian Culture - P</p> <p>2pm Guided Meditation - CR</p>	<p>18</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 - Roadrunner a film about Anthony Bourdain - CR</p>	<p>CENTER CLOSED</p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>21</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>1-2:30 Theatre for Change - P & Zoom</p> <p>1:30 Book of Postcards-AR</p> <p>2:00 Movie & Discussion Harriet -CR</p>	<p>22</p> <p>9:30 Movement Speaks DVP-Washington Sq Park</p> <p>9:30am - NYU Blood pressure - DR</p> <p>10:30 - Understanding Osteoarthritis - DR</p> <p>10 am Chair Fitness w Jazell- P</p> <p>11am Knitting - AR-</p> <p>11am Jewelry -P -</p> <p>1pm Allen Zwickler Financial Planning Seminar - CR</p> <p>1-2pm Embroidery - AR</p> <p>2pm Russian Culture-CR</p> <p>2- NYU Health Presetation- DR</p> <p>2-4pm Showtime is Back -P</p>	<p>23</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>24</p> <p>9:15am Wave Hill (Van is filled)</p> <p>Chair fitness w Jazell-P</p> <p>10:30-11:30am Fearless Watercolor Workshop - AR</p> <p>12pm Active Balance w. JaZell-P</p> <p>1pm Financial Education, "How to Make Changes with Medicare"-CR</p> <p>2pm Russian Culture - P</p> <p>2pm Path to Abundance</p>	<p>25</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 - Knock down the House - CR</p>	
<p>28</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>1-2:30 Theatre for Change - P & Zoom</p> <p>2pm Movie & Discussion -A Face in</p>	<p>29</p> <p>9:30 Movement Speaks DVP-Washington Sq Park</p> <p>9:30am - NYU Blood pressure - DR</p> <p>10 am Chair Fitness w Jazell- P</p> <p>10:30am Managing Arthritis Pain - DR</p> <p>11am Knitting - AR-</p> <p>11am Jewelry - P -</p> <p>1pm Financial Education, "Summary/Review Medicare"-DR</p> <p>1-2pm Embroidery - AR</p> <p>2pm Russian Culture - DR</p> <p>2pm - NYU Health Lecture- DR</p> <p>2-4pm Showtime Halloween -P</p>	<p>30</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 -</p> <p>2pm Let's Jam (Music) - P</p> <p>2pm Open Art Studio- AR</p>	<p>31</p> <p>10am Chair fitness w Jazell-P</p> <p>10:30-11:30am Fearless Watercolor Workshop - AR</p> <p>12pm Active Balance w. JaZell-P</p> <p>2pm Russian Culture - CR</p>		

OCTOBER 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	1	2	3	4	<p>CENTER CLOSED</p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
	<p>Student Nurses 9:30am-12:00 BP Screening.</p> <p>2pm Health Presentation</p> <p>11am Chair Fitness w. JaZell</p> <p>1pm S.A.I.L Exercise w. JaZell</p> <p>2:30pm Tech Help</p>	<p>11am - Therapeutic Yoga (Hybrid)*</p> <p>12 Noon: NEW NY Road Runners - STRIDE Walking Club</p> <p>10am-1:30pm-BENEFITS W/KAY</p> <p>1:45pm Presentation</p> <p>2pm-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>New -11: 30 am: Our Lady of Pompeii Orientation with Joanna</p> <p>11:30am SCRABBLE CLUB</p> <p>1:30pm Guitar Lessons</p> <p>2PM-NEW-Crocheting with Liliana!</p> <p>2pm Leisure Games/Cards</p> <p>2:30pm Tech Help</p>	
7	8	9	10	11	
<p>1pm Tai Chi - Hybrid*</p> <p>2 pm: Tech Help with G. Matt by appointment</p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p>	<p>9: 30 am: NYU Nursing Students Wellness Coaching Blood pressure Checks, and 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 Hybrid*</p> <p>12 Noon: NY Road Runners Walking Club</p> <p>2pm- Grow NYC Nutrition presentation</p> <p>2pm- Badminton!</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>2:30: MOVIE! Halloween Thriller! REAR WINDOW! NO ART STUDIO</p>	<p>11:30am SCRABBLE CLUB</p> <p>1:30pm Guitar Lessons</p> <p>NEW-2pm-Crocheting with Liliana!</p> <p>2pmLeisure Games/Cards</p> <p>2:30pm Tech Help</p>	

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*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p><u>Center Closed for Indigenous People\Columbus Day</u></p> 	<p>15</p> <p>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</p>	<p>16</p> <p>11am - Therapeutic Yoga <i>Hybrid*</i> 12 Noon: NY Road Runners Walking Club 2pm - Badminton! 1:30 pm: VOLS Legal Clinic-meet with lawyer-<i>appt required.</i> 2pm - Leisure Games/Cards 3 pm - Fall/Stop Exercise</p>	<p>17</p> <p>10am Stretch and Balance W/ Audrey-Hybrid* 11am S.A.I.L- Exercise w. JaZell 1pm Chair Fitness w. JaZell NO ART STUDIO 2:30pm Tech Help</p>	<p>18</p> <p>11:30am SCRABBLE CLUB 1:30pm Guitar Lessons 2pm-Crocheting with Liliana! 2pmLeisure Games/Cards 2:30pm Tech Help</p>	<p>CENTER CLOSED</p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>21</p> <p>11 am-3:30 pm-Haircuts by Elizabeth-<i>appt required.</i> 1pm Tai Chi -<i>Hybrid*</i> 2pm Stride/Road Runners 2pm Leisure Games/Cards</p>	<p>22</p> <p>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</p>	<p>23</p> <p>11am - Therapeutic Yoga Hybrid* 12 Noon: NY Road Runners Walking Club 2pm-Badminton! 2pmLeisure Games/Cards 3pm - Fall/Stop Exercise</p>	<p>24</p> <p>9:30-11am Breakfast Club 10am Stretch and Balance W/ Audrey-Hybrid* 11am S.A.I.L- Exercise w. JaZell 1pm Chair Fitness w. JaZell 2pm Art Studio</p>	<p>25</p> <p>11:30am SCRABBLE CLUB 1:30pm Guitar Lessons 2pm-Crocheting with Liliana! 2pmLeisure Games/Cards 2:30 FALL FASHION SHOW!</p>	
<p>28</p> <p>1pm Tai Chi - <i>Hybrid*</i> 2pm Stride/Road Runners 2 pm: OLP Puzzle Club 2pm Leisure Games/Cards</p>	<p>29</p> <p>Student Nurses 9:30am-12:00 BP Screening. 2pm Health Presentation 11am Chair Fitness w.2;30 JaZell 1pm S.A.I.L Exercise w. JaZell 2:30pm tech help</p>	<p>30</p> <p>11am - Therapeutic Yoga Hybrid* 12 Noon: NY Road Runners Walking Club 2pm-Badminton! 2pm Leisure Games-Cards</p>	<p>31</p> <p>10am Stretch and Balance W/ Audrey-Hybrid* 11am S.A.I.L- Exercise w. JaZell 1pm Chair Fitness w. JaZell 2pm Art Studio</p>		

OCTOBER 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	10:00: Trip-Trader Joe's 10-2:00: NYU Nursing 11:00: Choir 11:00: Indoor Walking Club 1:00:Karate 2:00Film <i>IntheHghts</i>	1 11:00: FallStop w/ Jessica 11:00: Feldenkrais 1:30: Painting 1:30: Aerobics w/ JaZell 2:30: Chair Fitness w/ JaZell	2 11:00: Tai Chi w/ Pin Pin 1:00: Trip-Whitney Museum 2:30: Games 4:00: Stuy HS Cyber Mentors	3 11:00: Indoor Walking Club 2:30: Games	4
7 10:00: Outdoor Walking Club 1:30: Bingocize w/ JaZell 2:30: Aerobics w/ JaZell	8 10-2:00: NYU Nursing 11:00: Choir 11:00: Indoor Walking Club 11:30: Trip-Aldi 1:00: Karate 2:00: Film- <i>Saturday Night Fever</i>	9 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	10 11:00: Tai Chi w/ Pin Pin 1:00: Trip-Folk Art Museum 2:00: Poetry Workshop 2:30: Games 4:00: Stuy HS Cyber Mentors	11 11:00: Indoor Walking Club 2:00: Brain Games w/ NYPL 2:30: Games	<p style="text-align: center;">CENTER CLOSED WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>

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*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>Closed in observance of Columbus Day / Indigenous Peoples' Day</p>	<p>15</p> <p>10:00: Trip-Trader Joe's 10-2:00: NYU Nursing</p> <p>11:00: Choir 11:00: Indoor Walking Club</p> <p>1:00: Karate 2:00: Film-<i>Daytrippers</i></p>	<p>16</p> <p>10-1:00: Haircuts & Hygiene</p> <p>11:00: FallStop w/ Jessica 11:00: Feldenkrais</p> <p>1:30: Painting 1:30: Aerobics w/ JaZell 2:30: Chair Fitness w/ JaZell</p>	<p>17</p> <p>10:00: Trip-Ntrl Hstry Museum</p> <p>11:00: Tai Chi w/ Pin Pin</p> <p>2:00: Poetry Workshop 2:30: Games</p> <p>4:00: Stuy HS Cyber Mentors</p>	<p>18</p> <p>11:00: Indoor Walking Club</p> <p>10-1:00: Flu Shots by Mt Sinai</p> <p>2:30: Games</p>	<p>CENTER CLOSED</p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>21</p> <p>10:00: Outdoor Walking Club</p> <p>1:30: Bingocize w/ JaZell 2:30: Aerobics w/ JaZell</p>	<p>22</p> <p>10:30: Trip-Costco</p> <p>11:00: Choir 11:00: Indoor Walking Club</p> <p>1:00: Karate 2:00: Film-<i>Join or Die</i></p>	<p>23</p> <p>10-3:00: Managing \$ w/ Kay</p> <p>11:00: FallStop w/ Jessica 11:00: Feldenkrais</p> <p>1:30: Painting 1:30: Aerobics</p> <p>2:30: ChairFitness</p>	<p>24</p> <p>11:00: Tai Chi w/ Pin Pin</p> <p>1:00: Trip-Wave Hill</p> <p>2:00: Poetry Workshop 2:30: Games</p> <p>4:00: Stuy HS Cyber Mentors</p>	<p>25</p> <p>10:00: Jewelry</p> <p>11:00: Indoor Walking Club</p> <p>1:00: Jewelry</p> <p>2:00: Brain Games w/ NYPL 2:30: Games</p>	
<p>28</p> <p>10:00: Outdoor Walking Club</p> <p>1:30: Bingocize w/ JaZell 2:30: Aerobics w/ JaZell</p>	<p>29</p> <p>10:00: Trip-Trader Joe's 10-2:00: NYU Nursing</p> <p>11:00: Choir Walking Club 1:00: Karate 2:00: Film-<i>Rosemary's Baby</i></p>	<p>30</p> <p>11:00: FallStop w/ Jessica 11:00: Feldenkrais</p> <p>1:30: Painting 1:30: Aerobics w/ JaZell 2:30: Chair Fitness w/ JaZell</p>	<p>31</p> <p>11:00: Tai Chi w/ Pin Pin 2:00: Poetry Workshop 2:30: Games 4:00: Stuy HS Cyber Mentors</p>		

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*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
2-3pm: Mondays Virtual Film Discussion on Zoom	1 10-11am: Coffee Club 10-2pm: Blood Pressure Monitoring 11-12pm: Tech Help 12-1pm: Indian Hand & Yoga Exercise 2-2:30pm: HIGN Wellness Workshop 2-3pm: Strength & Mobility 3-4pm: Self- Myofascial Release & Restore for Mindbody 3-5pm: Mandala Art	2 10-11am: Coffee Club 11-12: Memoir Class 2:30-4pm: Art Talk 3-4: Tech Help 4-5pm: Tai Chi	3 10-11am: Coffee Club 11-12pm: Self Blood Pressure Monitoring 2-3pm: Strength & Mobility 2:15 -4:00 pm: Movie: The House on Haunted Hill w/ Vincent Price	4 10-11am: Coffee Club 10:30-11:45: Basic Movement 11-12pm: Stich & Kvetch 11am- 2pm: Registration, Information & Raffle! 12-1pm: Benefits & Entitlements 12-1: Qi Gong 2-3pm: Japanese Dance 2:30-4:30: Whitney Museum Art Workshop NEW! 3-4pm: Tech Help	5 10-11am: Coffee Club 10-11:30 Documentary & Discussion: Born in Chicago 1-3pm: Games 1:30-2:30pm: Sing Along NEW! 2-2:45pm: Virtual Tour: USA Places
Westbeth is Closed on Mondays All of the other locations are having activities: <ul style="list-style-type: none"> Center on the Sq. Our Lady of Pompeii Independe nce Plaza Come join us for Brunch on Sunday October 6th & 20th	8 10-11am: Coffee Club 10-2pm: Blood Pressure Monitoring 11-12pm: Tech Help 12-1pm: Indian Hand & Yoga Exercise 2-2:30pm: HIGN Wellness Workshop 2-3pm: Strength & Mobility 3-4pm: Self- Myofascial Release & Restore for Mindbody 3-5pm: Mandala Art	9 10-11am: Coffee Club 11-12pm: Tech Help 11-12: Memoir Class 2:30-4pm: Art Talk 3-4: Tech Help 4-5pm: Tai Chi	10 10-11am: Coffee Club 11-12pm: Self Blood Pressure Monitoring 2-3pm: Strength & Mobility 2-3pm: Nutrition Presentation: Let's Talk & Eat Vegetables w/ sample tasting! 3:15-5 pm: Movie: Bram Stokers: Van Helsing 2021	11 10-11am: Coffee Club 10-1pm: Flu Shots by NYU 10:30: Trip- Asia Society 10:30-11:45: Basic Movement 11am- 2pm: Registration, Information & Raffle! 12-1pm: Benefits & Entitlements 12-1: Qi Gong 2-3pm: Japanese Dance 2:30-4:30: Whitney Museum Art Workshop NEW! 3-4pm: Tech Help	12 10-11am: Coffee Club 10-11:30 Documentary & Discussion: Monet & The Birth of Impressionism 1-3pm: Games 1:30-2:30pm: Sing Along NEW! 2-2:45pm: Virtual Tour: London 2022

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Theater Desk:</p> <p>Theater Tickets</p> <p>Wednesdays</p> <p>12:30 - 1:30pm</p> <p>Register w/ Eve</p> <hr/> <p>LUNCH</p> <p>Tuesday through Saturday</p> <p>12 - 2pm</p>	<p>15</p> <p>Indigenous People's Day</p> <p>Center Closed</p>	<p>16</p> <p>10-11am: Coffee Club</p> <p>11-12: Memoir Class</p> <p>2:30-4pm: Art Talk</p> <p>3-4: Tech Help</p> <p>4-5pm: Tai Chi</p>	<p>17</p> <p>10-11am: Coffee Club</p> <p>11-12pm: Self Blood Pressure Monitoring</p> <p>1-2: Presentation: Changes to Medicare 2025</p> <p>2-3pm: Strength & Mobility</p> <p>2:15-4pm: Movie: The Raven 2012</p>	<p>18</p> <p>10-11am: Coffee Club</p> <p>10:30 Basic Movement</p> <p>11-12pm: Stich & Kvetch</p> <p>11am- 2pm: Registration, Information & Raffle!</p> <p>12-1pm: Benefits & Entitlement</p> <p>12-1: Qi Gong</p> <p>2-3pm: Japanese Dance</p> <p>2:30-4:30: Whitney Workshop</p> <p>3-4pm: Tech Help</p>	<p>19</p> <p>10-11am: Coffee Club</p> <p>10-11:30 Documentary & Discussion: An Honest Liar</p> <p>1-3pm: Games</p> <p>1:30-2:30pm: Sing Along NEW!</p> <p>2-2:45pm: Virtual Tour: India</p>
	<p>22</p> <p>10 Coffee Club</p> <p>10:30-11:30: Understanding Osteoarthritis - Zoom</p> <p>11-12pm: Tech Help</p> <p>12-1pm: Indian Hand & Yoga Exercise</p> <p>2-3pm: Strength & Mobility</p> <p>3-4pm: Self- Myofascial Release & Restore for Mindbody</p> <p>3-5pm: Mandala Art</p>	<p>23</p> <p>10-11am: Coffee Club</p> <p>11-12: Memoir Class</p> <p>2:30-4pm: Art Talk</p> <p>3-4: Tech Help</p> <p>4-5pm: Tai Chi</p>	<p>24</p> <p>10-11am: Coffee Club</p> <p>11-12pm: Self Blood Pressure Monitoring</p> <p>11-12pm: Tech Help</p> <p>2-3pm: Strength & Mobility</p> <p>2:15 -4pm: Movie: The Wolfman 2010</p>	<p>25</p> <p>10-11am: Coffee Club</p> <p>10:30-11:45: Basic Movement</p> <p>11am- 2pm: Registration, Information & Raffle!</p> <p>12-1: Qi Gong</p> <p>12-1pm: Benefits & Entitlements</p> <p>2-3pm: Japanese Dance</p> <p>2:30-4:30: Whitney Museum Art Workshop NEW!</p> <p>3-4pm: Tech Help</p>	<p>26</p> <p>10-11am: Coffee Club</p> <p>10-11:30 Documentary & Discussion: My Generation</p> <p>1-3pm: Games</p> <p>1:30-2:30pm: Sing Along NEW!</p> <p>2-2:45pm: Virtual Tour: New York</p>
	<p>29</p> <p>10 am Coffee Club</p> <p>10-1pm: B.P. Monitoring</p> <p>10:30 - 11:30 Managing Arthritis Pain - Zoom</p> <p>11-12pm: Tech Help</p> <p>10:30: TRIP- Socrates Sculpture Park</p> <p>12-1pm: Indian Hand & Yoga Exercise</p> <p>12-2pm: Halloween Luncheon w/ Dessert!</p> <p>2-2:30pm: HIGN Wellness Workshop</p> <p>2-3pm: Strength & Mobility</p> <p>3-4pm: Self- Myofascial R</p> <p>3-5pm: Mandala Art</p> <p>4:15-5:15pm: Dance Party</p>	<p>30</p> <p>10am Coffee Club</p> <p>10-2:30: Free Haircut & Hygiene Talk</p> <p><i>Limited to first 15 people. First come, first serve.</i></p> <p>2:30-3:45pm: Halloween Disco Party w/ Roberto!</p> <p>11-12: Memoir Class</p> <p>2:30-4pm: Art Talk</p> <p>3-4: Tech Help</p> <p>4-5pm: Tai Chi</p>	<p>31</p> <p>10 am Coffee Club</p> <p>10-11am: Health Presentation: Understanding & Overcoming Depression</p> <p>11-12pm: Self Blood Pressure Monitoring</p> <p>1:45-2:30pm: Presentation: Medicare Updates</p> <p>2-3pm: Strength & Mobility</p> <p>2:15-4pm: Movie: The menu 2023</p>		