



CENTER ON THE SQUARE | DECEMBER 2025

IN-PERSON CALENDAR 20 Washington Square North | Center Director Donna Coles| 212-777-3555 dcoles@greenwichhouse.org

MONDAY

1

9-5pm Social Worker
Available
10am Tai Chi - P
11am Shakespeare-Zoom-
CR
11am Chinese Painting- AR
12pm-Active Balance - P
1-2:30 Les Ballets
Trockadero de Monte Carlo -
P
2pm Movie & Discussion:
The Women -CR

TUESDAY

2

9-10am NEW CLASS INDOOR
WALKING CLUB - P
10AM Chair Fitness - Jazell- P
11am Jewelry -P
1pm Financial Planning w Allen
Zwickler -CR
1:30-3:30 Sock Monkey class
- AR
2-3 AI w Mark - CR
2pm Music Appreciation w
Gregory Singer -P

WEDNESDAY

3

9-5pm Social Worker
Available
10:30 am Art Talk-P
10:30 Brainercise-CR
10:30 What Every Woman
Should Know about Breast
Cancer - Zoom-DR
12:45 Qi Gong Tai Chi-P
2pm Intermediate French -
Zoom CR
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

THURSDAY

4

11am NEW DAY Knitting &
Crochet - AR
11am Chair Stretching w
JaZell-P
1pm Year End Round Up:
Getting ready for 2026 - CR
1-2:30PM Theatre for
Change -P
2:15-3:45 Tuning with tom -
Mezz
2:30-4pm AI w Roland - P
3:30 Meeting - CR

FRIDAY

5

11-3 pm Boris - Haircuts-AR
11-12pm NEW CLASS
INDOOR WALKING CLUB - P
1:00pm Moving Meditation- P
2:15 Documentary &
Discussion - Famous last
words Dr Jane Goodall CR
3:30 Peacefood

8

9-5pm Social Worker
Available
10am Tai Chi - P
11am Shakespeare-Zoom-
CR
11am Chinese Painting- AR
12pm-Active Balance - P
1-2:30 Les Ballets
Trockadero de Monte Carlo -
P
2pm Movie & Discussion:
The New superman- CR

9

9-10am NEW CLASS INDOOR
WALKING CLUB - P
10AM Chair Fitness - Jazell- P
11am Jewelry -P
12:30 - 1 pm NYU Coaching-
DR
1 - 2:30 pm NYU Workshop
1pm Financial Planning w
Mark Schniebolk -CR
1:30-3:30 Sock Monkey class
- AR
2-3 AI w Mark - CR
2pm Music Appreciation w
Gregory Singer -P

10

9-5pm Social Worker Available
**10-10:30 Pustebulum
preschoolers performing**
holiday songs in 4 languages -
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

11

10:30 Your Health Matters
Colon Cancer Screening and
Prevention Tips -Zoom-DR
11am NEW DAY Knitting &
Crochet - AR
11am Chair Stretching w JaZell-
P
11am Coping with Holiday
Blues - Guided meditation-CR
1-3:30 Trip to Costco - Booked
1-2:30PM Theatre for
Change -P
2:30-4pm AI w Roland - P
3:30 Meeting - CR

12

11-12pm NEW CLASS
INDOOR WALKING CLUB - P
1:00pm Moving Meditation- P
2:15 Documentary &
Discussion - Being Eddie -CR
**2:15-3:15 Sing for Hope
Holiday Karaoke sing-a-long
with Simon - DR**
3:30 Peacefood



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IN-PERSON CALENDAR 20 Washington Square North | Center Director Donna Coles| 212-777-3555 dcoles@greenwichhouse.org

MONDAY

15

9-5pm Social Worker Available
9:20 Trip - Booked
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
12pm-Active Balance - P
1-2:30 Les Ballets Trockadero de Monte Carlo - P
2pm Movie & Discussion: The Greatest Showman CR

22

9-5pm Social Worker Available
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
12pm-Active Balance - P
1-2:30 Les Ballets Trockadero de Monte Carlo - P
2:30-3 Trock's Holiday Performance - P
2pm Movie & Discussion: - Bad Santa- CR

29

9-5pm Social Worker Available
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
12pm-Active Balance - P
1-2:30 Les Ballets Trockadero de Monte Carlo - P
2pm Movie & Discussion: Jay Kelly- CR

TUESDAY

16

9-10am NEW CLASS INDOOR WALKING CLUB - P
10AM Chair Fitness - Jazell- P
11am Jewelry -P
1pm Financial Planning w Allen Zwickler -CR
1:30-3:30 Sock Monkey class - AR
2-3 AI w Mark - CR
2pm Holiday Christmas Party & Caroling with Gregory Singer (P)

23

9-10am NEW CLASS INDOOR WALKING CLUB - P
10AM Chair Fitness - Jazell- P
11am Jewelry -P
11am Guided meditation and intention setting for the new year- CR
11-2 Tina Haircutter - AR
1pm Financial Planning -Mark Schniebolz - CR
2-3 AI w Mark - CR
2pm Music Appreciation w Gregory Singer -P

30

9-10am NEW CLASS INDOOR WALKING CLUB - P
10AM Chair Fitness - Jazell- P
11am Jewelry -P
2-3 AI w Mark - CR
2pm Music Appreciation w Gregory Singer -P

WEDNESDAY

17

9-5pm Social Worker Available
10:30 am Art Talk-P
10:30 Brainercise-CR
11:15 Nutrition Presentation
12:45 Qi Gong Tai Chi-P
2pm Intermediate French - Zoom CR
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

24

9-5pm Social Worker Available
10:30 Brainercise-CR
12:45 Qi Gong Tai Chi-P
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

31

9-5pm Social Worker Available
10:30 Brainercise-CR
12:45 Qi Gong Tai Chi-P
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

THURSDAY

18

11am NEW DAY Knitting & Crochet - AR
11am Chair Stretching w JaZell-P
1pm Year End Round Up: Getting ready for 2026 - CR
1-2:30PM Theatre for Change -P
2:30-4pm AI w Roland - P
3:30 Meeting - CR

25

MERRY CHRISTMAS CENTER WILL BE CLOSED

FRIDAY

19

10-3 HOLIDAY FAIR - P

1:00pm Moving Meditation- P
2:15 Documentary & Discussion- Sangre Del Toro - CR
3:30 Peacefood

26

11-12pm NEW CLASS INDOOR WALKING CLUB - P
2:15 Documentary & Discussion - Becoming -CR
3:30 Peacefood



OUR LADY OF POMPEII OLDER ADULT CENTER | DECEMBER 2025

IN-PERSON CALENDAR

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

MONDAY

1

11:30am-A.I. with Christian

1pm Tai Chi - Hybrid

2pm-Leisure Games

TUESDAY

2

9:30:*'Movement Speaks- Dances for a Variable Population!'*

1pm S.A.I.L with JaZell

WEDNESDAY

3

10am Stretch & Balance

W/ Audrey- Hybrid

11am - **NO YOGA**

10am-1pm Financial-Benefit Assistance with Kay- Appointment necessary!

12:00PM-Chair Stretch with JaZell!

1:30-Presentation W/ Kay/Getting ready for 2026.

2pm- Badminton W/ Steven!

THURSDAY

4

10am Stretch and Balance W/ Audrey- Hybrid*

1pm Chair Fitness w. JaZell

2pm Art Studio

FRIDAY

5

11:30am SCRABBLE & CHESS CLUB

1:30-Open Guitar Jam-Guitars provided.

8

1pm Tai Chi - Hybrid

2pm-Leisure Games

2:30pm MOVIE! ELVIS (2022)

Tech Help w/ Christian

9

9:30:*'Movement Speaks-Dances for a Variable Population'*

1pm S.A.I.L with JaZell

2pm-Leisure Games

10

10am Stretch and Balance W/ Audrey- Hybrid

11am-NO YOGA

12:00PM-Chair Stretch with JaZell!

1:30PM- SPANISH GUITAR PERFORMANCE W/ JAMES!

2pm- Badminton W/ Steven!

11

10am Stretch and Balance W/ Audrey- Hybrid*

1pm Chair Fitness w. JaZell

1:45pm-MY STORY WITH BRIAN M.

2pm Art Studio

12

11:30am SCRABBLE & CHESS CLUB

1:30-Open Guitar Jam-Guitars provided.



OUR LADY OF POMPEII OLDER ADULT CENTER | DECEMBER 2025

IN-PERSON CALENDAR

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

MONDAY

15

1pm Tai Chi -Hybrid

2pm-Leisure Games

**2:30pm -MOVIE-
FRANKENSTEIN!
(2025)**

22

11AM-3:30PM
HAIRCUTS
W/ELIZABETH-Appt.
required.

1pm Tai Chi -Hybrid

**2:30-Holiday Sing-a-
Long with Stacey!**

29

1pm Tai Chi -
Hybrid

2pm-Leisure
Games

TUESDAY

16

9:30-Dances for a Variable
Population.

NYU Student Nurses-
Coaching: 12:30 - 1 pm
Workshop 1 - 2:30 pm
1pm S.A.I.L with JaZell

**2:30-Art Lecture w/
Robert Bunkin-Giovanni
Battista Moroni**

23

9:30:'Movement
Speaks-Dances for a
Variable Populatin'

1pm S.A.I.L with JaZell

30

9:30:Movement
Speaks-Dances for a
Variable Population

1pm S.A.I.L with JaZell

WEDNESDAY

17

11am - NO YOGA

**12:00PM-Chair
Stretch with
JaZell!**

**1:30-Nutrition
w/Susie!**

2pm- Badminton W/
Steven!

24

11am - NO
YOGA-

1PM- Leisure
Games/Cards

31

11am -
Therapeutic
Yoga - Hybrid

**HAPPY NEW
YEAR!**

THURSDAY

18

10am Stretch
and Balance W/
Audrey- Hybrid*

1pm Chair Fitness
w. JaZell

2pm Art Studio

25

**CLOSED
FOR
CHRISTMAS**



FRIDAY

19

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

**12PM-HOLIDAY
LUNCH!**

**2:30PM-DANCE
PARTY W/ DJ!-
GIFTS!**



26

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

**1:30-Open Guitar
Jam-Guitars
provided.**



INDEPENDENCE PLAZA OLDER ADULT CENTER | DECEMBER 2025

IN-PERSON CALENDAR

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

MONDAY

1

1:30: Bingocize
w/ JaZell
2:30: Aerobics
w/ JaZell
2:30: Grief and
Support Group

TUESDAY

2

10-2:00: NYU
Nursing
10:00: Trip-
Trader Joe's
11:00: Indoor
Walking Club
1: Mndfl Mstrpcs
| 1:45: Karate
2:00: Film-

WEDNESDAY

3

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

THURSDAY

4

**10:00: Trip-NY
Botanic Garden**
11:00: Tai Chi
w/ Pin Pin
2:30: Games
4:00: Stuy HS
Cyber Mentors

FRIDAY

5

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

8

1:30: Bingocize
w/ JaZell
2:30: Aerobics
w/ JaZell
2:30: Grief and
Support Group

9

10-2:00: NYU
Nursing
10:30: Trip-
Aldi/Costco
11:00: Indoor
Walking Club
1: Mndfl Mstrpcs |
1:45: Karate
2:00: Film-

10

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

11

11:00: Chorus
11:00: Tai Chi
w/ Pin Pin
1:00: Trip-
Museum
Arts&Design
2:30: Games
4:00: Stuy HS
Cyber Mentors

12

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



INDEPENDENCE PLAZA OLDER ADULT CENTER | DECEMBER 2025

IN-PERSON CALENDAR

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

MONDAY

15

1:30: Bingocize w/
JaZell
2:30: Aerobics w/
JaZell
2:30: Grief and
Support Group

22

1:30: Bingocize
w/ JaZell
2:30: Aerobics w/
JaZell
2:30: Grief and
Support Group

29

1:30: Bingocize
w/ JaZell
2:30: Aerobics
w/ JaZell

TUESDAY

16

10:00: Trip-Trader Joe's
11:00: Indoor Walking
Club
1:00: Mindful
Masterpieces
1:45: Karate
2:00: Film-

23

10:00: Trip-Lidl/Trader
Joe's
11:00: Indoor Walking
Club
1:00: Mindful
Masterpieces
1:45: Karate
2:00: Film-

30

10:00: Trip-Trader
Joe's
11:00: Indoor
Walking Club
1: Mndfl Mstrpcs |
1:45: Karate
2:00: Film-

WEDNESDAY

17

10-3:00: Managing \$
w/ Kay
11:00: Feldenkrais
1:30: Painting
1:30: Aerobics w/
JaZell
2:30: Chair Fitness w/
JaZell

24

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

31

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

THURSDAY

18

11:00: Chorus
11:00: Tai Chi w/
Pin Pin
1:00: Trip-
Whitney Museum
2:30: Games
4:00: Stuy HS
Cyber Mentors

25

**Closed for
Christmas**

FRIDAY

19

11:00:
Conversational
Italian
11:00: Indoor
Walking Club
1:30: Traveling
Tap Museum
Performance
2:30: Games

26

10:00: Jewelry
11:00:
Conversational
Italian
11:00: Indoor
Walking Club
1:00: Jewelry
2:30: Games



WESTBETH OLDER ADULT CENTER | DECEMBER 2025

IN-PERSON CALENDAR 155 Bank St. NY | Center Director Ruby Ng | 212-255-5191 | rng@greenwichhouse.org

MONDAY

**Westbeth
CLOSED
on
Mondays**

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

Come join us
for Brunch &
Lunch!
Please refer
to the lunch
menu for
serving
times.
Anyone over
60 years old
is welcome!

TUESDAY

2

10-11: Coffee Club
12-1: Indian Hand &
Yoga Exercise
12-2: NYU Coaching &
BP Screening
2-3: Creative Writing
NEW!
2-3: Webinar- Healthy
Eating on a Budget
2-3: ~~Strength &
Mobility~~ - CANCELLED
3-4: ~~Release & Restore
for Mindbody~~ - CANCELLED
3-5: Documentary
& Discussion: When We
Went Mad

9

10-11: Coffee Club
12-1 Indian Hand &
Yoga Exercise
for Mindbody
2-3: Webinar- Nutrition
101 Plan-Based Eating
2-3: Creative Writing **NEW!**
2-3: ~~Strength &
Mobility~~ - CANCELLED
3-4: ~~Release & Restore
for Mindbody~~ -
CANCELLED
3-4:30: Documentary
& Discussion: The
Perfect Neighbor

WEDNESDAY

3

10-11: Coffee Club
11-12: Memoir Class
(Class is Full)
11-12: Tech Help
12-1: Self-Measured
Blood Pressure
2:30-4: Art Talk
3:30-4:30: Tai Chi

10

10-11: Coffee Club
11-12: Memoir Class
(Class is Full)
11-12: Tech Help
12-1: Self-Measured
Blood Pressure
2:30-4: Art Talk
3:30-4:30: Tai Chi

THURSDAY

4

10-11: Coffee Club
10:30-11:30: **Health
Presentation**- Staying
Health As We Age-
Breast Cancer
Screening Detection
That Matters
11-12: Poetry Class
1:30-2:30: Webinar-
Meal Planning 101
2-3: ~~Strength &
Mobility~~ - CANCELLED
2:30-4:30: Movie &
Discussion: His
Three Daughters

11

10-11: Coffee Club
10:30-11:30: **Health
Presentation**: Colon
Cancer Screening &
Prevention Tips
11-12: Poetry Class
1:30-2:30: Webinar-
Nutrition 101: Weight
Management
2-3: ~~Strength &
Mobility~~ - Cancelled
2:30-4:30: **Holiday
ART FAIR Fundraising-**
*RSVP required. Limited
tables- \$10 per table*

FRIDAY

5

10-11: Coffee Club
10:30-11:45: Basic
Fitness
2-3: Japanese Dance
3-4: Women's Group-
NEW!
3-4: Qi Gong

12

10-11: Coffee Club
10:30-11:45: Basic
Fitness
2-3: Japanese Dance
3-4: Women's Group-
NEW!
3-4: Qi Gong

SATURDAY

6

10-11: Coffee Club
10-11: Virtual Tour:
London Christmas
Walking Tour
11:30-12:30: Webinar:
Heart Health Eating
1-2: Sing - Along
2-3: Games

13

10-11: Coffee Club
10:30-11:30:
Virtual Tour:
Magical Christmas
Experience in Dublin
1-2: Sing - Along
2-3: Games



WESTBETH OLDER ADULT CENTER | DECEMBER 2025

IN-PERSON CALENDAR

155 Bank St. NY | Center Director Ruby Ng | 212-255-5191 | rng@greenwichhouse.org

MONDAY

Need assistance w/Benefits & Entitlement? Come see our **Case Manager** Lucy, available Wednesdays & Thursdays 9am - 5pm

Financial Wellness Educator, Kay is available on the 3rd Thursday of the month from 10am - 3pm

TUESDAY

10-11: Coffee Club
11-3 TRIP- Macys
12-1 Indian Hand & Yoga Exercise
2-3: Webinar- Healthy Eating on a Budget
2-3: Creative Writing **NEW!**
2-3: ~~Strength & Mobility~~ - CANCELLED
3-4: ~~Release & Restore for Mindbody~~ - CANCELLED
3-4:30: Documentary & Discussion: Out Standing Comedy Revolution

10-11: Coffee Club
11-12: **Nutrition Presentation**- Eating Healthy on a Budget
12-1 Indian Hand & Yoga Exercise for Mindbody
2-3: Creative Writing
3-4:30: Documentary & Discussion: Sunday Best - Ed Sullivan

10-11: Coffee Club
12-1 Indian Hand & Yoga Exercise
2-3: Creative Writing
2-3: Strength & Mobility
3-4: Release & Restore for Mindbody
3-4:30: Documentary & Discussion: Joan Didion

WEDNESDAY

10-11: Coffee Club
11-12: Memoir Class (*Class is Full*)
11-12: Tech Help
12-1: Self-Measured Blood Pressure
1-2: Presentation: Fear of Falling*
2:30-4: Art Talk
3:30-4:30 Tai Chi

10-11 Coffee Club
~~11-12 Memoir Class~~
Cancelled
11-12: Tech Help
12-1: Self-Measured Blood Pressure
2:30-4:30: Holiday Special Classic Movie
~~2:30-4 Art Talk~~ - CANCELLED
3:30 -4:30 Tai Chi

10-11 Coffee Club
~~11-12 Memoir Class~~
Cancelled
11-12: Tech Help
12-1: Self-Measured Blood Pressure
2:30-4:30: Movie TBA
~~2:30-4 Art Talk~~ - CANCELLED
3:30-4:30 Tai Chi

THURSDAY

10-11: Coffee Club
10-12:30: Financial Wellness
11-12: Poetry Class
1:30-2:30: Presentation Financial
2-3: ~~Strength & Mobility~~ - CANCELLED
2:45 -4:45: Movie & Discussion: Marriage Story

Christmas Day Center Closed



FRIDAY

10-11: Coffee Club
10:30-11:45: Basic Fitness
11:30-3: TRIP- Museum of New York *RSVP required*
12-1: Blood Pressure Screening - Cheryl
1-2: **Health Presentation**- Oral Health
2-3: Japanese Dance
3-4: Women's Group- **NEW!**
3-4: Qi Gong

10-11: Coffee Club
10:30-11:45: Basic Fitness
2-3: Japanese Dance
3-4: Women's Group- **NEW!**
3-4: Qi Gong

SATURDAY

10-11: Coffee Club
10:30-11:30: Virtual Tour: Vienna Christmas Market
1-2: Sing - Along
2-3: Games

10-11: Coffee Club
10:30-11:30: Virtual Tour: Paris Christmas Lights
1-2: Sing - Along
2-3: Games