



CENTER ON THE SQUARE | JULY 2026

IN-PERSON CALENDAR

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

MONDAY

6

10-4pm Social Worker Available
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
2pm Movie & Discussion: Blue Moon - Netflix- CR
~~3-4pm - YOGA - Mezz- Canceled~~

13

10-4pm Social Worker Available
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
2pm Movie & Discussion: The Swedish Connection - netflix- CR
3-4pm - YOGA - Mezz

TUESDAY

7

11 am Game: CELEBRITY!
Collaborative game similar to charades which challenges memory and fosters hilarity! - DR
11am Jewelry -P
1pm Financial Planning -Mark Schniebolk - CR
1:30-3:30 Sock Monkey class - AR
2pm Music Appreciation w Gregory Singer -P

14

11am Jewelry -P
1pm Financial Planning -Mark Schniebolk - CR
1:30-3:30 Sock Monkey class - AR
2pm Music Appreciation w Gregory Singer -P

WEDNESDAY

1

10-4pm Social Worker Available
10:30 am B rainercise
11:30-3 Costco
12:45 Qi Gong Tai Chi-P
2pm Intermediate French - Zoom CR
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

10-4pm Social Worker Available
10:30 am Brainercise

11:30-3 Costco
12:45 Qi Gong Tai Chi-P
2pm Intermediate French -Zoom CR
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

15

10-4pm Social Worker Available
10:30 am B rainercise
11:30-3 Costco
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

11AM Knitting & Crochet - AR NEW TIME
12pm Chair Fitness w JaZell-P new date & time
1pm Updates on Medicare, Medicaid & SS - CR
2:30-4pm AI w Roland - P
3:30 Meeting - CR

9

11AM Knitting & Crochet - AR NEW TIME
12pm Chair Fitness w JaZell-P new date & time
1pm Updates on Medicare, Medicaid & SS - CR
2:30-4pm AI w Roland - P
3:30 Meeting - CR

16

SHARING EXCESS FARMERS MARKET POP-UP
11AM Knitting & Crochet - AR NEW TIME
11-11:30 Nutrition Presentation
1 x Hydration Hacks - DR
12pm Chair Fitness w JaZell-P new date & time
2:30-4pm AI w Roland - P
3:30 Meeting - CR

FRIDAY

3

Center Closed for 4th of July
Happy 250th America

10

1:00pm Moving Meditation- P
2PM Active Balance w Jazell - P new date & time
2:15 Documentary & Discussion -Andre is an idiot - netflix - CR
3:30 Peacefood

17

1:00pm Moving Meditation- P
2PM Active Balance w Jazell - P new date & time
2:15 Documentary & Discussion -The wrecking crew - prime My mom Jayne: A film by Mariska Hargitay - prime - CR
3:30 Peacefood



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MONDAY

20

10-4pm Social Worker Available
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
2pm Movie & Discussion: Soul on Fire - Netflix - CR
3-4pm - YOGA - Mezz

TUESDAY

21

11am Jewelry -P
1pm Financial Planning -Alan Zwickler - CR
1:30-3:30 Sock Monkey class - AR
2 pm Stoic philosophy: how it can improve emotional health (SE)A presentation on the tenets of stoic philosophy and how it can support emotional health and foster resilience followed by a discussion -CR
2pm Music Appreciation w Gregory Singer -P

WEDNESDAY

22

10-4pm Social Worker Available
10:30 am B rainercise
11:30-3 Costco
12:45 Qi Gong Tai Chi-P
2pm Intermediate French - Zoom CR
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

THURSDAY

23

11AM Knitting & Crochet - AR NEW TIME
12pm Chair Fitness w JaZell- P new date & time
1pm Updates on Medicare, Medicaid & SS - CR
2:30-4pm AI w Roland - P
3:30 Meeting - CR

FRIDAY

24

1:00pm Moving Meditation- P
2PM Active Balance w Jazell - P new date & time
2:15 Documentary & Discussion -Queen of Chess - Netfliik- CR
3:30 Peacefood

27

10-4pm Social Worker Available
10am Tai Chi - P
11am Shakespeare-Zoom-CR
11am Chinese Painting- AR
2pm Movie & Discussion: The Penguin Lesson - Netfliik- CR
3-4pm - YOGA - Mezz

28

11am Jewelry -P
1pm Financial Planning -Mark Schniebolk - CR
1:30-3:30 Sock Monkey class - AR
2pm Music Appreciation w Gregory Singer -P

29

10-4pm Social Worker Available
10:30 am B rainercise
11:30-3 Costco
12:45 Qi Gong Tai Chi-P
2pm Intermediate French - Zoom CR
2pm Let's Jam (Music) - P
2pm Open Art Studio- AR

30

11AM Knitting & Crochet - AR NEW TIME
12pm Chair Fitness w JaZell- P new date & time
2:30-4pm AI w Roland - P
3:30 Meeting - CR

31

1:00pm Moving Meditation- P
2PM Active Balance w Jazell - P new date & time
2:15 Documentary & Discussion - Chris & Martina Final Set-Netflix-CR
3:30 Peacefood



INDEPENDENCE PLAZA OLDER ADULT CENTER | JULY 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

13

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

TUESDAY

7

10:00: Trip-Trader Joe's
11:00: Tai Chi w/ Pin Pin
1:00: Life Lessons w/ Sigourney
1:30: Karate
2:30: Aerobics w/ JaZell

14

10:30: Trip-Aldi / Costco
11:00: Tai Chi w/ Pin Pin
1:30: Karate
2:30: Aerobics w/ JaZell

WEDNESDAY

1

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

8

10-3:00: Fin Wellness w/ Kay
11: Feldenkrais
1:30: Painting
1:30: Chair Fitness w/ JaZell

15

10-12:00: Haircuts +Hygiene
11:00: Feldenkrais
1:30: Painting
1:30: Chair Fitness w/ JaZell

THURSDAY

2

11:00: Indoor Walking Club
2:30: Games
2:30: Aerobics w/ JaZell

9

11:00: Indoor Walking Club
1:00: Trip-Museum of Chinese in America
2:30: Games
2:30: Aerobics w/ JaZell

16

10:00: Trip-The Cloisters
11:00: Indoor Walking Club
2:30: Games
2:30: Aerobics w/ JaZell

FRIDAY

3

4th of July Holiday: Center Closed

10

11:00: Indoor Walking Club
2:00: Film-Jaws
2:30: Games

17

11:00: Indoor Walking Club
12-2:00: Meet the Nurse
2:00: Film-Dog Day Afternoon
2:30: Games



INDEPENDENCE PLAZA OLDER ADULT CENTER | JULY 2026

IN-PERSON CALENDAR

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

MONDAY

20

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

TUESDAY

21

10:00: Trip-Trader Joe's
11:00: Tai Chi w/ Pin Pin
1:00: Stress Less w/ Sigourney
1:30: Karate
2:30: Aerobics w/ JaZell

WEDNESDAY

22

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

THURSDAY

23

9:30: Trip-Little Is, Pier 57, Chelsea Mkt
11:00: Indoor Walking Club
2:30: Games
2:30: Aerobics w/ JaZell

FRIDAY

24

11:00: Indoor Walking Club
2:00: Film-Grease
2:30: Games

27

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

28

10:00: Trip-Trader Joe's
11:00: Tai Chi w/ Pin Pin
12-1:30: July Birthdays
1:00: Gratitude Gathering w/ Sigourney
1:30: Karate
2:30: Aerobics w/ JaZell

29

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

30

11:00: Indoor Walking Club
1:00: Trip-Museum of American Indian
2:30: Games
2:30: Aerobics w/ JaZell

31

10:00: Jewelry
11:00: Indoor Walking Club
1:00: Jewelry
2:00: Film-Breaking Away
2:30: Games



OUR LADY OF POMPEII OLDER ADULT CENTER | JULY 2026

IN-PERSON CALENDAR

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6

2:00 pm: Leisure Games
3:00 pm: Bingo-cize w Jazell!



7

9:00 AM-3:00 pm: NYU Nurses
1:00 pm: Chair Fitness w. Jazell
2:00: Therapeutic Yoga - Hybrid
2:00 pm: Arts & Crafts!



1

1:30-Presentation W/ Kay: Updates on Medicare, Medicaid and Social Security.
2:00 pm: Pickleball
2:30 pm: Leisure Games

8

11:00-12:00 PM Indoor Walking Club!
2:00 pm: Pickleball
2:30 pm: Leisure Games

2

9:00 AM-3:00 pm: NYU Nurses
10am: Stretch and Balance
1:00pm S.A.I.L w JaZell
2:00: Art Studio

9

9:00 AM-3:00 pm: NYU Nurses
10am: Stretch and Balance
1:00pm S.A.I.L w JaZell
2:00:Art Studio
2:30 pm: Poetry With Arlene!

3



Center Closed
For
Independence
Day

10

11:30am SCRABBLE & CHESS CLUB
2:00-2:30 pm: Dance Class (Boots on The Ground)
2:30 pm: BINGO!

13

2:00 pm: Leisure Games
3:00 pm: Bingo-cize w Jazell!



14

9:00 AM-3:00 pm: NYU Nurses
1:00 pm: Chair Fitness w. Jazell
2:00: Therapeutic Yoga - Hybrid
2:00 pm: Arts & Crafts!
2:00 pm: OPEN CLOSET!



15

11:00-12:00 PM Walking Club!
2:00 pm: Pickleball
2:30 pm: Leisure Games

16

9:00 AM-3:00 pm: NYU Nurses
10am: Stretch and Balance
11:00: Nutrition Classes with Stop & Shop
1:00pm S.A.I.L w JaZell
2:00: Art Studio

17

11:30am SCRABBLE & CHESS CLUB
2:00-2:30 pm: Dance Class (Boots on The Ground)
2:30 pm: AFTERNOON AT THE MOVIES!



OUR LADY OF POMPEII OLDER ADULT CENTER | JULY 2026

IN-PERSON CALENDAR

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

20

2:00 pm: Leisure Games
3:00: Bingo-cize w Jazell!



21

9:00 AM-3:00 pm: NYU Nurses
1:00 pm: Chair Fitness w. Jazell
2:00: Therapeutic Yoga - Hybrid
2:00 pm: Arts & Crafts!
2:00 pm: OPEN CLOSET!

22

11:00-12:00 PM Walking Club!
2:00 pm: Pickleball
2:30 pm: Leisure Games



23

9:00 AM-3:00 pm: NYU Nurses
10am: Stretch and Balance
1:00pm S.A.I.L w JaZell
2:00 pm: Art Studio
2:30 pm: Poetry With Arlene!

24

11:30am SCRABBLE & CHESS CLUB
2:00-3:00 pm: KARAOKE!
2:30 pm: BINGO!

27

11am-4pm HAIRCUTS WITH ELIZABETH!
Appt only
2:00 pm: Leisure Games
3:00: Bingo-cize w Jazell!

28

9:00 AM-3:00 pm: NYU Nurses
1:00 pm: Chair Fitness w. Jazell
2:00: Therapeutic Yoga - Hybrid
2:00 pm: Arts & Crafts!

29

11:00-12:00 PM Walking Club!
1:30 PM: LUNCH & LEARN w/ Marie
2:00 pm: Pickleball
2:30 pm: Leisure Games



30

9:00 AM-3:00 pm: NYU Nurses
10am: Stretch and Balance
1:00pm S.A.I.L w JaZell
2:00: Art Studio
2:30 pm: Poetry With Arlene!

31

11:30am SCRABBLE & CHESS CLUB
2:00-4:00 PM: JULY BIRTHDAY PARTY!





WESTBETH OLDER ADULT CENTER | JULY 2026

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

WEDNESDAY

1

10-11: Coffee Club
12-12:30 **Nutrition Presentation:** The flavors of July *
2:30-3:30: Mandala Art Workshop
3:30-4:30: Tai Chi

8

10-11: Coffee Club
11-11:45: Strength & Mobility
11:45-12:30: Yoga
2:30-3:30: Mandala Art Workshop
3:30-4:30: Tai Chi

15

10-11: Coffee Club
11-11:45: Strength & Mobility
11:45-12:30: Yoga
2:30-3:30: Mandala Art Workshop
3:30-4:30: Tai Chi

THURSDAY

2

10-11: Coffee Club
2-3: Strength & Mobility
2:30-4:30: Movie & Discussion: Golda

9

10-11: Coffee Club
12-2: Blood Pressure Screening- NYU
1:30-2:30: Health Presentation- NYU
2-3: Strength & Mobility
2:30-4:30: Movie & Discussion: The Unforgivable

16

10-11: Coffee Club
10 - 12:30: Financial Wellness w/ Kay
12-2: Blood Pressure Screening- NYU
1-2: **Health Presentation**-NYU
1:30-2:30: **Presentation:** Social Security
2:30-3:30: **Health Presentation:** Self Care
2-3: Strength & Mobility
3 -4:30: Movie & Discussion: The Life A head

FRIDAY

3

Center closing early to observe Independence Day 9:00am - 1:00pm

10-11: Coffee Club
10:30-12:30 Brunch

10

10-11: Coffee Club
10:30-11:45: Basic Fitness *
12 - 2: Blood Pressure Screening by Cheryl
2 -2:30: **Health Presentation:** Summer Safety for Seniors & Pets
1:30-2:30: Japanese Dance *
3-4: Women's Group

17

10-11: Coffee Club
10:30-11:45: Basic Fitness *
1:30-2:30: Japanese Dance *
3-4: Women's Group

SATURDAY

4

Center CLOSED in observance of Independence Day 

11

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

18

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

SUNDAY

5

10-11: Coffee Club
10:30-1:30: Virtual Tour & Discussion
11:30-1:30: Brunch
2-3: Games

12

10-11: Coffee Club
10:30-1:30: Virtual Tour & Discussion
11:30-1:30: Brunch
2-3: Games

19

10-11: Coffee Club
10:30-1:30: Virtual Tour & Discussion
11:30-1:30: Brunch
1:30-2:30: Sing - Along w/ Barbara!
2-3: Games



WESTBETH OLDER ADULT CENTER | JULY 2026

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

WEDNESDAY

22

10-11: Coffee Club
11-11:45: Strength & Mobility
11:45-12:30: Yoga
2:30-3:30: Mandala Art Workshop
3:30-4:30: Tai Chi

THURSDAY

23

10-11: Coffee Club
12-2: Blood Pressure Screening- NYU
1:30-2:30: Health Presentation- NYU
2-3: Strength & Mobility
2:30-4:30: Movie & Discussion: A Private War

FRIDAY

24

10-11: Coffee Club
10:30-11:45: Basic Fitness *
1:30-2:30: Japanese Dance *
3-4: Women's Group

SATURDAY

25

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

SUNDAY

26

10-11: Coffee Club
10:30-1:30: Virtual Tour & Discussion
11:30-1:30: Brunch
1:30-2:30: Sing - Along w/ Barbara!
2-3: Games

29

10-11: Coffee Club
11-11:45: Strength & Mobility
11:45-12:30: Yoga
2:30-3:30: Mandala Art Workshop
3:30-4:30: Tai Chi

30

10-11: Coffee Club
12-2: Blood Pressure Screening- NYU
1:30-2:30: Health Presentation- NYU
2-3: Strength & Mobility
2:30-4:30: Movie & Discussion: All is True

31

10-11: Coffee Club
10:30-11:45: Basic Fitness *
1:30-2:30: Japanese Dance *
3-4: Women's Group

Please Note- Westbeth Older Adult Center is now open Wednesday through Sunday and closed on Mondays and Tuesdays

