

Zoom Schedule of Classes



Therapeutic Yoga with Leorna Leung

Wednesdays at 11 a.m.

Via Zoom or in Person- Our Lady of Pompeii

A low impact workout that's easy to follow and great for all levels. Light weights are optional.

[Click to Join on Zoom](#)

Stretch & Balance with Audrey Buchter

Thursdays at 10 a.m.

Low-impact movements through balance, strength and flexibility.

[Click to Join on Zoom](#)

Qi Gong & Tai Chi for Arthritis with Ken Gray

Wednesdays at 12:45 p.m.

Via Zoom or in Person- Center on the Square

Joint-friendly physical activity aimed to improve arthritis pain. Low-impact movement putting less stress on the body.

[Click to Join on Zoom](#)

Theater for Change with Nicole Kontolefa

Thursdays at 1 p.m.

Via Zoom or in Person- Center on the Square

Join this class to build your improv and acting skills while you create an original play together. Open minds required!

[Click to Join on Zoom](#)

Intermediate French with Shelly

Wednesdays at 2 p.m.

Via Zoom or in Person- Center on the Square

Reading & Conversation

[Click to Join on Zoom](#)

Basic Fitness with Naomi & Gabriela

Fridays at 10:30 a.m.

Via Zoom or in Person- Westbeth Center

Participants will move in choreographed and creative exercises, promoting cardiovascular fitness and heightened energy levels.

[Click to Join on Zoom](#)

Independence Plaza, 310 Greenwich St. 2nd Fl. NY, NY 10013

Center on the Square, 20 Washington Sq. N, New York, NY 10011

Our Lady of Pompeii, 25 Carmine St., New York, NY 10014

Westbeth Center, 155 Bank St., New York, NY 10014



OLDER ADULT NETWORK

Zoom Schedule of Classes



Greenwich House

The Comedy Workshop with Jo Firestone
New Time and Day! Sundays at 7 p.m.

Laugh with comedian Jo Firestone and our GH older adult comedians!

[Click to Join on Zoom](#)

Shakespeare with Leo Schaff
Mondays at 11 a.m.

Via Zoom or in Person- Center on the Square

Actor Leo Schaff brings Hamlet to life. Join us for insights into Bard's language and historical context.

[Click to Join on Zoom](#)

Tai Chi with Ken Gray
Mondays at 1 p.m.

Via Zoom or in Person- Our Lady of Pompeii

Joint-friendly, low-impact movement to improve arthritis pain.

[Click to Join on Zoom](#)

Japanese Dance

Fridays, 1:30 p.m. Zoom or in Person- Westbeth

Explore traditional and modern Japanese dance in this welcoming, all-levels class. [Join on Zoom](#)

Film Discussion Group with Anthony Cilione
Mondays at 3 p.m.

*New movies and topics every week! **Check the OAN Sunday Newsletter for title and links!***

[Click to Join on Zoom](#)

Strength & Mobility with Leorna Leung
Tuesdays & Thursdays at 2 p.m.

Via Zoom or in Person- Westbeth Center

Wake up your joints and muscles by reducing tension and stiffness. This class promotes flexibility and strength with the use of floor, seated or standing positions. Work at a pace that's right for you to address back, knees and shoulder tension.

[Click to Join on Zoom](#)

Feldenkrais with Marilyn Bakun
Wednesdays at 11 a.m.

This type of method is an exercise therapy in which participants are led through varied patterns of body movement with the aim of improving motor performance.

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