



# Center on the Square, 20 Washington Square N.

## September 2022 In Person Monthly Program Schedule

Center Director, Nicole Brown, nbrown@greenwichhouse.org Assistant Director, Janet Cobeo, jcobeo@greenwichhouse.org

Parlor- P Conference room- C Art Room- AR Washington Square Park- WSP Dining Room- DR Computer Area

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zoom Classes can be found:</b> <a href="http://www.greenwichhouse.org/">www.greenwichhouse.org/</a> <b>Or scan-&gt;</b>			<b>1</b> 3:30pm: AA Meeting- <b>CR</b> 2:00pm: Painting - <b>AR</b>	<b>2</b> 12pm Tai-chi <b>WSP</b> 1pm Show Time Performers- <b>P</b>
<b>5</b> <b>Closed Labor Day</b>	<b>6</b> 9:30am: Movement Speaks- <b>WSP</b> 1:30pm: Jewelry- <b>P</b> 2pm: French - <b>CR</b>	<b>7</b> 10:30am: Art History - <b>P</b> 2pm: Movies- TBA - <b>P</b>	<b>8</b> 3:30pm: AA Meeting- <b>CR</b>	<b>9</b> 12pm Tai-chi <b>WSP</b> 1pm Show Time Performers- <b>P</b>
<b>12</b> 10am: Tai Chi - <b>P</b> 11am: Chinese Painting- <b>AR</b> <b>NEW!</b> 2pm: SAIL w Jazelle	<b>13</b> 9:30am: Movement Speaks- <b>WSP</b> 10:15am: Chair Yoga - <b>P</b> 1:30pm: Jewelry- <b>P</b> 2pm: French - <b>CR</b>	<b>14</b> 10am-1pm: <b>VOLS Legal Clinic</b> <b>RSVP to Janet</b> 10:30am: Art History - <b>P</b> 2pm: Movies- TBA - <b>P</b>	<b>15</b> 3:30pm: AA Meeting- <b>CR</b> 2:00pm: Painting - <b>AR</b>	<b>16</b> <b>NEW!</b> 11am: SAIL w Jazelle 12pm Tai-chi <b>WSP</b> 1pm Show Time Performers- <b>P</b>
<b>19</b> 10am: Tai Chi - <b>P</b> 11am: Chinese Painting- <b>AR</b> <b>NEW!</b> 2pm: SAIL w Jazelle	<b>20</b> 9:30am: Movement Speaks- <b>WSP</b> 10:15am: Chair Yoga - <b>P</b> 1:30pm: Jewelry- <b>P</b> 2pm: French - <b>CR</b> <b>10am: Trip to East River Plaza Mall</b>	<b>21</b> 10:30am: Art History - <b>P</b> 2pm: Movies- TBA - <b>P</b>	<b>22</b> 3:30pm: AA Meeting- <b>CR</b> <b>2pm: Elder Abuse Presentation</b>	<b>23</b> <b>NEW!</b> 11am: SAIL w Jazelle 12pm Tai-chi <b>WSP</b> 1pm Show Time Performers- <b>P</b>
<b>26</b> 10am: Tai Chi - <b>P</b> 11am: Chinese Painting- <b>AR</b> <b>NEW!</b> 2pm: SAIL w Jazelle <b>12:15pm: Captions Call Presentation</b>	<b>27</b> 9:30am: Movement Speaks- <b>WSP</b> 1:30pm: Jewelry- <b>P</b> 2pm: French - <b>CR</b> <b>Happy Bday September!</b> 	<b>28</b> 10:30am: Art History - <b>P</b> 2pm: Movies- TBA - <b>P</b>	<b>29</b> 3:30pm: AA Meeting- <b>CR</b> 2:00pm: Painting - <b>AR</b>	<b>30</b> <b>NEW!</b> 11am: SAIL w Jazelle 12pm Tai-chi <b>WSP</b> 1pm Show Time Performers- <b>P</b>





**Independence Plaza, 310 Greenwich St.**  
**September 2022 In Person Monthly Program Schedule**  
 Center Director, Joseph Mayock jmayock@greenwichhouse.org  
 Assistant Director, Debra Ashe, dashe@greenwichhouse.org

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zoom Classes can be found:</b> <a href="http://www.greenwichhouse.org/">www.greenwichhouse.org/</a> <b>Or scan-&gt;</b>			<b>1</b> 11am: Flexible Knee (Zoom)	<b>2</b> <b>1:15pm: Tres Leches Cake in honor of Hector (Courtesy of Soy)</b>
<b>5</b> <b>Closed Labor Day</b>	<b>6</b> <b>10am: Trip to Trader Joe's</b> <b>NEW! 2pm: Knitting</b>	<b>7</b> 1:30pm: Painting 4:15pm: Line Dance (Zoom) All Day: SW Clinic	<b>8</b> 11am: Flexible Knee (Zoom) <b>1:30pm: Elder Abuse Prevention Presentation</b> All Day: SW Clinic	<b>9</b> <b>1:30pm: Trip to Jackie Robinson Museum</b>
<b>12</b> <b>It's Back!</b> 11am: Choir <b>NEW!</b> 11am: SAIL w Jazelle 2pm: "Salonica": Doc film/ book discuss w NYPL	<b>13</b> <b>NEW!</b> 1:30pm Bingocize <b>NEW!</b> 2pm: Knitting	<b>14</b> <b>NEW!</b> 11am: SAIL 11am: Feldenkrais (Zoom) 1:30pm: Painting 4:15pm: Line Dance (Zoom) All Day: SW Clinic	<b>15</b> 11am: Flexible Knee (Zoom) <b>NEW!</b> 1:30pm Bingocize All Day: SW Clinic	<b>16</b> <b>NEW!</b> 2pm: Brain Games with NYPL
<b>19</b> <b>It's Back!</b> 11am: Choir <b>NEW!</b> 11am: SAIL w Jazelle <b>4pm: Memorial Service for Hector (no movie)</b>	<b>20</b> <b>NEW!</b> 1:30pm Bingocize <b>10am: Trip to Trader Joe's</b> <b>NEW!</b> 2pm: Knitting	<b>21</b> <b>NEW!</b> 11am: SAIL w Jazelle 11am: Feldenkrais (Zoom) 1:30pm: Painting 4:15pm: Line Dance (Zoom) All Day: SW Clinic	<b>22</b> 11am: Flexible Knee (Zoom) <b>NEW!</b> 1:30pm Bingocize <b>4pm: Tech Tutoring</b> All Day: SW Clinic	<b>23</b> <b>10am: Trip to Union Square Green Market</b> <b>12-1:30pm: Picnic in Washington Market Park</b>
<b>26</b> <b>Happy Rosh Hashanah! (No Choir due to holiday)</b> <b>NEW!</b> 11am: SAIL w Jazelle 2pm: Movie & Discuss	<b>27</b> <b>12:00-1:30pm: September Birthdays Celebration</b> <b>NEW!</b> 1:30pm Bingocize <b>NEW!</b> 2pm: Knitting 	<b>28</b> <b>NEW!</b> 11am: SAIL w Jazelle 11am: Feldenkrais (Zoom) 1:30pm: Painting 4:15pm: Line Dance (Zoom)	<b>29</b> 11am: Flexible Knee (Zoom) <b>NEW!</b> 1:30pm Bingocize	<b>30</b> <b>10-1pm: Flu Shots w Mt. Sinai</b> 10am: Jewelry 1pm: Jewelry <b>NEW!</b> 2pm: Brain Games with NYPL



**Our Lady of Pompeii, 25 Carmine St.**  
**September 2022 In Person Monthly Program Schedule**  
**Center Director, Mary Springer, mspringer@greenwichhouse.org**  
**Assistant Director, Carmen Chaudhary, cchaudhary@greenwichhouse.org**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zoom Classes can be found:</b> <b>www.greenwichhouse.org/</b>  <b>Or scan-&gt;</b>			<b>1</b>  12-2pm Lunch : Throwback Thursdays! Songs from 50's-70's CD	<b>2</b> 12-2pm Lunch: Funky Friday! Motown, Rhythm & Blues, Disco CD 2:30pm: Funky Friday! Free style dancing with Pauline and James to funky dance tunes!
<b>5</b>  <b>Closed for Labor Day</b>	<b>6</b> 10am: Chair Yoga (Zoom) 12-2pm Lunch: Tuesday Tunes at Noon CD 1pm: Coffee, Cookies & Conversation! Different Topics discussed each week!	<b>7</b> 11am: Therapeutic Yoga 12-2pm Lunch: Show Tunes/ Classical Crooners CD	<b>8</b> 12-2pm Lunch : Throwback Thursdays! Songs from 50's-70's CD 2pm: Studio Art	<b>9</b> 12-2pm Lunch: Funky Friday! Motown, Rhythm & Blues, Disco CD 2:30pm: Funky Friday! Free style dancing with Pauline and James to funky dance tunes!
<b>12</b> 12-2pm Lunch- Mellow Monday Music- Jazz/Classical CD 1pm: Tai Chi- in person and zoom <b>NEW!</b> 2-4pm Tech Talk: Sessions will cover use of cell phones, laptops, tablets, etc.	<b>13</b> 10am: Chair Yoga (Zoom) <b>NEW!</b> 11am: S.A.I.L. Exercise for Balance & Fitness 12-2pm Lunch: Tuesday Tunes at Noon CD 1pm: Coffee, Cookies & Conversation! Different Topics discussed each week! 1:30pm: Hair Health & Haircuts with Erma, <b>Sign-up with Carmen</b>	<b>14</b> 11am: Therapeutic Yoga 12-2pm Lunch: Show Tunes/ Classical Crooners CD <b>1:30pm: DFTA Nutrition Program- Difference between good &amp; bad fats</b>	<b>15</b> <b>NEW!</b> 11am: S.A.I.L. Exercise Program for Balance & Fitness 12-2pm Lunch : Throwback Thursdays! Songs from 50's-70's CD	<b>16</b> 12-2pm Lunch: Funky Friday! Motown, Rhythm & Blues, Disco CD <b>NEW!</b> 1:30pm: Guitar Lessons with Halley! 2:30pm: Funky Friday! Free style dancing with Pauline and James to funky dance tunes!
<b>19</b> 12-2pm- Mellow Monday Music- Jazz/Classical CD 1pm: Tai Chi- in person and zoom	<b>20</b> 10am: Chair Yoga (Zoom) <b>NEW!</b> 11am: S.A.I.L. Exercise for Balance & Fitness 12-2pm Lunch: Tuesday Tunes at Noon CD 1pm: Coffee, Cookies & Conversation! Different Topics discussed each week!	<b>21</b> 11am: Therapeutic Yoga 12-2pm Lunch: Show Tunes/ Classical Crooners CD	<b>22</b> <b>NEW!</b> 11am: S.A.I.L. Exercise Program for Balance & Fitness 12-2pm Lunch : Throwback Thursdays! Songs from 50's-70's CD 2pm: Studio Art	<b>23</b> 12-2pm Lunch: Funky Friday! Motown, Rhythm & Blues, Disco CD <b>NEW!</b> 1:30pm: Guitar Lessons with Halley! 2:30pm: Funky Friday! Free style dancing with Pauline and James to funky dance tunes!
<b>26</b> 12-2pm Lunch- Mellow Monday Music- Jazz/Classical CD 1pm: Tai Chi- in person and zoom <b>NEW!</b> 2-4pm Tech Talk: Sessions will cover use of cell phones, laptops, tablets, etc.	<b>27</b> 10am: Chair Yoga (Zoom) <b>NEW!</b> 11am: S.A.I.L. Exercise for Balance & Fitness 12-2pm Lunch: Tuesday Tunes at Noon CD & <b>CAKE</b> 1pm: Coffee, Cookies & Conversation! Different Topics discussed each week! 	<b>28</b> 11am: Therapeutic Yoga 12-2pm Lunch: Show Tunes/ Classical Crooners CD	<b>29</b> <b>NEW!</b> 11am: S.A.I.L. Exercise Program for Balance & Fitness 12-2pm Lunch : Throwback Thursdays! Songs from 50's-70's CD	<b>30</b> 12-2pm Lunch: Funky Friday! Motown, Rhythm & Blues, Disco CD <b>NEW!</b> 1:30pm: Guitar Lessons with Halley! 2:30pm: Funky Friday! Free style dancing with Pauline and James to funky dance tunes!




# Westbeth 155 Bank St.

## September 2022 In Person Monthly Program Schedule

Center Director, Ruby Ng, [rng@greenwichhouse.org](mailto:rng@greenwichhouse.org)  
 Assistant Director, Donna Coles, [dcoles@greenwichhouse.org](mailto:dcoles@greenwichhouse.org)  
 212-255-5191

**Center Operating Hours:**  
 Tuesday, Wednesday, Thursday: 9-6pm  
 Friday: 9-5pm  
 Saturday: 9-1pm  
**Hot Congregate Meal Hours:**  
 Tuesday-Friday: 1-2pm  
 Saturday: 11:30-12:30pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Zoom Classes can be found:</b> <a href="http://www.greenwichhouse.org/">www.greenwichhouse.org/</a> <b>Or scan-&gt;</b>			<b>1</b> <b>NEW!</b> 10:30-11:30am: Poetry Writing w Roberta 2-3pm: <b>Presentation- Elder Abuse by Carter Burden Network</b>	<b>2</b> 10-11am: Stretch & Tone (Zoom) <b>NEW!</b> 4-5pm: Qi Gong w Ellen	<b>3</b> 10-11am: Virtual Tour- Yellowstone National Park & Discussion
<b>5</b> <b>Center Closed for Labor Day</b>	<b>6 Center Closed for Labor Day</b> Zoom Class Avail: 11am-12pm: Problem Knees, Hips & Balance w Maura (Zoom)	<b>7 NEW!</b> 11:30am-12:30pm: Qi Gong w Ellen 2-3pm: <b>Presentation:</b> Nutrition by DFTA w Nutrition Consultant, Queena <b>NEW!</b> 2:30-4pm: Art Talk w Robert	<b>8 NEW!</b> 10:30-11:30am: Poetry Writing w Roberta 2-3pm: <b>Nutrition Class by JSY Food Bank, Brenna</b> <b>4-5pm:</b> Tai Chi w Ken (In Person & Zoom)	<b>9</b> 10-11am: Stretch & Tone (Zoom) 10:30am-1:30pm: Trip Project Cart, Aldi/Costco/Target 3-5pm: Movie Discussion: Two Weeks in September w Bridget Bardot <b>NEW!</b> 4-5pm: Qi Gong w Ellen	<b>10</b> 10-11am: Virtual Tour- Inside the Tower of London
<b>12</b> Center Closed but will have a zoom class 3:00pm- Movie Discussion w/ Anthony (Zoom)	<b>13 NEW!</b> 10-11am: Salsa 11am-12pm: Problem Knees, Hips & Balance w Maura (Zoom) <b>NEW!</b> 2:30-3:30pm: Creative Writing w Larry Littman <b>NEW!</b> 4-5pm Pokeno Card Game	<b>14</b> 9:30-10:30am- Big Apple Walk-A-Thon to Pier 57 - <b>RSVP to Donna</b> <b>NEW!</b> 11:30am-12:30pm: Qi Gong w Ellen <b>NEW!</b> 2:30-4pm: Art Talk w Robert	<b>15 NEW!</b> 10:30-11:30am: Poetry Writing w Roberta 2-3pm: Move & Groove Dance Floor w SuZen <b>4-5pm: Tai Chi w Ken (In Person &amp; Zoom) Cancelled Center Closing at 4pm</b>	<b>16</b> 10-11am: Stretch & Tone (Zoom) 11am-12pm: Dances for a Variable Population w Naomi 2-3pm: <b>Presentation: High Line Art w Melanie Kress</b> <b>NEW!</b> 4-5pm: Qi Gong w Ellen	<b>17</b> 10-11am: Virtual Tour- Egyptian Museum Walking Tour, Tutankhamen Exhibit
<b>19</b> Center Closed but will have a zoom class 3:00pm- Movie Discussion w/ Anthony (Zoom)	<b>20 NEW!</b> 10-11am: Salsa 11am-12pm: Problem Knees, Hips & Balance w Maura (Zoom) <b>NEW!</b> 2:30-3:30pm: Creative Writing w Larry Littman <b>NEW!</b> 4-5pm Pokeno Card Game	<b>21</b> <b>NEW!</b> 11:30am-12:30pm: Qi Gong w Ellen <b>NEW!</b> 2:30-4pm: Art Talk w Robert	<b>22 NEW!</b> 10:30-11:30am: Poetry Writing w Roberta 1:30-4:30pm: <b>VOLS Legal Services- RSVP Required</b> 2-3pm: Move & Groove Dance Floor w SuZen <b>4-5pm:</b> Tai Chi w Ken (In Person & Zoom)	<b>23</b> 10-11am: Stretch & Tone (Zoom) 11am-12pm: Dances for a Variable Population w Naomi 3-5pm: Movie & Discussion- A Jazzman's Blues by Tyler Perry <b>NEW!</b> 4-5pm: Qi Gong w Ellen	<b>24</b> 10-11am: Virtual Tour- The Colosseum
<b>26</b> Center Closed but will have a zoom class 3:00pm- Movie Discussion w/ Anthony (Zoom)	<b>27</b> 11am-12pm: Problem Knees, Hips & Balance w Maura (Zoom) <b>1-2pm: Happy Bday September!</b> <b>NEW!</b> 2:30-3:30pm: Creative Writing w Larry Littman <b>NEW!</b> 4-5pm Pokeno Card Game 3-5pm: <b>Haircuts &amp; Hygiene w Erma</b> <b>RSVP Required</b>	<b>28</b> <b>NEW!</b> 11:30am-12:30pm: Qi Gong w Ellen <b>1:30-3:30pm: Trip to Cloisters</b> <b>NEW!</b> 2:30-4pm: Art Talk w Robert	<b>29 10am-1pm: Free Flu Shot w Mount Sinai- RSVP Required</b> <b>NEW!</b> 10:30-11:30am: Poetry Writing w Roberta 2-3pm: Move & Groove Dance Floor w SuZen <b>4-5pm:</b> Tai Chi w Ken (In Person & Zoom)	<b>30</b> 10-11am: Stretch & Tone (Zoom) 11am-12pm: Dances for a Variable Population w Naomi <b>NEW!</b> 4-5pm: Qi Gong w Ellen	