

# FEBRUARY IN-PERSON CALENDAR

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



## Monday

3

10am Tai Chi - P  
10-12 Tech Help  
11am Shakespeare-CR  
11am Chinese Painting-AR  
12pm-Active Balance-P  
1-2:30 Theatre for Change -P & Zoom  
2:00 Movie & Discussion: Emelia Perez -CR

10

10am Tai Chi - P  
10am Trip Schomburg Center - James Baldwin exhibit  
10-12 Tech Help  
11am Shakespeare-CR  
11am Chinese Painting-AR  
12pm-Active Balance-P  
1-2:30 Theatre for Change -P & Zoom  
2:00 Movie & Discussion: Amadeus-CR

## Tuesday

4

10 am Chair Fitness w Jazell- P  
11am Knitting - AR  
11am Jewelry -P  
1pm Intuitive Painting - AR  
1pm Ageism and Identity Theft  
2pm NYU Matter of the Heart  
2pm Russian Culture- CR  
2pm Music Appreciation w Gregory Singer -P  
2-4 Tech Help

11

10 am Chair Fitness w Jazell- P  
11am Knitting - AR  
11am Jewelry -P  
1pm Intuitive Painting - AR  
1pm Financial Planning w Allen Zwickler-CR  
2pm Russian Culture- CR  
2pm Music Appreciation w Gregory Singer - P  
2-4 Tech Help

## Wednesday

5

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

12

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

## Thursday

6

10am Chair fitness w Jazell-P  
10:30 Intuitive Painting - AR  
12pm Active Balance w JaZell-P  
2pm Guided Meditation - CR  
3:30 Meeting - CR  
2-4 Russian Kino-P

13

10am Chair fitness w Jazell-P  
10am Trip- Trader Joe  
10:30 Fearless Watercolor - AR  
12pm Active Balance w JaZell-P  
1pm Ageism and Identity Theft -CR  
2pm Valentine Card Making- CR  
2:15 Plant Based Nutrition w Rachel - DR  
3:30 Meeting - CR  
2-4 Russian Kino-P

## Friday

7

9-3 Tax Filings P& CR  
9:30 Trip - Poster House  
10am-1pm Intertwine Arts -AR  
1:00pm Moving Meditation-Mezz  
2:15 Documentary & Discussion- The Biggest Heist Ever -DR

14

9-3 Tax Filings P& CR  
10am-1pm Intertwine Arts -AR  
1:00pm Moving Meditation-Mezz  
2:15 Documentary & Discussion- Who Killed Malcolm X-DR

# CENTER ON THE SQ. OLDER ADULT CENTER | FEBRUARY 2025

IN-PERSON CALENDAR 20 Washington Sq. | Center Director Donna Coles | 212.777.3555 ext 106 | dcoles@greenwichhouse.org



## Monday

17

**CLOSED FOR PRESIDENTS DAY**

24

10am Tai Chi - P  
10-12 Tech Help  
11am Shakespeare-CR  
11am Chinese Painting-AR  
12pm-Active Balance-P  
1-2:30 Theatre for Change Merrily We "Role" Along - Acting Out Changing Roles in Life P & Zoom  
2:00 Movie & Discussion: Ma Rainey's Black Bottom - CR

## Tuesday

18

10 am Chair Fitness w Jazell- P  
11am Knitting - AR  
11am Jewelry -P  
1pm Fearless Watercolor - AR  
1pm Financial Planning w Mark Schniebolk-CR  
2pm Russian Culture- CR  
2pm Music Appreciation w Gregory Singer - P  
2-4 Tech Help

25

10 am Chair Fitness w Jazell- P  
11am Knitting - AR  
11am Jewelry -P  
1pm Fearless Watercolor - AR  
1pm Financial Planning w/ Alan Zwickler- CR  
2pm Russian Culture- CR  
2pm Music Appreciation w Gregory Singer-P  
2-4 Tech Help

## Wednesday

19

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

26

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

## Thursday

20

10am Chair fitness w Jazell-P  
10:30 Fearless Watercolor - AR  
12pm Active Balance w JaZell-P  
2pm Guided Meditation - CR  
3:30 Meeting - CR  
2-4 Russian Kino-P

27

10am Chair fitness w Jazell-P  
10:30 Fearless Watercolor - AR  
12pm Active Balance w JaZell-P  
1pm Ageism and Identity Theft - CR  
2pm Path To Abundance-Cr  
3:30 Meeting - CR  
2-4 Russian Kino-P

## Friday

21

9-3 Tax Filings P& CR  
10am-1pm Intertwine Arts -AR  
1:00pm Moving Meditation-Mezz  
2:15 Documentary & Discussion- Desert Coffee -DR

27

9:30am Tax Filings P& CR  
10am-1pm Intertwine Arts -AR  
1:00pm Moving Meditation-Mezz  
2:15 Documentary & Discussion- Chasing Coral -DR

# OUR LADY OF POMPEII OLDER ADULT CENTER | FEBRUARY 2025

## IN-PERSON CALENDAR

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



### Monday

3

1pm Tai Chi - Hybrid\*  
**1pm-Tech help with Xavier Intern**  
 2pm Stride/Road Runners  
  
 2pm Leisure Games/Cards

**11am-3:30pm HAIRCUTS by appt only!**

**11:30 AM- Our Lady of Pompeii Orientation with Joanna**  
**1pm-Tech help w/Intern**  
 1pm Tai Chi -Hybrid\*  
 2pm Stride/Road Runners  
 3PM-4:30PM Tech Asst w/ G.Matt. Must sign up!

### Tuesday

4

**9:30-Dances for a Variable Population**  
 11am Chair Fitness w. JaZell  
  
 1pm S.A.I.L Exercise w. JaZell  
  
 2:30 pm: Tech Help with Andrew!

**9:30-Dances for a Variable Population**

11am Chair Fitness w. JaZell  
 1pm S.A.I.L Exercise w. JaZell  
  
**2:30PM-MY STORY-Cynthia Crane**, OLP member, will show a video of her cabaret performance & speak about her life on the stage.

### Wednesday

5

11am - Therapeutic Yoga Hybrid\*  
  
**10:30am-1pm-one-on-one Benefits guidance with Kay- appt required.**  
  
**1:30- Presentation by Kay on Identity Theft**  
  
 2pm- Badminton!  
  
 2pm Leisure Games-Cards

12

11am - Therapeutic Yoga Hybrid\*  
  
**2pm-Badminton!**  
  
 2pm Leisure Games-Cards

### Thursday

6

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

13

10am Stretch and Balance W/ Audrey-Hybrid\*  
  
 11am S.A.I.L- Exercise w. JaZell  
  
 1pm Chair Fitness w. JaZell  
  
**2pm- ART STUDIO GALLERY EXHIBIT.Refreshments!**  
  
**2pm-NEW-Poetry Workshop w/Arlene!**

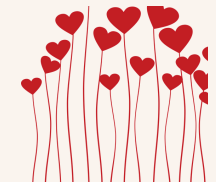
### Friday

7

**11:30am SCRABBLE & CHESS CLUB**  
  
 1:30pm Guitar Lessons  
  
 2pmLeisure Games/Cards

14

11:30am SCRABBLE & CHESS CLUB  
  
**2:00pm-SWEET TREATS & Performance by the Pompeii Players!**  
  
**2:30pm - Performance by the Friday Afternoon Guitar Class!**



# FEBRUARY IN-PERSON CALENDAR

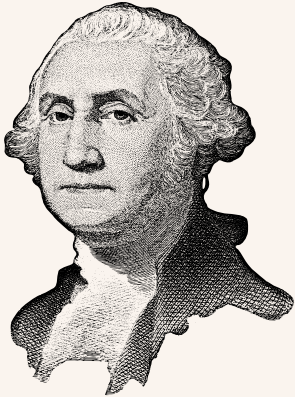
Our Lady of Pompeii | 25 Carmine St.  
Center Director Mary Springer | 212-989-3620 | mspringer@greenwichhouse.org



## Monday

17

**Center Closed for the Presidents' Day**



24

1pm Tai Chi - Hybrid\*  
**1pm-Tech help with Xavier Intern**  
2pm Stride/Road Runners  
  
2pm Leisure Games/Cards

## Tuesday

18

**9:30-Dances for a Variable Population**

11am Chair Fitness w. JaZell  
  
1pm S.A.I.L Exercise w. JaZell  
  
2:30 pm: Tech Help with Andrew!

25

**9:30-Dances for a Variable Population**  
  
11am Chair Fitness w. JaZell  
  
1pm S.A.I.L Exercise w. JaZell  
  
**MOVIE! The Triple Six Eight!**

## Wednesday

19

11am - Therapeutic Yoga Hybrid\*

**1:30 VOL FOR LEGAL SERVICES PRESENTATION. One-on-one consulting by appt from 2pm-3:30pm**

**2pm-Badminton!**

2pm Leisure Games-Cards

26

11am - Therapeutic Yoga Hybrid\*

**1:30 GROW NY Nutrition Presentation w/Susie**

**2pm-Badminton!**

2pm Leisure Games-Cards

## Thursday

20

10am Stretch and Balance W/ Audrey-Hybrid\*

**10:30am-TRIP!**  
Schomburg Center for Research in Black Culture N.Y. Public Library-LIMITED SPACE!

11am S.A.I.L- Exercise w. JaZell  
1pm Chair Fitness w. JaZell

2pm Art Studio

27

10am Stretch and Balance W/ Audrey-Hybrid\*

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

1pm Chair Fitness w. JaZell

2pm Art Studio  
**2pm-NEW-Poetry Workshop w/Arlene!**

## Friday

21

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

1:30pm Guitar Lessons

2pm-Leisure Games/Cards

28

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

1:30pm Guitar Lessons

2pm-Leisure Games/Cards

**2:30 DANCE PARTY w/Refreshments !**

# INDEPENDENCE PLAZA OLDER ADULT CENTER | FEBRUARY 2025

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



## Monday

3

10:00: Outdoor Walking Club  
1:30: Bingocize w/ JaZell  
2:30: Aerobics w/ JaZell  
3:30: Intro to Drawing

10

10:00: Outdoor Walking Club  
1:30: Bingocize w/ JaZell  
2:30: Aerobics w/ JaZell  
3:30: Intro to Drawing

## Tuesday

4

10:00: Trip-Trader Joe's  
11:00: Choir  
11:00: Indoor Walking Club  
2:00: Film- Glory

11

10:30: Trip-Costco  
11:00: Choir  
11:00: Indoor Walking Club  
2:00: Film- The Six Triple Eight

## Wednesday

5

11:00: FallStop w/ Jessica  
11:00: Feldenkrais  
1:30: Painting  
1:30: Aerobics w/ JaZell  
2:30: Chair Fitness w/ JaZell

12

11:00: FallStop w/ Jessica  
11:00: Feldenkrais  
1:30: Painting  
1:30: Aerobics w/ JaZell  
2:30: Chair Fitness w/ JaZell

## Thursday

6

10:30: Trip-New-York Historical Society  
11:00: Tai Chi w/ Pin Pin  
2:30: Games  
4:00: Stuy HS Cyber Mentors

13

11:00: Tai Chi w/ Pin Pin  
1:00: Trip-The Museum of Jewish Heritage  
2:30: Games  
4:00: Stuy HS Cyber Mentors

## Friday

7

11:00: Indoor Walking Club  
1:30: Nutrition Ed with Tamar  
2:30: Games

14

10-12:00: Haircuts & Hygiene  
11:00: Indoor Walking Club  
12-1:30: Meet the Nurse  
2:00: Brain Games w/ NYPL  
2:30: Games

# FEBRUARY IN-PERSON CALENDAR

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



## Monday

17

10:00: Outdoor Walking Club  
1:30: Bingocize w/ JaZell  
2:30: Aerobics w/ JaZell  
3:30: Intro to Drawing

24

10:00: Outdoor Walking Club  
1:30: Bingocize w/ JaZell  
2:30: Aerobics w/ JaZell  
3:30: Intro to Drawing

## Tuesday

18

10:00: Trip-Trader Joe's  
12-2:00: NYU Nursing: Wellness Coaching  
11:00: Choir | Walking Club  
2:00: Film- Nationtime

25

11:30: Trip-Aldi  
11:00: Choir | Walking Club  
12-1:30: February Birthdays  
2:00: Film- Medicine for Melancholy

## Wednesday

19

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

26

11:00: FallStop w/ Jessica  
11:00: Feldenkrais  
1:30: Painting  
1:30: Aerobics w/ JaZell  
2:30: Chair Fitness w/ JaZell

## Thursday

20

10:00: Trip-Brooklyn Museum  
11:00: Tai Chi w/ Pin  
2:30: Games  
4:00: Stuy HS Cyber Mentors

27

11:00: Tai Chi w/ Pin  
1:00: Trip-Neue Galerie  
2:30: Games  
4:00: Stuy HS Cyber Mentors

## Friday

21

11:00: Indoor Walking Club  
2:30: Games

28

10:00: Jewelry  
11:00: Indoor Walking Club  
12-1:30: Meet the Nurse  
1:00: Jewelry  
2:00: Brain Games w/ NYPL  
2:30: Games

# WESTBETH OLDER ADULT CENTER | FEBRUARY 2025

**IN-PERSON CALENDAR** 155 Bank St. NY, NY 10014 | Center Director Ruby Ng | 212-255-5191 | [rng@greenwichhouse.org](mailto:rng@greenwichhouse.org)



## Monday



Westbeth  
**CLOSED** on  
Mondays

Zoom Class:  
Mondays  
2-3pm:  
Virtual Film  
Discussion

**Come join us  
for Brunch** on  
**2/9 &  
2/23** from  
**11am - 1pm**

Come join us  
for lunch  
catered by our  
new caterer  
*Lenz's  
Delicatessen!*  
Tuesdays -  
Saturdays from  
12-2pm!

## Tuesday

4

10-11: Coffee Club  
12-1pm: Indian Hand  
& Yoga Exercise  
12:30-1:30: Wellness  
Coaching & Workshop  
(*Blood Pressure  
Screening*)  
1:30-2:30pm: **Health  
Presentation** by NYU  
2-3: Strength & Mobility  
3-4pm: Release &  
Restore for Mindbody  
4-5pm: Mandala Art

11

10-11: Coffee Club  
12-1pm: Indian Hand  
& Yoga Exercise  
12:30-1:30: Wellness  
Coaching & Workshop  
1:30-2:30pm: **Health  
Presentation** by NYU  
2-3: Strength & Mobility  
3-4pm: Release &  
Restore for Mindbody  
4-5pm: Mandala Art

## Wednesday

5

10-11: Coffee Club  
11-12pm: Memoir  
Class  
1:30-2:30: **Nutrition  
Presentation**- Stock  
up w/ Staple Foods  
2:30-4pm: Art Talk  
3-4pm: Tech Help  
4-5pm: Tai Chi

12

10-11: Coffee Club  
11-12pm: Memoir  
Class  
12-2pm: Join us in  
celebrating  
**Valentine's Day** w/  
Special Luncheon &  
Dessert!  
2:30-4pm: Art Talk  
3-4pm: Tech Help  
4-5pm: Tai Chi

## Thursday

6

10-11: Coffee Club  
11-12: Poetry Class  
11-12pm: **Health  
Presentation**: Heart  
Matters- Warning signs  
11-12pm: Self Blood  
Pressure Monitoring  
12-2pm: Join us in  
celebrating **Lunar New  
Year** w/ Special  
Luncheon & Dessert!  
2-3pm: Strength &  
Mobility  
3-5pm: Movie &  
Discussion: The 24th

13

10-11am: Coffee Club  
11-12pm: Poetry Class  
11-12pm: Self Blood  
Pressure Monitoring  
2-3pm: Strength &  
Mobility  
3-5pm: Movie: Jane &  
Emma (drama)

## Friday

7

10-11am: Coffee Club  
10:30-11:45am:  
Basic Fitness  
12-1pm: Qi Gong  
2- 3pm: Japanese  
Dance  
2-3pm: Valentine  
Card Making  
2-4pm: Join us in  
celebrating **Vija's  
102 Birthday!**  
Documentary & Cake!

14

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



## Saturday

1

10-11: Coffee Club  
10-11:30am:  
Documentary/Discussion:  
The Black Candles  
1-3pm: Games  
1:30-2:30pm:  
Sing - Along  
2-2:45: Virtual Tour:  
Nairobi Citi 2023

8

10-11: Coffee Club  
10-11:30am:  
Documentary/Discussion:  
Streetlight Harmonies  
1-3pm: Games  
1:30-2:30pm: Sing -  
Along  
2-2:45: Virtual Tour:  
Capetown- The jewel

15

10-11: Coffee Club  
10-11:30am:  
Documentary &  
Discussion: TV in  
Black-African  
Americans in TV  
1-3pm: Games  
1:30-2:30pm:  
Sing - Along  
2-2:45: Virtual Tour:  
Madagascar

# FEBRUARY 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)



## Monday

**Center Closed**



### Case Manager

Keisha available on Wednesdays & Thursdays 9am - 5pm

### Financial Educator

Kay available on 2/19 from 10am - 3pm

## Tuesday

**Center Closed**  
**Observance of President's Day**

10-11: Coffee Club **18**  
12-1pm: Indian Hand & Yoga Exercise  
12:30-1:30: Wellness Coaching & Workshop  
1:30-2:30pm: **Health Presentation** by NYU  
12-2pm: **Birthday Celebration w/ Cake!**  
2-3: Strength & Mobility  
3-4pm: Release & Restore for Mindbody  
4-5pm: Mandala Art



## Wednesday

10-11: Coffee Club **19**  
11-12pm: Memoir Class  
2:30-4pm: Art Talk  
3-4pm: Tech Help  
4-5pm: Tai Chi

10-11: Coffee Club **26**  
11-12pm: Memoir Class  
11-3:30: Free Haircut & Hygiene Talk *Limited Space. First Come First Served*  
2:30-4pm: Art Talk  
3-4pm: Tech Help  
4-5pm: Tai Chi

## Thursday

10-11am: Coffee Club **20**  
11-12pm: Poetry Class  
11-12pm: Self Blood Pressure Monitoring  
1:30-2:30: **Presentation:** Identity Theft  
2-3: Strength & Mobility  
3-4pm: Join us to celebrate **Black History Month Music Party** w/light refreshments!

10-11am: Coffee Club **27**  
11-12pm: Poetry Class  
11-12pm: Self Blood Pressure Monitoring  
2-3pm: Strength & Mobility  
3-5pm: Movie: AIR - The Story of Greatness

## Friday

10-11: Coffee Club **21**  
10:30-11:45am: Basic Fitness  
11-12: **Health Presentation:** Living w/ Congestive Heart Failure  
12-1pm: Qi Gong  
12-1pm: Blood Pressure Monitoring  
1-2: **Health Presentation** by Mt. Sinani Cheryl  
2- 3pm: Japanese Dance  
2-3pm: Bereavement Support Group

10-11am: Coffee Club **28**  
10:30-11:45am: Basic Fitness  
12-1pm: Qi Gong  
2- 3pm: Japanese Dance

## Saturday

10-11: Coffee Club **22**  
10-11:30am: Documentary & Discussion: Bad Faith  
1-3pm: Games  
1:30-2:30pm: Sing - Along  
2-2:45: Virtual Tour: Venice, Italy

**28**