

CENTER ON THE SQUARE | MARCH 2026

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

MONDAY

2

9-5pm Social Worker Available
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
12pm-Active Balance - P
2pm Movie & Discussion: Blue Moon (Prime) - CR
3-4pm - NEW CLASS YOGA - P

TUESDAY

3

10AM Chair Fitness - Jazell- P
11am Jewelry -P
11:30 Tina the Hairstylist - AR
12pm Health presentation- "How to improve your mood" - DR
1pm Financial Planning - ALLEN ZWICKLER - CR
1:30-3:30 Sock Monkey class - AR
2-3 Al w Mark - CR - On vacation until April
2pm Music Appreciation w Gregory Singer -P

WEDNESDAY

4

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

5

12PM Knitting & Crochet - AR
11am Chair Stretching w JaZell-P
1pm Financial Presentation- SLAM THE SCAM - CR
1-2:30PM Theatre for Change -P
2:30-4pm Al w Roland - P
3:30 Meeting - CR

FRIDAY

6

9:15-12 Single Stop Tax Call for Appointment-P
12-1 Monthly Journaling Club - CR
12:50 Trip to Institute for the Study of the Ancient World
1:00pm Moving Meditation- P
2-4 GH Wellness Even -DR
2:15 Documentary & Discussion - Jim & Andy the Great Beyond (Netflix)- CR
3:30 Peacefood

9

9-5pm Social Worker Available
9 NYU nurses blood pressure
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
12pm-Active Balance - P
2pm Movie & Discussion: Train Dreams (Netflix) CR
3-4pm - NEW CLASS YOGA - P

10

10AM Chair Fitness - Jazell- P
11am Jewelry -P
11am CARDOZO LAW SCHOOL SECURITIES ARBITRATION CLINIC: SLAM THE SCAM: EASY STEPS -DR
pm Financial Planning - MARK SCHNIEBOLK -CR
1:30-3:30 Sock Monkey class - AR
2pm General Membership Meeting - DR
2-3 Al w Mark - CR - On vacation until April
2pm Music Appreciation w Gregory Singer -P

11

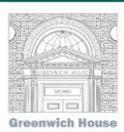
9-5pm Social Worker Available
10:30 am Art Talk-P
10:30 Brainercise-CR
12:45 Qi Gong Tai Chi-P
2pm Intermediate French -Zoom CR
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

12

12PM Knitting & Crochet - AR
11am Chair Stretching w JaZell-P
1pm Financial Presentation- SLAM THE SCAM - CR
1-2:30PM Theatre for Change -P
2:30-4pm Al w Roland - P
3:30 Meeting - CR

13

9:15-12 Single Stop Tax Call for Appointment-P
1:00pm Moving Meditation- P
2:15 Documentary & Discussion - The Queen Mary Greatest Ocean Liner (Prime)- CR
3:30 Peacefood



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MONDAY

16

9-5pm Social Worker Available
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
12pm-Active Balance - P
2pm Movie & Discussion: His Three Daughters- CR
3-4pm - NEW CLASS YOGA - P

23

9-5pm Social Worker Available
9 NYU nurses blood pressure
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
12pm-Active Balance - P
2pm Movie & Discussion: On Golden Pond (Prime)- CR
3-4pm - NEW CLASS YOGA - P

30

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 Classes Resume - P
2pm Movie & Discussion: Wake Up Dead Man Knives Out (Netflix) CR
3-4pm - NEW CLASS YOGA - P

TUESDAY

17

10AM Chair Fitness - Jazell- P
11am Jewelry -1pm Financial Planning - ALLEN ZWICKLER - CRP
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

24

10AM Chair Fitness - Jazell- P
11am Jewelry -P
11am "THE CAREGIVING TOOLBOX: A GUIDE TO FINANCIAL CAREGIVING" BETH PINSKER, CFP, AUTHOR - DR
1pm Financial Planning - MARK SCHNIEBOLK -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

31

10AM Chair Fitness - Jazell- P
11am Jewelry -P
11-1 Chorus performs @ Whitney Older Adult Day
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

18

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

25

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

19

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

26

10-12 Sharing Excess Pop-Up Food Bank
12PM Knitting & Crochet - AR
11am Chair Stretching w JaZell-P
1pm Financial Presentation- SLAM THE SCAM - CR
1-2:30PM Theatre for Change -P
2:30-4pm AI w Roland - P
3:30 Meeting - CR

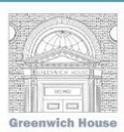
FRIDAY

20

9:15-12 Single Stop Tax Call for Appointment-P
12 Julliard Performance Mezz
1:00pm Moving Meditation- P
2:15 Documentary & Discussion - The Age of Disclosure (Prime)- CR
3pm Julliard Performance Mezz
3:30 Peacefood

27

9:15-12 Single Stop Tax Call for Appointment-P
1:00pm Moving Meditation- P
2:15 Documentary & Discussion - The Quilters (Netflix)- CR
3:30 Peacefood



INDEPENDENCE PLAZA OLDER ADULT CENTER | MARCH 2026

IN-PERSON CALENDAR

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

MONDAY

2

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

TUESDAY

3

10:00: Trip-Trader Joe's
11:00: Tai Chi w/ Pin Pin
11:00: Indoor Walking Club
1:30: Karate
2:00: Film-*Cry the Beloved Country*

WEDNESDAY

4

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

THURSDAY

5

11:00: Indoor Walking Club
1:00: Trip-Morgan Library & Museum
2:30: Games
4:00: Stuy HS Cyber Mentors

FRIDAY

6

10:30-12:00: Fabric Painting NEW!
11:00: Indoor Walking Club
12-2:00: Meet the Nurse
2:30: Games

9

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

10

10:30: Trip-Aldi/Costco
11:00: Tai Chi w/ Pin Pin
1:30: Karate
2:00: Film-*Moonlight*

11

10-3:00: Financial Wellness with Kay
11:00: Feldenkrais
11:00: FallStop
1:30: Painting
1:30: Aerobics w/ JaZell
2:30: Chair Fitness w/ JaZell

12

11:00: Indoor Walking Club
1:00: Trip-Int'l Ctr of Phtgrphy
2:30: Games
4:00: Stuy HS Cyber Mentors

13

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



INDEPENDENCE PLAZA OLDER ADULT CENTER | MARCH 2026

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MONDAY

16

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

23

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

30

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

TUESDAY

17

10:00: Trip-Trader Joe's
11:00: Tai Chi w/ Pin Pin
11:00: Indoor Walking Club
1:30: Karate
2:00: Film-TBD

24

10:00: Trip-Lidl/Trader Joe's
11:00: Tai Chi
11:00: Walking Club
1:30: Karate
2:00: Film-*Bamboozled*

31

10:00: Trip-Trader Joe's
11:00: Tai Chi w/ Pin Pin
11:00: Indoor Walking Club
12-1:30: March Birthdays
1:30: Karate
2:00: Film-*Daughters of the Dust*

WEDNESDAY

18

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

25

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

THURSDAY

19

10:30: Trip-NY Historical
11:00: Indoor Walking Club
1:30: Nutrition Ed w/ Susie S.
2:30: Games

26

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

FRIDAY

20

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

27

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



OUR LADY OF POMPEII OLDER ADULT CENTER | MARCH 2026

IN-PERSON CALENDAR

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

MONDAY

2
9:00 AM- 3:00 pm:
NYU Nurses
 1:00 pm: Tai Chi - Hybrid
 2:00 pm: Leisure Games
11:00 am-4:00 pm:
HAIRCUTS FOR FEBUARY APPOINTMENTS ONLY!
NO ACCEPTIONS

9
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!

TUESDAY

3
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
2:00-4:00 PM GH Wellness Event

10
9:00 AM- 3:00pm
NYU Nurses
 9:30 am: *Movement Speaks-Dances* for a Variable Population
 1:00 pm S.A.I.L with JaZell

WEDNESDAY

4
 10:00 am-1:00 pm: Financial-Benefit Assistance with Kay
 11:00 am: Therapeutic Yoga - Hybrid
12:00: Nutrition Classes with Stop & Shop
1:30: Presentation W/ Kay 'SLAM THE SCAM'
 2:00 pm: Badminton
 2:30 pm: Leisure Games

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

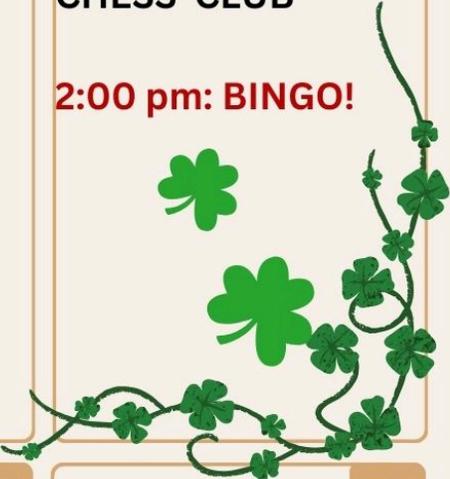
THURSDAY

5
 10am: Stretch and Balance W/ Audrey- Hybrid*
GH CHOIR:11:00 am
 1:00 pm Chair: Fitness w. JaZell
 2:00 pm: Poetry w/Arlene!
 2:00 pm: Art Studio

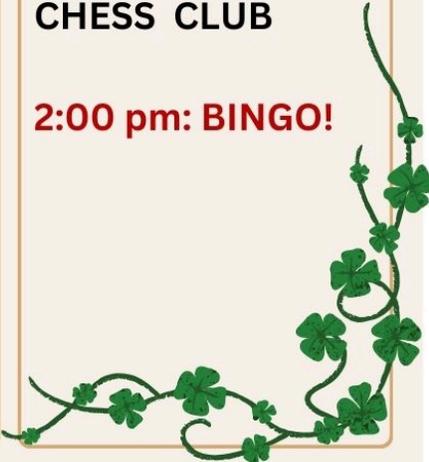
12
 10:00 am Stretch and Balance W/ Audrey- Hybrid*
GH CHOIR- 11:00 am
 1:00 pm Chair Fitness w. JaZell
 2:00 pm-Poetry w/Arlene!
 2:00 pm Art Studio

FRIDAY

6
 11:30am: SCRABBLE & CHESS CLUB
2:00 pm: BINGO!



13
 11:30am SCRABBLE & CHESS CLUB
2:00 pm: BINGO!





OUR LADY OF POMPEII OLDER ADULT CENTER | MARCH 2026

IN-PERSON CALENDAR

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

MONDAY

9:00 -3:00 PM: 16
NYU Nurses
 1:00 pm Tai Chi - Hybrid
 2:00 pm-Leisure Games
2:30 AFTERNOON AT THE MOVIES!

9:00 - 3:00 PM 23
NYU Nurses
 1pm Tai Chi - Hybrid
 2pm-Leisure Games
2:30 AFTERNOON AT THE MOVIES!

9:00 - 3:00 PM 30
NYU Nurses
 1:00pm: Tai Chi - Hybrid
 2:00 pm: Leisure Games
 11am-4pm
HAIRCUTS WITH ELIZABETH! Appt only

TUESDAY

9:00 -3:00 PM: 17
NYU Nurses
 9:30 am: *Movement Speaks-Dances for a Variable Population*
 1pm S.A.I.L with JaZell

9:00 AM- 3:00 PM: 24
NYU Nurses
 9:30 am: *Movement Speaks-Dances for a Variable Population*
 1:00 pm: S.A.I.L with JaZell
2:30: Art History w/ Robert Bunkin!

9:00 AM- 3:00 PM: 31
NYU Nurses
 9:30 am: *Movement Speaks-Dances for a Variable Population*
 1:00 pm: S.A.I.L with JaZell

WEDNESDAY

11:00 am: 18
Therapeutic Yoga - Hybrid
12:00 PM: ST. PATRICK'S DAY LUNCHEON!
2:00 pm:
Badminton
2:30 pm: Leisure Games

11:00 am: 25
Therapeutic Yoga - Hybrid
2:00 pm:
Badminton
2:30 pm: Leisure Games

THURSDAY

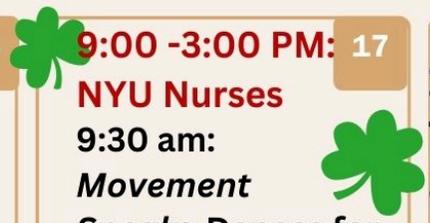
10:00 AM: Stretch and Balance W/ Audrey- Hybrid* 19
GH CHOIR: 11:00 AM
1:00 pm Chair Fitness w. JaZell
2:00pm: Poetry w/Arlene!
2:00pm: Art Studio

10am Stretch and Balance W/ Audrey- Hybrid* 26
GH CHOIR- 11 am
1pm Chair Fitness w. JaZell
2pm-Poetry w/Arlene!
2pm Art Studio

FRIDAY

11:30am: SCRABBLE & CHESS CLUB 20
2:00 pm: BINGO!
2:30 pm: ST. PATRICK'S DAY PARTY!
(WRITE SONG REQUESTS AT FRONT)

11:30am SCRABBLE & CHESS CLUB 27
2:00 pm BINGO!





WESTBETH OLDER ADULT CENTER | MARCH 2026

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**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!



3

10-11: Coffee Club
10:30-11:30:
Documentary
& Discussion- Lend
Me Home
2-3: Strength &
Mobility
3-4: Release & Restore
for Mindbody



4

10-11: Coffee Club
11-12: Memoir Class
12-1: **Nutrition
Presentation**- Fun
w/ Frozen Foods by
Stop & Shop
2:30-4: Art Talk
3:30-4:30: Tai Chi

5

10-11: Coffee Club
10:15-11:45: Tell Us
Your Stories **NEW!**
Limited Seats.
11-12: Self Blood
Pressure Monitoring
2-3: Strength &
Mobility
2:30-4:30: Movie &
Discussion: Good
Night & Good Luck
Broadway 2025

6

10-11: Coffee Club
10:30-11:45: Basic
Fitness
1:30-2:30: Japanese
Dance (now
available on zoom)
3-4: Women's Group
w/ Isabella
3-4: Qi Gong

7

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

10

10-11: Coffee Club
10:30-11:30
Documentary
& Discussion: Devil at
the crossroads
2-3: Strength & Mobility
3-4: Release & Restore
for Mindbody

11

10-11: Coffee Club
11-12: Memoir Class
11-3: Blood Pressure
Screening- NYU
1:30-2:30: **Health
Presentation**- NYU
2:30-4: Art Talk
3:30-4:30: Tai Chi

12

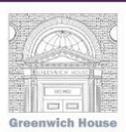
10-11: Coffee Club
10:15-11:45: Tell Us
Your Stories **NEW!**
Limited Seats
11-12: Self Blood
Pressure Monitoring
2-3: Strength &
Mobility
2:30-4:30: Movie &
Discussion: Elenor
the Great

13

10-11: Coffee Club
10:30-11:45: Basic
Fitness
1:30-2:30: Japanese
Dance
3-4: Women's Group
w/ Isabella
3-4: Qi Gong

14

10-11: Coffee Club
10:30-11:30: Virtual
Tour & Discussion-
African American
Museum in W.D.C.
1-2: Sing - Along
2-3: Games



WESTBETH OLDER ADULT CENTER | MARCH 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 3/19 from 10am - 12:30pm

TUESDAY



17
10-11: Coffee Club
10:30 -11:30
Documentary & Discussion: The Quilters
2-3: Strength & Mobility
3-4: Release & Restore for Mindbody

24
10-11: Coffee Club
10:30-11:30:
Documentary & Discussion: Tricky Dick & the man in Black
2-3: Strength & Mobility
3-4: Release & Restore for Mindbody

31
10-11: Coffee Club
10:30-11:30:
Documentary & Discussion: Elephant Whisperers
2-3: Strength & Mobility
3-4: Release & Restore for Mindbody

WEDNESDAY

18
10-11: Coffee Club
11-12: Memoir Class
2:30-4: Art Talk
3:30-4:30: Tai Chi

25
10-11: Coffee Club
11-12: Memoir Class
11-3: Blood Pressure Screening- NYU
2-3: **Health Presentation:** NYU
2:30-4: Art Talk
3:30-4:30: Tai Chi

THURSDAY

19
10-11: Coffee Club
10:15-11:45: Tell Us Your Stories **NEW!**
Limited Seats
1:30-2 **Financial Presentation-** Slam the Scam! Identity Theft w/Kay
2-3: Strength & Mobility
2:30-4:30: Movie & Discussion: Blue Moon

26
10-11: Coffee Club
10:15-11:45: Tell Us Your Stories **NEW!**
Limited Seats
2-3: Strength & Mobility
2:30-4:30: Movie & Discussion: Goodbye June

FRIDAY

20
10-11: Coffee Club
10:30-11:45: Basic Fitness
1:30-2:30: Japanese Dance
1:30-3: **Health Presentation:** Managing Pain *
3-4: Women's Group w/ Isabella
3-4: Qi Gong

27
10-11: Coffee Club
10- 11: **Health Presentation:** Understanding Chronic Kidney Disease*
10:30-11:45: Basic Fitness
1:30-2:30: Japanese Dance
3-4: Women's Group w/ Isabella
3-4: Qi Gong

SATURDAY

21
10-11: Coffee Club
10:30-11:30: Virtual Tour & Discussion- The Sistine Chapel
1-2: Sing - Along
2-3: Games

28
10-11: Coffee Club
10:30-11:30: Virtual Tour & Discussion- British Museum
Walking tour
1-2: Sing - Along
2-3: Games