



CENTER ON THE SQUARE | APRIL 2026

IN-PERSON CALENDAR

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

MONDAY

6

9-5pm Social Worker Available
 9am NYU Students - Bloodpressure - DR
 10am Tai Chi - P
 11am Shakespeare-Zoom-CR
 11am Chinese Painting- AR
 12pm-Active Balance - P
1-2:30 Trock Is Back - P
 2pm Movie & Discussion: Hamnet - Peacock- CR
3-4pm - NEW CLASS YOGA - P

13

9-5pm Social Worker Available
 10am Tai Chi - P
 11am Shakespeare-Zoom-CR
 11am Chinese Painting- AR
 12pm-Active Balance - P
1-2:30 Trock Is Back - P
 2pm Movie & Discussion: Friendship - MAX - CR
3-4pm - NEW CLASS YOGA - P

TUESDAY

7

10AM Chair Fitness - Jazell- P
 11am Jewelry -P
 1pm Financial Planning - MARK SCHNIEBOLK -CR
 1:30-3:30 Sock Monkey class - AR
 2 Town Hall Meeting w Laura - DR
~~2-3 AI w Mark - CR - On vacation until April~~
 2pm Music Appreciation w Gregory Singer -P

14

10AM Chair Fitness - Jazell- P
 11am Jewelry -P
 11 Cardozo Law Clinic students on Life Planning Documents - DR
 11:30 -3 Tina the Hairdresser- AR
 1pm Financial Planning - Allen Zwickler -CR
 1:30-3:30 Sock Monkey class - AR
~~2-3 AI w Mark - CR - On vacation until April~~
 2pm Music Appreciation w Gregory Singer -P

WEDNESDAY

1

9-5pm Social Worker Available
 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

8

9-5pm Social Worker Available
 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

15

9-5pm Social Worker Available
 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

THURSDAY

2

12PM Knitting & Crochet - AR
 11am Chair Stretching w JaZell-P
 1 How to Create a Simple Budget - CR
 1-2:30PM Theatre for Change -P
 2:30-4pm AI w Roland - P
 3:30 Meeting - CR

9

12PM Knitting & Crochet - AR
 11am Chair Stretching w JaZell-P
 1 How to Create a Simple Budget - CR
 1-2:30PM Theatre for Change -P
 2:30-4pm AI w Roland - P
 3:30 Meeting - CR

16

12PM Knitting & Crochet - AR
 11am Chair Stretching w JaZell-P
 11am Comedy Luncheon Show - Mezz
 11 Fostering Community Presentation - DR
 1-2:30PM Theatre for Change -P
 2:30-4pm AI w Roland - P
 3:30 Meeting - CR

FRIDAY

3

9-3 Single Stop Taxes - P
 1:00pm Moving Meditation- P
 2:15 Documentary & Discussion - The Age of Disclosure (Prime)- CR
 3:30 Peacefood

10

9-3 Single Stop Taxes - P
 1:00pm Moving Meditation- P
 2 pm Tell Your Story w Natalie - AR
 2:15 Documentary & Discussion - The Plastic Detox - Netflix - CR
 3:30 Peacefood

17

10:30-11:30 New Class: Chair Rhythm and Tap Dance - P
 1:00pm Moving Meditation- P
 2:15 Documentary & Discussion -Still Michael j Fox - apple TV -CR
 3:30 Peacefood



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MONDAY

20

9-5pm Social Worker Available
 10am Tai Chi - P
 11am Shakespeare-Zoom-CR
 11am Chinese Painting- AR
 12pm-Active Balance - P
1-2:30 Trock Is Back - P
 2pm Movie & Discussion: Lars and the Real Girl - MGM+ - CR
3-4pm - NEW CLASS YOGA - P

TUESDAY

21

10AM Chair Fitness - Jazell- P
 11am Jewelry -P
 11am Women's Group - A supportive group focused on exploring issues that impact women's health and overall well-being- CR
11-3 NYU Meyers Student Nurse Assoc Health Fair-Mezz
 1pm Financial Planning - MARK SCHNIEBOLK -CR
 1:30-3:30 Sock Monkey class - AR
2-3 Al w Mark Is Back - CR -
 2pm Music Appreciation w Gregory Singer -P

WEDNESDAY

22

9-5pm Social Worker Available
 10:30 am Art Talk-P
 10:30 Brainercise-CR
 12:45 Qi Gong Tai Chi-P
2-4 Sharing Excess Pop-Up Farmer's Market - outside
 2pm Intermediate French - Zoom CR
 2pm Let's Jam (Music) - P
 2pm Open Art Studio- AR

THURSDAY

23

12PM Knitting & Crochet - AR
 11am Chair Stretching w JaZell-P
 1 How to Create a Simple Budget - CR
 1-2:30PM Theatre for Change -P
 2:30-4pm Al w Roland - P
 3:30 Meeting - CR

FRIDAY

24

10:30-11:30 New Class: Chair Rhythm and Tap Dance - P
 1:00pm Moving Meditation- P
 2:15 Documentary & Discussion - Mr Nobody against Putin - Prime- CR
 3:30 Peacefood

27

9-5pm Social Worker Available
 10am Tai Chi - P
 11am Shakespeare-Zoom-CR
 11am Chinese Painting- AR
 12pm-Active Balance - P
1-2:30 Trock Is Back - P
 2pm Movie & Discussion: The Testament of Ann Lee - Hulu - CR
3-4pm - NEW CLASS YOGA - P

28

10AM Chair Fitness - Jazell- P
 11am Jewelry -P
 11am Guided Meditation - Progressive relaxation technique led by therapist - CR
 1pm Financial Planning w Allen Zwickler -CR
 1:30-3:30 Sock Monkey class - AR
2-3 Al w Mark Is Back - CR -
 2pm Music Appreciation w Gregory Singer -P

29

9-5pm Social Worker Available
 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

30

12PM Knitting & Crochet - AR
 11am Chair Stretching w JaZell-P
 1 How to Create a Simple Budget - CR
~~1-2:30PM Theatre for Change -P~~ - **CANCELLED**
 2:30-4pm Al w Roland - P
 3:30 Meeting - CR



INDEPENDENCE PLAZA OLDER ADULT CENTER | APRIL 2026

IN-PERSON CALENDAR

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

MONDAY

6

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

13

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

TUESDAY

7

10:00: Trip-Trader Joe's
11:00: Tai Chi w/ Pin Pin
1:30: Karate
2:00: Film-*The Secret Agent*

14

10:30: Trip-Aldi/Costco
11:00: Tai Chi | 11:00: Walking Club
1:30: Karate
2:00: Film-*Sentimental Value*

WEDNESDAY

1

11:00: Feldenkrais
11:00: FallStop
1:30: Painting | 1:30: Aerobics
2:30: Chair Fitness

8

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

15

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

THURSDAY

2

10:30: Trip-Met Museum
11:00: Indoor Walking Club
2:30: Games
4:00: Stuy HS Cyber Mentors

9

11:00: Indoor Walking Club
1:00: Trip-El Museo del Barrio
2:30: Games
4:00: Stuy HS Cyber Mentors

16

11:00: Indoor Walking Club
1:00: Trip-NY Public Library
2:30: Games
4:00: Stuy HS Cyber Mentors

FRIDAY

3

10:30-12:00: Fabric Painting
11:00: Indoor Walking Club
12-2:00: Meet the Nurse
1:30: VocalEase Performance
2:30: Games

10

10:00: Trip-Stuy HS Robotics Competition
10:30-12:00: Fabric Painting
11:00: Indoor Walking Club
2:30: Games

17

10:30-12:00: Fabric Painting
11:00: Indoor Walking Club
12-1:30: Spring Luncheon
12-2:00: Meet the Nurse
2:30: Games



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MONDAY

20

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

TUESDAY

21

10:00: Trip-Trader Joe's
11: Tai Chi | 11: Walking Club
1:30: Karate
2:00: Film-*It Was Just an Accident*

WEDNESDAY

22

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

THURSDAY

23

11:00: Indoor Walking Club
1:30: Nutrition Ed w/ Susie S.
2:30: Games
4:00: Stuy HS Cyber Mentors

FRIDAY

24

10:00: Jewelry
10:30-12:00: Fabric Painting
11:00: Indoor Walking Club
1:00: Jewelry
2:30: Games

27

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

28

10:00: Trip-Lidl/Trader Joe's
11: Tai Chi | 11: Walking Club
12-1:30: April Birthdays
1:30: Karate
2:00: Film-*Blue Moon*

29

10:00: Trip-BK Botanic Garden
11: Feldenkrais | 11: FallStop
1:30: Painting
1:30: Aerobics w/ JaZell
2:30: Chair Fitness w/ JaZell

30

11:00: Indoor Walking Club
2:30: Games
4:00: Stuy HS Cyber Mentors



OUR LADY OF POMPEII OLDER ADULT CENTER | APRIL 2026

IN-PERSON CALENDAR

25 Carmine St. | Center Director Sabrina Santiago | 212-989-3620 | ssantiago@greenwichhouse.org

MONDAY

6

9:00 AM- 3:00 PM
NYU Nurses
9-11 Hair Cuts with
Pierre George's
Salon!
12:00 SPRING
LUNCHEON!
1:00 pm: Tai Chi -
Hybrid
2:00 pm: Egg hunt

TUESDAY

7

9:00 AM- 3:00 PM
NYU Nurses
9:30 am: *Movement
Speaks*-Dances for
a Variable
Population
3:00 pm: BASKET
MAKING!
1:00 pm S.A.I.L

WEDNESDAY

1

11:00 am:
Therapeutic
Yoga - Hybrid
2:00 pm:
Badminton
2:30 pm: Leisure
Games

8

11:00 am:
Therapeutic
Yoga - Hybrid
2:00 pm:
Badminton
2:30 pm: Leisure
Games

THURSDAY

2

9:00 AM- 3:00 PM
NYU Nurses
10am: Stretch and
Balance W/ Audrey-
Hybrid*
GH CHOIR:11:00 am
1:00 pm Chair: Fitness
w. JaZell
2:00 pm: Art Studio

9

9:00am - 3 PM Nurses
10am: Stretch and
Balance
10:30am NYU/
Presentation
11:00:am GH CHOIR
1:00pm Chair: Fitness w.
JaZell
2:00 pm: Poetry & Art
Studio

FRIDAY

3

11:30am
SCRABBLE &
CHESS CLUB
2:30 pm: BINGO!

10

11:30am
SCRABBLE &
CHESS CLUB
2:30 pm: BINGO!

13

9:00 AM- 3:00PM
NYU Nurses
1:00 pm: Tai Chi -
Hybrid
2:00 pm: Leisure
Games
2:30 pm:
AFTERNOON AT
THE MOVIES!

14

9:00 AM- 3:00 PM
NYU Nurses
9:30 am: *Movement
Speaks*-Dances for
a Variable
Population
1:00 pm S.A.I.L with
JaZell

15

11:00 am:
Therapeutic
Yoga - Hybrid
2:00 pm:
Badminton
2:30 pm: Leisure
Games

16

9:00 AM- 3:00 PM
NYU Nurses
10am: Stretch and
Balance W/ Audrey-
Hybrid*
GH CHOIR:11:00 am
1:00 pm Chair:
Fitness w. JaZell
2:00 pm: Art Studio

17

11:30am
SCRABBLE &
CHESS CLUB
2:30 pm: BINGO!



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IN-PERSON CALENDAR

25 Carmine St. | Center Director Sabrina Santiago | 212-989-3620 | ssantiago@greenwichhouse.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

20

9:00 AM- 3:00 PM
NYU Nurses
1:00 pm: Tai Chi - Hybrid
2:00 pm: Leisure Games
2:30 pm:
AFTERNOON AT THE MOVIES!



27

9:00 - 3:00 PM
NYU Nurses
1:00pm: Tai Chi - Hybrid
2:00 pm: Leisure Games
11am-4pm
HAIRCUTS WITH ELIZABETH! Appt only



21

9:00 AM- 3:00 PM
NYU Nurses
9:30 am: *Movement Speaks*-Dances for a Variable Population
1:00 pm S.A.I.L with JaZell
2:30-Art Lecture w/ Robert Bunkin



28

9:00 AM- 3:00 PM
NYU Nurses
9:30 am: *Movement Speaks*-Dances for a Variable Population
1:00 pm S.A.I.L with JaZell

22

11:00 am: Therapeutic Yoga - Hybrid
2:00 pm: Badminton
2:30 pm: Leisure Games



29

11:00 am: Therapeutic Yoga - Hybrid
2:00 pm: Badminton
2:30 pm: Leisure Games



23

9:00 AM- 3:00
NYU Nurses
10am: Stretch and Balance W/ Audrey- Hybrid*
GH CHOIR:11:00 am
1:00 pm Chair: Fitness w. JaZell
2:00 pm: Art Studio

24

11:30am
SCRABBLE & CHESS CLUB
2:00 pm: APRIL BIRTHDAY PARTY!



30

9:00 AM- 3:00
NYU Nurses
10am: Stretch and Balance W/ Audrey- Hybrid*
GH CHOIR:11:00 am
1:00 pm Chair: Fitness w. JaZell
2:00 pm: Art Studio





WESTBETH OLDER ADULT CENTER | APRIL 2026

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 3-4pm: 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

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

10-11: Coffee Club
10:45-11:45: Memoir Class
12-2 Blood Pressure Screening w/ NYU
2:30-4: Art Talk
3:30-4:30: Tai Chi



2

10-11: Coffee Club
10:15-11:45: Tell Us Your Stories Workshop
2-3: Strength & Mobility
2:30-4:30: Movie & Discussion: War Machine - Science Fiction-Action

3

10-11: Coffee Club
10:30-11:45: Basic Fitness *
1:30-2:30: Japanese Dance [Click Here](#) for Zoom*
1:45-3:45: Whitney Art Museum Workshop (Class is Full)
3-4: Women's Group
3-4: Qi Gong



4

10-11: Coffee Club
10:30-1:30: Virtual Tour & Discussion-Rome
1-2: Sing - Along
2-3: Games

7

10-11: Coffee Club
10:30-11:30: Documentary & Discussion: Famous Last Words Dr. Jane Goodall
2-3: Strength & Mobility *
3-4: Release & Restore for Mindbody

8

10-11: Coffee Club
10:45-11:45: Memoir Class
11-2 Blood Pressure Screening w/ NYU
12-2: Join us for a special **Easter / Passover Luncheon!**
2:30-4: Art Talk
3:30-4:30: Tai Chi



9

10-11: Coffee Club
10:15-11:45: Tell Us Your Stories Workshop
2-3: Strength & Mobility
2:30-4:30: Movie & Discussion: The Last Word -Comedy

10

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

11

10-11: Coffee Club
10:30-1:30: Virtual Tour & Discussion-Scotland
1-2: Sing - Along
2-3: Games



WESTBETH OLDER ADULT CENTER | APRIL 2026

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

MONDAY

Social Services:
Need assistance with Benefits & Entitlement? Come see our Case Manager Lucy, available Wednesdays & Thursdays 9am - 5pm

Financial Wellness Educator, Kay is available on Thursday 4/16 from 10am - 12:30pm

TUESDAY

10-11: Coffee Club **14**
10:30-11:30: Documentary & Discussion: The Minimalist
2-3: ~~Strength & Mobility*~~ **cancelled**
3-4: ~~Release & Restore for Mindbody~~

10-11: Coffee Club **21**
10:30-11:30: Documentary & Discussion: Who Shot the Sherrif
2-3: ~~Strength & Mobility*~~ **cancelled**
3-4: ~~Release & Restore for Mindbody~~

10-11: Coffee Club **28**
10:30-11:30: Documentary & Discussion: Period. End of Sentence
12-1: **Nutrition Presentation**- A Taste of Spring
2-3: ~~Strength & Mobility*~~
3-4: ~~Release & Restore~~ **Cancelled**

WEDNESDAY

10-11: Coffee Club **15**
10:45-11:45: Memoir Class
2-3: **Health Presentation**- The Hidden Liver Condition
2:30-4: Art Talk
3:30-4:30: Tai Chi

10-11: Coffee Club **22**
10:45-11:45: Memoir Class
11-3: **Trip:** Museum of Natural History (RSVP w/ Janet)
2:30-4: Art Talk
3:30-4:30: Tai Chi

10-11: Coffee Club **29**
10:45-11:45: Memoir Class
2:30-4: Art Talk
3:30-4:30: Tai Chi

THURSDAY

10-11: Coffee Club **16**
10-12:30: Financial Wellness w/ Kay
10:15-11:45: Tell Us Stories Workshop
11-11:30: **Nutrition Presentation**- Eating Well for one or two
1:30-2: ~~Financial Presentation~~: Budgeting
2-3: ~~Strength & Mobility CAN.~~
2:30-5:00: Movie & Discussion: Anatomy of a Fall

10-11: Coffee Club **23**
10:15-11:45: Tell Us Your Stories Workshop
2-3: ~~Strength & Mobility~~ **cancelled**
2:30-4:30: Movie & Discussion: The Thursday Murder Club -Comedy

10-11: Coffee Club **30**
10:15-11:45: Tell Us Your Stories Workshop
2-3: ~~Strength & Mobility~~ **cancelled**
2:30-4:30: Movie & Discussion: Rustin Historic Drama

FRIDAY

10-11: Coffee Club **17**
10:30-11:45: Basic Fitness *
1:30-2:30: Japanese Dance * **Click here**
1:45-3:45: Whitney Art Museum Workshop
3-4: Women's Group
3-4: Qi Gong

10-11: Coffee Club **24**
10:30-11:45: Basic Fitness *
1-2: **Health Presentation:** Understanding Foot Tendonitis
1:30-2:30: Japanese Dance *
1:45-3:45: Whitney Art Museum Workshop
3-4: Women's Group
3-4: Qi Gong

SATURDAY

10-11: Coffee Club **18**
10:30-1:30: Virtual Tour & Discussion- Capri
1-2: Sing - Along
2-3: Games

10-11: Coffee Club **25**
10:30-1:30: Virtual Tour & Discussion- Iceland
1-2: Sing - Along
2-3: Games