

# DECEMBER 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>2</p> <p>10am Tai Chi - P 11am Shakespeare-CR 11am Chinese Painting- AR 12pm-Active Balance-P 1-2:30 Theatre for Change -P &amp; Zoom 1:30 Book of Postcards-AR 2:00 Movie &amp; Discussion: The Notebook-CR</p>	<p>3</p> <p>2 pm NYC Wellness Workshop- 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>4</p> <p>10:30 am Art Talk-P 10:30 Brainercise-CR 12:45 Qi Gong Tai Chi-P 2pm Intermediate French -CR 2pm Let's Jam (Music) - P 2pm Open Art Studio- AR</p>	<p>5</p> <p>10am Chair fitness w Jazell-P  10:30- 11:30am Fearless Watercolor Workshop - AR 12pm Active Balance w. JaZell-P 1pm Sing A Long w Hallie - P 2-4pm Russian Kino - P</p>	<p>6</p> <p>10am-1pm Intertwine Arts -CR  11am Les Ballets Trockadero de Monte Carlo - P 1:00pm Moving Meditation-P 2:15pm Documentary -I Am Not your Negro- CR</p>	<p><b>CENTER CLOSED</b> WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p>9</p> <p>10am Tai Chi - P 11am Shakespeare-CR 11am Chinese Painting- AR 12pm-Active Balance-P 1-2:30 Theatre for Change -P &amp; Zoom 1:30 Book of Postcards-AR 2:00 Movie &amp; Discussion: Love Actually -CR</p>	<p>10</p> <p>10 am Chair Fitness w Jazell- P 11am Knitting - AR- 11am Jewelry -P - 1pm Medicare 2025 Cost - CR 1-2pm Embroidery - AR 2pm Russian Culture - CR 2pm Holiday Performance - Miolina P 2-4pm Showtime -CR</p>	<p>11</p> <p>10:30 am Art Talk-P 10:30 Brainercise-CR 12:45 Qi Gong Tai Chi-P 2pm Intermediate French -CR 2pm Let's Jam (Music) - P 2pm Open Art Studio- AR</p>	<p>12</p> <p>10am Chair fitness w Jazell-P 10:30-11:30amFearless Watercolor Workshop - AR 11:30 Nutrition - "Easy Ways to Eat a Variety of Proteins." 12pm Active Balance w. JaZell-P 12:50pm - Trip - Cloisters 1pm Sing A Long w Hallie - P 2pm -Path To Abundance 2-4pm Russian Kino - P</p>	<p>13</p> <p>10am-1pm Intertwine Arts -CR  11am Les Ballets Trockadero de Monte Carlo - P 1:00pm Moving Meditation-P 2:15pm Documentary - The Greatest Night in Pop- CR</p>	

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\*denotes Zoom Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p>10am Tai Chi - P                      11am Shakespeare-CR                      11am Chinese Painting- AR                      12pm-Active Balance-P                      1-2:30 Theatre for Change -P &amp; Zoom                      12:50pm-Trip-Eldridge St Synagogue                      1:30 Book of Postcards-AR                      2:00 Movie &amp; Discussion: Meet Me in St Louis -CR</p>	<p><b>17</b></p> <p>10 am Chair Fitness w Jazell- P                      11am Knitting - AR-                      11am Jewelry -P -                      1pm Financial Planning Seminar - Understanding Financial Statements                      Special Guest- Mark Schniebolk - Mezz                      1-2pm Embroidery - AR                      2pm Russian Culture - CR                      2-4 Showtime - CR                      Showtime Holiday Show-P</p>	<p><b>18</b></p> <p>10:30 am Art Talk-P                      10:30 Brainercise-CR                      12:45 Qi Gong Tai Chi-P                      2pm Intermediate French -CR                      2pm Let's Jam (Music) - P                      2pm Open Art Studio- AR</p>	<p><b>19</b></p> <p>10am Chair fitness with Jazell-P                      10:30-11:30amFearless Watercolor Workshop - AR                      12pm Active Balance w. JaZell-P                      1pm- Holiday Memories w Isabella-CR                      1pm Sing A Long w Hallie - P                      2-4pm Russian Kino - P</p>	<p><b>20</b></p> <p>10am-1pm Intertwine Arts -CR                      11am Les Ballets Trockadero de Monte Carlo - P                      1:00pm Moving Meditation-P                      2:15pm Documentary- Charting Christmas - CR</p>	<p><b>CENTER CLOSED</b></p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p><b>23</b></p> <p>10am Tai Chi - P                      11am Shakespeare-CR                      11am Chinese Painting- AR                      12pm-Active Balance-P                      1-2:30 Theatre for Change - P &amp; Zoom                      1:30 Book of Postcards-AR                      2:00 Movie &amp; Discussion: Mary -CR</p>	<p><b>24</b></p> <p>10 am Chair Fitness w Jazell- P                      11am Knitting - AR-                      11am Jewelry -P -                      1pm Understanding                      1-2pm Embroidery - AR                      2pm Russian Culture - CR                      2-4pm Showtime -P</p>	<p><b>25</b></p> <p><b>CLOSED FOR CHRISTMAS</b></p>	<p><b>26</b></p> <p>10am Chair fitness with Jazell-P                      10:30-11:30amFearless Watercolor Workshop - AR                      12pm Active Balance w. JaZell-P                      1pm Sing A Long w Hallie - P                      2-4pm Russian Kino - P</p>	<p><b>27</b></p> <p>10am-1pm Intertwine Arts - CR                      1:00pm Moving Meditation-P                      2:15pm Documentary - Our Father -CR</p>	
<p><b>30</b></p> <p>10am Tai Chi - P                      11am Shakespeare-CR                      11am Chinese Painting- AR                      12pm-Active Balance-P                      1-2:30 Theatre for Change - P &amp; Zoom                      1:30 Book of Postcards-AR                      2:00 Movie &amp; Discussion: Maria -CR</p>	<p><b>31</b></p> <p>10 am Chair Fitness with Jazell- P                      11am Knitting - AR-                      11am Jewelry -P -                      1-2pm Embroidery - AR                      2pm Russian Culture - CR                      2 pm The Happiness Factory A Youth Live Music Concert</p>				

# DECEMBER 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

2

1pm Tai Chi - Hybrid\*

2pm Stride/Road Runners

2pm Leisure Games/Cards

3

11am Chair Fitness w. JaZell

1pm S.A.I.L Exercise w. JaZell

**2pm Pompeii Puzzle Club!**

2:30 pm: Tech Help



4

**HOLIDAY FAIR  
DECEMBER 4TH, 5TH,  
& 6TH-11AM-4PM**

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



5

**HOLIDAY FAIR  
DECEMBER 4TH,  
5TH, & 6TH 11AM-4PM**

10am-Stretch & Balance (ZOOM ONLY)

11am S.A.I.L- Exercise w. JaZell

**1PM- RAFFLE DRAWING FOR THE ROOMATE.**

1pm Chair Fitness w. JaZell

2pm Art Studio



6

**HOLIDAY FAIR  
DECEMBER 4TH,  
5TH & 6TH 11AM-4PM**

**11:30am SCRABBLE & CHESS CLUB**

1:30pm Guitar Lessons

2pm-Leisure Games/Cards

2pm-Crocheting with Liliana!

**CENTER  
CLOSED**

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

9

**12 Noon:  
Elder Justice  
101 - Carter  
Burden Network  
NEW\***

1pm Tai Chi - Hybrid\*

2pm Stride/Road Runners

2pm Leisure Games/Cards

10

11am Chair Fitness w. JaZell

1pm S.A.I.L Exercise w. JaZell

2:30 pm: Tech Help

**2:30 Movie:JUDY!**  
2019-Biographical drama film based on the life of Judy Garland.

11

11am - Therapeutic Yoga **Hybrid\***  
**12 noon: NY Road Runners Walking Club**

**1 pm: Raffle drawing: The Nutcracker**

**2pm-Badminton!**

2pmLeisure Games/Cards

12

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

13

11:30am **SCRABBLE & CHESS CLUB**

1:30pm Guitar Lessons

2pm-Leisure Games/Cards

2pm-Crocheting with Liliana!

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p>1pm Tai Chi - Hybrid*</p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p>	<p><b>17</b></p> <p>11am Chair Fitness w. JaZell</p> <p><b>12noon-2pm HOLIDAY LUNCHEON!</b></p> <p>1pm Exercise class w/ JaZell <b>cancelled.</b></p> <p><b>2pm Pompeii Puzzle Club!</b></p>	<p><b>18</b></p> <p>11am Therapeutic Yoga <i>Hybrid*</i></p> <p><b>1:30 pm: VOLS Legal Clinic-meet with lawyer-appt required.</b></p> <p><b>1:45 GROW NY w/Susie!</b></p> <p><b>2pm - Badminton!</b></p> <p>2pm - Leisure Games/Cards</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>2:30 pm Tech Help</p>	<p><b>20</b></p> <p><b>11:30am SCRABBLE &amp; CHESS CLUB</b></p> <p>1:30pm Guitar Lessons</p> <p>2pm-Leisure Games/Cards</p> <p>2pm-Crocheting with Liliana!</p>	<p><b>CENTER CLOSED</b></p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p><b>23</b></p> <p><b>11 am-Haircuts by Elizabeth -appt required.</b></p> <p>1pm Tai Chi -Hybrid*</p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p>	<p><b>24</b></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><b>25</b></p> <p><b><u>Center Closed for Christmas Day &amp; Hanukkah</u></b></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>2:30pm Tech Help</p>	<p><b>27</b></p> <p><b>11:30am SCRABBLE AND CHESS CLUB</b></p> <p>1:30pm Guitar Lessons</p> <p>2pm-Leisure Games/Cards</p> <p>2pm-Crocheting with Liliana!</p>	
<p><b>30</b></p> <p>1pm Tai Chi -Hybrid</p> <p>2pm Stride/Road Runners</p> <p>2pm Leisure Games/Cards</p>	<p><b>31</b></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>				

# DECEMBER 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
<b>1</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>CENTER CLOSED</b> WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.
10:00: Outdoor waking Club  1:30: Bingocize w/ Jazell  2:30: Aerobics w/ Jazell	10:00: <b>Trip-Trader Joe's</b>  10-2:00: NYU Nursing  11:00: Choir  11:00: Indoor walking club  2:00: Karate 2 Film- Emilia Perez	11:00: FallStop w/ Jessica  11:00: Feldenkrais  1:30: Painting  1:30: Aerobics w/ JaZell  2:30: Chair Fitness w/ JaZell	Tai Chi w/ Pin Pin  11:00: <b>Easy ways to eat proteins</b>  1:00: <b>Trip- Brooklyn Museum</b>  2:30: Poetry Workshop  2:00: Games  4:00: Stuy HS Cyber Mentors	11:00: Indoor walking club  12-1:30: <b>Meet the Nurse</b>  2:00: <b>Brain Games w/ NYPL</b>  2:30: Games	
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	
10:00: Outdoor waking Club  1:30: Bingocize w/ Jazell  2:30: Aerobics w/ Jazell	10:00: NYU Nursing  11:00: Choir   Walking Club  11:30: <b>Trip- Aldi</b>  12:30-3:30: Legal Clinic  2:00: Karate  2:00: Film- Perfect Days	10-3:00: <b>Managing \$ w/ Kay</b>  11:00: FallStop w/ Jessica  11:00: Feldenkrais  1:30: Painting  1:30: Aerobics  2:30: Chair Fitness	Tai Chi w/ Pin Pin  1:00: <b>Trip- PS 1 MoMA</b>  2:00: Poetry Workshop  2:30: Games  4:00: Stuy HS Cyber Mentors	10-1:30: <b>Haircuts &amp; Hygiene</b>  11:00: Indoor walking club  2:30: Games	

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>16</b></p> <p>10:00: Outdoor waking Club</p> <p>1:30: Bingocize w/ Jazell</p> <p>2:30: Aerobics w/ Jazell</p>	<p><b>17</b></p> <p>10:00: <b>Trip-Trader Joe's</b></p> <p>10-2:00: NYU Nursing</p> <p>11:00: Choir</p> <p>11:00: Indoor walking club</p> <p>2:00: Film- One Child Nation</p>	<p><b>18</b></p> <p>11:00: FallStop w/ Jessica</p> <p>11:00: Feldenkrais</p> <p>1:30: Painting</p> <p>1:30: Aerobics w/ JaZell</p> <p>2:30: Chair Fitness w/ JaZell</p>	<p><b>19</b></p> <p>Tai Chi w/ Pin Pin</p> <p>2:00: <b>Poetry Reading @ Poets House</b></p> <p>2:30: Games</p> <p>4:00: Stuy HS Cyber Mentors</p>	<p><b>20</b></p> <p>11:00: Indoor walking club</p> <p>12-1:30: <b>Christmas Celebration</b></p> <p>12-1:30: <b>Meet the Nurse</b></p> <p>2:00: <b>Brain Games w/ NYPL</b></p> <p>2:30: Games</p>	<p><b>CENTER CLOSED</b></p> <p>WEST BETH LOCATION IS THE ONLY CENTER HOLDING ACTIVITIES ON SATURDAYS.</p>
<p><b>23</b></p> <p>10:00: Outdoor waking Club</p> <p>1:30: Bingocize w/ Jazell</p> <p>2:30: Aerobics w/ Jazell</p>	<p><b>24</b></p> <p>10:30: <b>Trip-Costco</b></p> <p>11:00: Choir</p> <p>11:00: Indoor walking club</p> <p>2:00: Film- It's a Wonderful Life</p>	<p><b>25</b></p> <p><b>Closed For Holidays!</b></p> <p><i>MERRY CHRISTMAS!</i></p> 	<p><b>26</b></p> <p>Tai Chi w/ Pin Pin</p> <p>1:00: <b>Trip- Wallach Art Gallery</b></p> <p>2:00: Poetry Workshop</p> <p>2:30: Games</p> <p>4:00: Stuy HS Cyber Mentors</p>	<p><b>27</b></p> <p>10:00: Jewelry</p> <p>11:00: Indoor walking club</p> <p>1:00: Jewelry</p> <p>2:30: Games</p>	
<p><b>30</b></p> <p>10:00: Outdoor waking Club</p> <p>1:30: Bingocize w/ Jazell</p> <p>2:30: Aerobics w/ Jazell</p>	<p><b>31</b></p> <p>10:00: <b>Trip-Trader Joe's</b></p> <p>10-2:00: NYU Nursing</p> <p>11:00: Choir   Walking Club</p> <p>12-1:30: December birthdays</p> <p>2:00: Film: My Old Ass</p>				



# DECEMBER IN-PERSON CALENDAR

WESTBETH CENTER  
155 BANK ST. NY, NY 10014  
CENTER DIRECTOR RUBY NG

212-255-5191 | [RNG@GREENWICHHOUSE.ORG](mailto:RNG@GREENWICHHOUSE.ORG)



\*denotes Zoom Class

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Westbeth CLOSED on Mondays**

2-3pm: Mondays  
Virtual Film Discussion on Zoom

Come join us for **Brunch** on Sunday December 1, 15 & 29

10 -11: Coffee Club  
11-12pm: Tech Help  
12-1pm: Indian Hand & Yoga Exercise  
2-3pm: Strength & Mobility  
3-4pm: Self- Myofascial Release & Restore for Mindbody  
4-5pm: Mandala Art

10-11am: Coffee Club  
11-12: Memoir Class  
11-12: Tech Help  
~~2:30-4pm: Art Talk~~  
**CANCELLED**  
4-5pm: Tai Chi

10-11am: Coffee Club  
11-12pm: Poetry Class  
11-12pm: Self Blood Pressure Monitoring  
1pm: "The Roomate" Broadway Raffle Ticket for show on Dec. 12th  
2-3pm: Strength & Mobility  
2:15-4:15pm: Movie: Mirror Mirror -Retelling of Snow White

10-11: Coffee Club  
10-11am: **Health Presentation:** The Role of PrEP in HIV/AIDS  
10:30-11:45: Basic Fitness  
11-12: Tech Help  
12-1: Qi Gong  
2-3pm: Japanese Dance  
2-3: Holiday Card Making Workshop w/ Isabella

10-11: Coffee Club  
10-11:30am: Documentary & Discussion: What Was Ours - Mystery of Ancestral Artifact  
1-3pm: Games  
~~1:30-2:30pm: Sing Along~~ **Cancelled**  
1:30-2:30: **Holiday Live Music Performance!**



**Westbeth is Closed on Mondays**

All of the other locations are having activities:

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

10 -11: Coffee Club  
11-12pm: Tech Help  
12-1pm: Indian Hand & Yoga Exercise  
12-2:30: Wellness Coaching  
1:30-2:15pm: Wellness Workshop - Chronic Condition  
2-3pm: Strength & Mobility  
3-4pm: Self- Myofascial Release & Restore for Mindbody  
4-5pm: Mandala Art

10-11am: Coffee Club  
11-12: Memoir Class  
11-12: Tech Help  
1pm: "The Nutcracker" Broadway Raffle Ticket for show on Dec. 18th  
2:30-4pm: Art Talk  
4-5pm: Tai Chi

10-11: Coffee Club  
10:30 - 2pm TRIP: Museum of Natural History *RSVP Required*  
10-11am: **Health Presentation:** Alcohol & Medication  
11-12pm: Poetry Class  
11-12pm: Self Blood Pressure Monitoring  
2-3pm: Strength & Mobility  
2-3pm: **Nutrition Presentation:** Stock up w/ Staple Foods  
3:15-5pm: Movie: The Holdovers

10-11am: Coffee Club  
10:30-11:45: Basic Fitness  
11-12: Tech Help  
12-1: Qi Gong  
2-3pm: Japanese Dance  
1:30-2:30pm: Presentation: Protect the Highline Park

10-11am: Coffee Club  
10-11:30am: Documentary & Discussion: Hooray for Hollywood - 1930's Hollywood  
1-3pm: Games  
1:30-2:30pm: Sing Along  
2-2:45pm: Virtual Tour: Istanbul Evening Walk

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\*denotes Zoom Class

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

*Case Manager*  
Keisha is available on Wednesdays & Thursdays from 9:00am - 5:00pm

*Financial Wellness Educator* Kay is available on 12/19 from 10:00am - 3:00pm

10 -11: Coffee Club **17**  
11-12pm: **Health Presentation:** Winning The Breast Cancer Battle  
11-12pm: Tech Help  
12-1pm: Indian Hand & Yoga Exercise  
2-3pm: Strength & Mobility  
3-4pm: Self- Myofascial Release & Restore for Mindbody  
4-5pm: Mandala Art

**18**  
10-11am: Coffee Club  
11-12: Memoir Class  
11-12: Tech Help  
12-2pm: *Join us for a special Holiday Luncheon with Dessert!*  
2:30-4pm: Art Talk  
4-5pm: Tai Chi

**19**  
10-11am: Coffee Club  
11-12pm: Self Blood Pressure Monitoring  
2-3pm: Strength & Mobility  
1:30-2:30pm: **Financial Presentation:** Preparing Finances for 2025  
2:45-5pm: Movie: It's a Wonderful Life

**20**  
10-11am: Coffee Club  
10-1:30pm: TRIP: Asia Society Museum RSVP  
10:30-11:45: Basic Fitness  
11-12: Tech Help  
12-1: Qi Gong  
2-3pm: Japanese Dance  
2-3pm: Intentions for the New Year w/ Isabella

**21**  
10-11am: Coffee Club  
10-12 pm: Documentary & Discussion: Summer of Soul - The Black Woodstock  
1-3pm: Games  
1:30-2:30pm: Sing Along  
2-2:45pm: Virtual Tour: NYC 6th Ave Christmas Lights



10 -11: Coffee Club  
11-12pm: Tech Help **24**  
12-1pm: Indian Hand & Yoga Exercise  
2-3pm: Strength & Mobility  
3-4pm: Self- Myofascial Release & restore for Mindbody  
**CENTER CLOSSES AT 4PM**

10 -11: Coffee Club **31**  
11-12pm: Tech Help  
12-1pm: Indian Hand & Yoga Exercise  
2-3pm: Strength & Mobility  
3-4pm: Self- Myofascial Release & restore for Mindbody  
**CENTER CLOSSES AT 4PM**

**25**  
**Christmas Day Center Closed**  
**MERRY CHRISTMAS**

**26**  
10-11am: Coffee Club  
11-12pm: Self Blood Pressure Monitoring  
2-3pm: Strength & Mobility  
2:15-4:15pm: Movie: Eiffel - Based on the engineer Gustave Eiffel

**27**  
10-11am: Coffee Club  
10:30-11:45: Basic Fitness  
11-12: Tech Help  
12-1: Qi Gong  
2-3pm: Japanese Dance

**28**  
10-11am: Coffee Club  
10-11:30am: Documentary & Discussion: The Sunshine Hotel - The last NYC Flop House  
1-3pm: Games  
1:30-2:30pm: Sing Along  
2-2:45pm: Virtual Tour: Banff Canada