



# CENTER ON THE SQUARE | JANUARY 2026

## IN-PERSON CALENDAR

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

### MONDAY

5

9-5pm Social Worker Available

10am ZOOM-Preparing for Respiratory Virus Season-DR

10am Tai Chi - P

11am Shakespeare-Zoom-CR

11am Chinese Painting- AR

12pm-Active Balance - P

2pm Movie & Discussion: Stand by Me - CR

12

9-5pm Social Worker Available

10am Tai Chi - P

11am Shakespeare-Zoom-CR

11am Chinese Painting- AR

12pm-Active Balance - P

**2pm Membership Meeting - DR**

2pm Movie & Discussion: Pride and Prejudice - CR

### TUESDAY

6

9-10am NEW CLASS INDOOR WALKING CLUB - P

10AM Chair Fitness - Jazell- P

10am Webinar - Preparing for Respiratory Virus Season -DR

11am Jewelry -P

1pm Financial Planning- ALLEN ZWICKLER -CR

1:30-3:30 Sock Monkey class - AR

2-3 AI w Mark - CR

2pm Music Appreciation w Gregory Singer -P

13

9-10am NEW CLASS INDOOR WALKING CLUB - P

10AM Chair Fitness - Jazell- P

11am Jewelry -P

1pm Financial Planning-MARK SCHNIEBOLK -CR

1:30-3:30 Sock Monkey class - AR

2-3 AI w Mark - CR

2pm Music Appreciation w Gregory Singer -P

### WEDNESDAY

7

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

14

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

1

# CLOSED FOR NEW YEAR DAY

8

11am Knitting & Crochet - AR

11am Chair Stretching w JaZell-P

11-12 pm Dicussion group exploring emotions that come up in viewing works of art, co-faciliated by Joann Giaquinto, museum docent - CR

12pm ZOOM-Setting the Trend Straight — Nutrition Topics & Trends

1pm Presentation -Protect Yourself from Elder Abuse and Scams - CR

1-2:30PM Theatre for Change -P

2:30-4pm AI w Roland - P

3:30 Meeting - CR

15

11am Knitting & Crochet - AR

11am Chair Stretching w JaZell-P

**1-2:30PM Theatre for Change Staged Reading - P**

2:30-4pm AI w Roland - P

3:30 Meeting - CR

### FRIDAY

2

**9:30-1 TRIP - CLOISTERS**

11-12pm NEW CLASS INDOOR WALKING CLUB - P

1:00pm Moving Meditation- P

2:15 Documentary & Discussion - I like me - CR

3:30 Peacefood

9

11-12pm NEW CLASS INDOOR WALKING CLUB - P

1:00pm Moving Meditation- P

2:15 Documentary & Discussion - Nuremberg the real story - CR

3:30 Peacefood

16

11-12pm NEW CLASS INDOOR WALKING CLUB - P

12pm Buena Visita Social Club Tribute - P

1:00pm Moving Meditation- P

2:15 Documentary & Discussion - Frederick Law Olmstead designing America CR

3:30 Peacefood



# CENTER ON THE SQUARE | JANUARY 2026

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

## MONDAY

19

**CLOSED  
FOR  
MARTIN  
LUTHER  
KING DAY**

## TUESDAY

20

9-10am NEW CLASS  
INDOOR WALKING CLUB - P  
10AM Chair Fitness - Jazell-P  
11am Jewelry -P  
**12:50 - 3:30 TRIP-  
American Folk Art Museum**  
1pm Financial Planning-  
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

21

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

22

10:30 - ZOOM - How to Stay  
Strong As You Age - DR  
11am Knitting & Crochet - AR  
11am Chair Stretching w JaZell-P  
Guided meditation and intention  
setting for the new year  
1pm Presentation -Protect  
Yourself from Elder Abuse and  
Scams - CRWords Fail -CR  
1-2:30PM Theatre for Change -  
P  
2:30-4pm AI w Roland - P  
3:30 Meeting - CR

## FRIDAY

23

11-12pm NEW CLASS  
INDOOR WALKING CLUB - P  
1:00pm Moving Meditation-  
P  
2:15 Documentary &  
Discussion - Cover-Up -  
Seymour Hersch- CR  
3:30 Peacefood

26

9-5pm Social Worker  
Available  
10am Tai Chi - P  
11am Shakespeare-Zoom-  
CR  
11am Chinese Painting- AR  
12pm-Active Balance - P  
**1-2pm Art Speaks When  
Words Fail -CR**  
2pm Movie & Discussion:  
When Harry Met Sally - CR

27

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

28

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

29

11am Knitting & Crochet -  
11am ZOOM -AR Healthy  
Sweets Made Simple - DR  
11am Chair Stretching w  
JaZell-P  
1pm Presentation -Protect  
Yourself from Elder Abuse  
and Scams - CR  
1-2:30PM Theatre for  
Change -P  
2:30-4pm AI w Roland - P  
3:30 Meeting - CR

30

11-12pm NEW CLASS  
INDOOR WALKING CLUB - P  
1:00pm Moving Meditation-  
P  
2:15 Documentary &  
Discussion - The Last  
Republican - CR  
3:30 Peacefood



# INDEPENDENCE PLAZA OLDER ADULT CENTER | JANUARY 2026

## IN-PERSON CALENDAR

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

HAPPY  
2026  
NEW YEAR

2

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

5

11:00:  
Conversational  
Italian  
1:30: Bingocize  
w/ JaZell  
2:30: Aerobics  
w/ JaZell  
2:30: Grief and  
Support Group

6

**10-11:00: Trip-**

**Trader Joe's**

11:00: Indoor  
Walking Club  
1:00: Mindful  
Masterpieces  
1:45: Karate  
2:00: Film-Marvin's  
Room

7

**10-3:00:  
Managing \$ w/  
Kay**

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

8

11:00: Chorus  
11:00: Tai Chi  
w/ Pin Pin  
2:30: Games  
4:00: Stuy HS  
Cyber Mentors

9

11:00: Indoor  
Walking Club  
12-2:00: Meet the  
Nurse  
**1-2:30: Trip-Poster  
House**  
2:30: Games



# INDEPENDENCE PLAZA OLDER ADULT CENTER | JANUARY 2026

## IN-PERSON CALENDAR

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

MONDAY

12

11:00: Conversational Italian  
1:30: Bingocize w/ JaZell  
2:30: Aerobics w/ JaZell  
2:30: Grief and Support Group

TUESDAY

13

**10:30-1:30: Trip-Costco/Aldi**  
11:00: Indoor Walking Club  
1:00: Mindful Masterpieces  
1:45: Karate  
2:00: Film-*Cría Cuervos*

WEDNESDAY

14

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

THURSDAY

15

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

FRIDAY

16

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

19

Site Closed  
Martin Luther King

20

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

21

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

22

**10:30-1:30: Trip-New York Historical**  
11:00: Chorus  
11:00: Tai Chi w/ Pin Pin  
2:30: Games  
4:00: Stuy HS Cyber Mentors

23

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



# INDEPENDENCE PLAZA OLDER ADULT CENTER | JANUARY 2026

## IN-PERSON CALENDAR

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

MONDAY

26

11:00:  
Conversational  
Italian  
1:30: Bingocize  
w/ JaZell  
2:30: Aerobics  
w/ JaZell

TUESDAY

27

10-11:30: Trip-  
Lidl/Trader Joe's  
11:00: Indoor  
Walking Club  
1: Mndfl Mstrpcs |  
1:45: Karate  
2:00: Film-Holiday  
Inn

WEDNESDAY

28

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

THURSDAY

29

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

FRIDAY

30

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



# OUR LADY OF POMPEII OLDER ADULT CENTER | JANUARY 2026

## IN-PERSON CALENDAR

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>5</b></p> <p><b>1pm</b> Tai Chi - Hybrid</p> <p><b>2pm</b>-Leisure Games</p> <p><b>2:30</b>Tech Help w/ Dom</p>	<p><b>6</b></p> <p><b>9:30 am:</b> <i>Movement Speaks-</i> Dances for a Variable Population</p> <p><b>1pm</b> S.A.I.L with JaZell</p>	<p><b>7</b></p> <p><b>10am-1pm</b> Financial-Benefit Assistance with Kay- Appointment necessary!</p> <p><b>11am</b> Therapeutic Yoga - Hybrid</p> <p><b>1:30</b>-Presentation W/ Kay/ How to spot a SCAM!</p> <p><b>2pm</b> Badminton</p> <p><b>2:30 pm</b> -Leisure Games</p>	<p><b>1</b></p> <p><b>CENTER CLOSED FOR NEW YEAR'S DAY</b></p> <p><b>8</b></p> <p><b>10am</b> Stretch and Balance W/ Audrey-Hybrid*</p> <p><b>1pm</b> Chair Fitness w. JaZell</p> <p><b>2pm-Poetry w/Arlene!</b></p> <p><b>2pm</b> Art Studio</p>	<p><b>2</b></p> <p><b>11:30am</b> SCRABBLE &amp; CHESS CLUB</p> <p><b>9</b></p> <p><b>11:30am</b> SCRABBLE &amp; CHESS CLUB</p>
<p><b>12</b></p> <p><b>1pm</b> Tai Chi - Hybrid</p> <p><b>2pm</b>-Leisure Games</p> <p><b>2:30</b>Tech Help w/ Dom</p> <p><b>2:30 AFTERNOON AT THE MOVIES- "HUSTLE!" (2022)</b></p>	<p><b>13</b></p> <p><b>9:30 am:</b> <i>Movement Speaks-</i> Dances for a Variable Population</p> <p><b>1pm</b> S.A.I.L with JaZell</p>	<p><b>14</b></p> <p><b>11am</b> Therapeutic Yoga - Hybrid</p> <p><b>1:30 pm Lunch &amp; Learn w/ Marie! Get the answer-win a prize!</b></p> <p><b>2pm</b> Badminton</p>	<p><b>15</b></p> <p><b>10am</b> Stretch and Balance W/ Audrey-Hybrid*</p> <p><b>1pm</b> Chair Fitness w. JaZell</p> <p><b>2pm</b> Art Studio</p>	<p><b>16</b></p> <p><b>11:30am</b> SCRABBLE &amp; CHESS CLUB</p> <p><b>2:00-Sing-a-long with Barbara!</b></p>



# OUR LADY OF POMPEII OLDER ADULT CENTER | JANUARY 2026

## IN-PERSON CALENDAR

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

19

**CENTER CLOSED FOR MLK JR. DAY**



20

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

**1pm** S.A.I.L with JaZell

**2:30-**Art Lecture w/ Robert Bunkin

21

**11am** Therapeutic Yoga - Hybrid

**1:30pm-** Presentation by NY CONNECTS

**2pm** Badminton

**2:30 pm-**Leisure Games

22

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

**1pm** Chair Fitness w. JaZell

**2pm-Poetry w/Arlene!**

**2pm** Art Studio

23

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

**2:00-Sing-a-long with Barbara!**

26

**11am-4pm** HAIRCUTS WITH ELIZABETH! Appt necessary!

**1pm** Tai Chi -Hybrid  
**2pm-**Leisure Games

**2:30 AFTERNOON AT THE MOVIES! "AS GOOD AS IT GETS": Starring Jack Nicholson & Helen Hunt (Comedy)**

27

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

**1pm** S.A.I.L with JaZell

28

**11am -** Therapeutic Yoga - Hybrid

**2pm-Badminton**

29

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

**11am-Nutrition Presentation -Healthy Sweets Made Easy! Live presentation on our big screen TV.**

**1pm** Chair Fitness w. JaZell

**2pm** Art Studio

30

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

**2:30 DANCE PARTY! Music provided by Robert!**



# WESTBETH OLDER ADULT CENTER | JANUARY 2026

**IN-PERSON CALENDAR** 155 Bank St. NY | 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 & Lunch! Please refer to the lunch menu for serving times. Anyone over 60 years old is welcome!



## TUESDAY

6

10-11: Coffee Club  
12-1: Indian Hand & Yoga Exercise  
2-3: Strength & Mobility  
3-4: Release & Restore for Mindbody  
3:30-5: Therapeutic Open Art Studio **NEW!**



13

10-11: Coffee Club  
12-1: Indian Hand & Yoga Exercise  
2-3: Strength & Mobility  
3-4: Release & Restore for Mindbody  
3:30-5: Therapeutic Open Art Studio **NEW!**

## WEDNESDAY

7

10-11: Coffee Club  
11-12: Memoir Class (Class is full)  
2:30-4: Art Talk  
3:30-4:30: Tai Chi  
4-5:30 Documentary & Discussion: ELDOTADO - Belin 1920/30'S LGBTQ Life

14

10-11: Coffee Club  
11-12: Memoir Class (Class is full)  
2:30-4: Art Talk  
3:30-4:30: Tai Chi  
4-5:30 Documentary & Discussion: The Stringer

## THURSDAY

1



10-11: Coffee Club  
11-12: Poetry Class  
11-12: Self Blood Pressure Monitoring  
12-1: **Nutrition Presentation**- New & Notable Stop & Shop  
2-3: Strength & Mobility  
2:30-4:30: Movie & Discussion: Frankenstein

15

10-11: Coffee Club  
10-12:30 Financial Wellness W/ Kay  
11-12: Poetry Class  
11-12: Self Blood Pressure  
1-2: Financial Presentation  
2-3: Strength & Mobility  
2:30-4:30: Movie & Discussion: Train Dreams

## FRIDAY

2

10-11: Coffee Club  
~~10:30-11:45: Basic Fitness - CANCELLED~~  
11-12: **Webinars**- Healthy Eating on a Budget  
2-3: Japanese Dance  
3-4: Women's Group w/ Isabella  
3-4: Qi Gong

9

10-11: Coffee Club  
10:30-11:45: Basic Fitness  
2-3: Japanese Dance  
2:30-4: Come join us & Celebrate the New Year! Happy Hour Hot Chocolate & Light Refreshments!  
3-4: Qi Gong



16

10-11: Coffee Club  
10:30-11:45: Basic Fitness  
12-1 Blood Pressure Screening w/ Cheryl  
1-2: **Health Presentation**  
2-3: Japanese Dance  
3-4: Women's Group w/ Isabella  
3-4: Qi Gong

## SATURDAY

3

10-11: Coffee Club  
10:30-11:30: Virtual Tour: NY Cities  
1-2: Sing - Along  
2-3: Games

10

10-11: Coffee Club  
10:30-11:30: Virtual Tour: Winter New York  
1-2: Sing - Along  
2-3: Games

17

10-11: Coffee Club  
10:30-11:30: Virtual Tour: New York  
Walking tour  
1-2: Sing - Along  
2-3: Games



# WESTBETH OLDER ADULT CENTER | JANUARY 2026

**IN-PERSON CALENDAR** 155 Bank St. NY | Center Director Ruby Ng | 212-255-5191 | [rng@greenwichhouse.org](mailto: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 Thursday 1/15 from 10am - 3pm

## TUESDAY

**In observance of Martin Luther King Jr. Center CLOSED**

20

10-11: Coffee Club  
12-1: Indian Hand & Yoga Exercise  
2-3: Strength & Mobility  
3-4: Release & Restore for Mindbody  
3:30-5: Therapeutic Open Art Studio **NEW!**

27

## WEDNESDAY

10-11: Coffee Club  
11-12: Memoir Class (class is full)  
2:30-4: Art Talk  
3:30-4:30: Tai Chi  
4-5:10 Documentary & Discussion: Road to Nutcracker

21

10-11: Coffee Club  
11-12: Memoir Class (Class is full)  
2:30-4: Art Talk  
3:30 -4:30: Tai Chi  
3-4:30: Documentary & Discussion: The New Yorker @ 100

28

## THURSDAY

10-11: Coffee Club  
11-12: Poetry Class  
11-12: Self Blood Pressure Monitoring  
2-3: Strength & Mobility  
2:30-4:30: Movie & Discussion: Jay Kelly

22

10-11: Coffee Club  
11-12: Poetry Class  
11-12: Self Blood Pressure Monitoring  
2-3: Strength & Mobility  
2:30-4:30: Movie & Discussion: Are you there God? It's Margaret.

29

## FRIDAY

10-11: Coffee Club  
10:30-11:45: Basic Fitness  
2-3: Japanese Dance  
3-4: Qi Gong

23

10-11: Coffee Club  
10:30-11:45: Basic Fitness  
12-1: Blood Pressure Screening w/ Cheryl  
1-2: **Health Presentation**  
12-1: Qi Gong  
2-3: Japanese Dance

30

## SATURDAY

10-11: Coffee Club  
10:30-11:30: Virtual Tour: New York City  
1-2: Sing - Along  
2-3: Games

24

10-11: Coffee Club  
10:30-11:30: Virtual Tour: New York Upstate  
1-2: Sing - Along  
2-3: Games

31