



# Greenwich House Older Adult Zoom Schedule September 2022 Sunday

**Stay Tuned for Sunday Programs**

Partially funded by the NYC Department of Aging



# Greenwich House Older Adult Zoom Schedule

## September 2022

### Monday

**The Comedy Workshop with Jo Firestone**, 10:00am [Click here to join](#) Meeting ID: 912 0357 8911,  
Passcode: 001542

**Fall Stop with Nancy**, 11:00am [Click here to join](#) Meeting ID: 818 0767 0642, Passcode: 513341

**Shakespeare with Leo Schaff**, 11:00am [Click here to join](#) Meeting ID: 883 7339 8516, Passcode: 414471  
or dial in 646-558-8656

**Tai Chi with Ken Grey (Online & In Person at OLP)**, 1:00pm [Click here to join](#) Meeting ID: 954 0252 1458,  
Passcode: 032187

**Film Discussion Group, Anthony Cilione**, 3:00pm [Click here to join](#) Meeting ID: 863 7833 2159, Passcode: 91137

**9/26 Film presents: Alfred Hitchcock's "TOPAZ" (1969)**  
[Link to Film](#)

**Music Outreach, every other Monday**, 4:00pm [Click here to join](#) Meeting ID: 929 172 963, Passcode: 1598  
[Find the full schedule of classes here](#)

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## September 2022

### Tuesday

**Knees, Hips, Balance with Maura Nolan, 11:00am [Click here to join](#) Meeting ID: 837 6686 2768,  
Passcode:124667  
(Last class 9/27, Maura on break)**

**Healthy Eating & Strength Building to Stop Falls, 11:00am [Click here to join](#) Meeting ID: 817 8515 0633,  
Passcode: 870605**

**Creative Writing with Esther Cohen (Every 1st & 3rd Tuesday of the month),  
3:30pm [Click here to join](#) Meeting ID: 911 3706 0851, Passcode: 008056**

**Simple & Healthy Meals for One & Kitchen Exercises, 3:30pm [Click here to join](#) Meeting ID: 817 8515 0633,  
Passcode: 870605**

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### Wednesday

#### **Italian with Richard Palumbo, 11:00am [Click here to join](#)**

Richard is continuing his Italian class by sending out weekly emails with assignments to complete using the class textbook. If you're already an Italian student and have your book at home, email Richard to join at [rpalumbo3@verizon.net](mailto:rpalumbo3@verizon.net)

**Therapeutic Yoga (Online & In Person at OLP), 11:00am [Click here to join](#) Meeting ID: 864 1447 6426, Passcode: 2701188**

**Feldenkrais with Marilyn Bakun, 11:00am [Click here to join](#) Meeting ID: 872 5137 5806, Passcode: 069624  
(Starting September 14th)**

**Line Dancing with Margrecia Mindell, 4:15pm [Click here to join](#) Meeting ID: 831 6521 7036, Passcode: 9jZ6KH**

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### Thursday

**Stretch & Balance with Audrey**, 10:00am [Click here to join](#) Meeting ID: 875 8984 6586,  
Passcode: 636437

**Fall Stop with Jyothi Larson**, 10:30am [Click here to join](#) Meeting ID: 891 1215 2648,  
Passcode: 636955  
**(Last class 10/6)**

**Knees, Hips, Balance with Maura Nolan**, 11:00am [Click here to join](#) Meeting ID: 837 6686 2768,  
Passcode:124667  
**(Last class 9/27, Maura on break)**

**Move & Groove with SuZen (Online & In Person at Westbeth)**, 2:00pm [Click here to join](#)  
Meeting ID: 880 5092 2442

**Tai Chi with Ken Grey (Online & In Person at Westbeth)**, 4:00pm [Click here to join](#)  
Meeting ID: 472 880 6429, Passcode: kengong

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### Friday

**Stretch and Tone with Margrecia Mindell, 10:00am [Click here to join](#) Meeting ID: 831 6521 7036,  
Passcode: 9jZ6KH**

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### Saturday

**Moving and Grooving with Sokie Lee, 10:00am [Click here to join](#) Meeting ID: 857 6274 7582,  
Password: 552253**

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