






# Center on the Square, 20 Washington Square N.

## March 2023 In Person Monthly Program Schedule




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

Parlor- P Conference room- CR 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="https://bit.ly/3jMivdU">bit.ly/3jMivdU</a> <b>Or scan-&gt;</b>  <b>Classes with * are Zoom only</b>		<b>1 11 a.m.- Art History - P</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>11 a.m.- Italian*</b> <b>1 p.m.- Money Matters: Q&amp;A</b> <b>NEW! 1 p.m. Trockadero</b> <b>2 p.m.- Let's Jam (Music)</b>	<b>2 New! 11a.m. - 4 p.m. - Tech Support</b> <b>12 p.m. - Qi Gong &amp; Tai Chi for Arthritis - hybrid</b> <b>2:15 p.m. - Aerobics w JaZell</b> <b>3 p.m.- Theater for Change- hybrid</b> <b>3:30 p.m.- AA Meeting- CR</b>	<b>3</b> <b>10 a.m. - Cholesterol 101 - CR</b> <b>NEW! 11 a.m.- Bookmaking Remedy Recall</b>
<b>6 10 a.m.- Tai Chi - P</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>10 a.m.- Comedy Workshop*</b> <b>11a.m. - Shakespeare*</b> <b>11a.m. Chinese Painting- AR</b> <b>2 p.m. - Movie</b> <b>2:30 p.m.- Active Life with JaZell</b>	<b>7 11 a.m.- Knitting -P</b> <b>11 a.m. - Jewelry- P</b> <b>New! 11 a.m.- Virtual Tours</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>1 p.m.- Money Matters: Medicare 101</b> <b>1p.m. Meet the Nurse</b> <b>2 p.m.- French- CR</b> <b>2 p.m.- Showtime Performers</b> <b>3:30 p.m. - Creative Writing - hybrid</b>	<b>8 11 a.m.- Art History - P</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>11 a.m.- Italian*</b> <b>1 p.m.- Money Matters: Q&amp;A</b> <b>NEW! 1 p.m. Trockadero</b> <b>1 p.m.- Legal Clinic- CR</b> <b>2 p.m.- Let's Jam (Music)</b>	<b>9 New! 11a.m. - 4 p.m. - Tech Support</b> <b>12 p.m. - Qi Gong &amp; Tai Chi for Arthritis - hybrid</b> <b>12:30 p.m. - Lunch &amp; Learn Medicare 101</b> <b>2:15 p.m. - Aerobics w JaZell</b> <b>3 p.m.- Theater for Change- hybrid</b> <b>3:30 p.m.- AA Meeting- CR</b>	<b>10</b> <b>NEW! 11 a.m.- Bookmaking Remedy Recall</b>
<b>13 10 a.m.- Tai Chi - P</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>10 a.m.- Comedy Workshop*</b> <b>11a.m. - Shakespeare*</b> <b>11a.m. Chinese Painting- AR</b> <b>2 p.m. - Movie</b> <b>2:30 p.m.- Active Life with JaZell</b>	<b>14 11 a.m.- Knitting -P</b> <b>11 a.m. - Jewelry- P</b> <b>New! 11 a.m.- Virtual Tours</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>1 p.m.- Money Matters: Types of Medicare</b> <b>1p.m. Meet the Nurse</b> <b>2 p.m.- French- CR</b> <b>2 p.m.- Showtime Performers</b>	<b>15 11 a.m. - Nutrition Lecture- Fried Rice- CR</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>11 a.m.- Art History - P</b> <b>11 a.m.- Italian*</b> <b>1 p.m.- Money Matters: Q&amp;A</b> <b>NEW! 1 p.m. Trockadero</b> <b>2 p.m.- Let's Jam (Music)</b>	<b>16 New! 11a.m. - 4 p.m. - Tech Support</b> <b>12 p.m. - Qi Gong &amp; Tai Chi for Arthritis - hybrid</b> <b>12:30 p.m. - Lunch &amp; Learn Types of Medicare</b> <b>2:15 p.m. - Aerobics w JaZell</b> <b>3 p.m.- Theater for Change- hybrid</b> <b>3:30 p.m.- AA Meeting- CR</b>	<b>17</b> <b>NEW! 11 a.m.- Bookmaking Remedy Recall</b> <b>1 p.m.- Hudson Library eBook Program</b> 
<b>20 10 a.m.- Tai Chi - P</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>10 a.m.- Comedy Workshop*</b> <b>11a.m. - Shakespeare*</b> <b>11a.m. Chinese Painting- AR</b> <b>2 p.m. - Movie</b> <b>2:30 p.m.- Active Life with JaZell</b>	<b>21 11 a.m.- Knitting -P</b> <b>11 a.m. - Jewelry- P</b> <b>New! 11 a.m.- Virtual Tours</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>1 p.m.- Money Matters: Drug Coverage</b> <b>1p.m. Meet the Nurse</b> <b>2 p.m.- French- CR</b> <b>2 p.m.- Showtime Performers</b> <b>3:30 p.m. - Creative Writing-hybrid</b>	<b>22 11 a.m.- Art History - P</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>11 a.m.- Italian*</b> <b>1 p.m.- Money Matters: Q&amp;A</b> <b>NEW! 1 p.m. Trockadero</b> <b>2 p.m.- Let's Jam (Music)</b>	<b>23 New! 11a.m. - 4 p.m. - Tech Support</b> <b>12 p.m. - Qi Gong &amp; Tai Chi for Arthritis - hybrid</b> <b>12:30 p.m. - Lunch &amp; Learn Drug Coverage</b> <b>2:15 p.m. - Aerobics w JaZell</b> <b>3 p.m.- Theater for Change- hybrid</b> <b>3:30 p.m.- AA Meeting- CR</b>	<b>24</b> <b>NEW! 11 a.m.- Bookmaking Remedy Recall</b> <b>Remedy Recall</b>
<b>27 10 a.m.- Tai Chi - P</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>10 a.m.- Comedy Workshop*</b> <b>11a.m. - Shakespeare*</b> <b>11a.m. Chinese Painting- AR</b> <b>2 p.m. - Movie</b> <b>2:30 p.m.- Active Life with JaZell</b>	<b>28 11 a.m.- Knitting -P</b> <b>New! 11 a.m.- Virtual Tours</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>11 a.m. - Jewelry- P</b> <b>1 p.m.- Money Matters: Billing</b> <b>1p.m. Meet the Nurse</b> <b>2 p.m.- French- CR</b> <b>2 p.m.- Showtime Performers</b> <b>Happy Bday March!</b> 	<b>29 11 a.m.- Art History - P</b> <b>New! 11a.m. - 4 p.m. - Tech Support</b> <b>11 a.m.- Italian*</b> <b>1 p.m.- Money Matters: Q&amp;A</b> <b>NEW! 1 p.m. Trockadero</b> <b>2 p.m.- Let's Jam (Music)</b>	<b>30 New! 11a.m. - 4 p.m. - Tech Support</b> <b>12 p.m. - Qi Gong &amp; Tai Chi for Arthritis - hybrid</b> <b>12:30 p.m. - Lunch &amp; Learn Billing</b> <b>2:15 p.m. - Aerobics w JaZell</b> <b>3 p.m.- Theater for Change- hybrid</b> <b>3:30 p.m.- AA Meeting- CR</b>	<b>31</b> <b>NEW! 11 a.m.- Bookmaking Remedy Recall</b>



**Independence Plaza, 310 Greenwich St.**  
**March 2023 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="https://bit.ly/3jMivdU">bit.ly/3jMivdU</a> <b>Or scan-&gt;</b>  <b>Classes with * are Zoom only</b>		<b>1</b> <b>11a.m.- Feldenkrais*</b> 11a.m.- Aerobics w JaZell 1:30p.m.-Painting	<b>2</b> <b>1p.m.- Trip-Queens Museum</b> 1:45p.m.-Virtual Tour-NYC <b>NEW! 2:45 p.m.- Games</b> 4p.m.-Stuy HS Cyber Mentors	<b>3</b> 11a.m.- Indoor Walking Club <b>12 p.m. - Meet the Nurse</b> <b>2 p.m.- Brain Games w NYPL</b>
<b>6</b> <b>NEW! 11a.m.-Beethoven's Piano Concerto</b> 2p.m.- Movie & Discussion "Somewhere to Be" 4p.m.- Chair Yoga w/ JaZell	<b>7</b> <b>9 a.m. - Meet the Nurse</b> <b>10a.m. Trip-Trader Joe's</b> 11 a.m. Indoor Walking Club 1:30p.m. Bingocize w JaZell 2:30p.m. Crocheting	<b>8</b> <b>11a.m.- Feldenkrais*</b> 1p.m.- Aerobics w JaZell 1:30p.m.-Painting	<b>9</b> 1:45p.m.-Virtual Tour-Marrakesh <b>NEW! 2:45 p.m.- Games</b> 4p.m.-Stuy HS Cyber Mentors	<b>10</b> 11a.m.- Indoor Walking Club <b>12 p.m. - Meet the Nurse</b> <b>New! 2:30 p.m. Games</b>
<b>13</b> <b>NEW! 11a.m.-Beethoven's Piano Concerto</b> 2p.m.- Movie & Discussion "The Woman King" 4p.m.- Chair Yoga w/ JaZell	<b>14</b> <b>9 a.m. - Meet the Nurse</b> 11 a.m. Indoor Walking Club 1:30p.m. Bingocize w JaZell 2:30p.m. Crocheting	<b>15</b> <b>11a.m.- Feldenkrais*</b> <b>11a.m. - Cooking Live w DFTA-Fried Rice</b> <b>11:30 a.m.- Wegmans (BK)</b> 1 p.m.- Aerobics w JaZell 1:30p.m.-Painting	<b>16</b> 1:45p.m.-Virtual Tour-Chicago <b>NEW! 2:45 p.m.- Games</b> 4p.m.-Stuy HS Cyber Mentors	<b>17</b> <b>11 a.m.-Trip-Museo del Barrio</b> 11a.m.- Indoor Walking Club <b>12p.m.-Meet the Nurse</b> <b>2p.m.- Brain Games w NYPL</b> 
<b>20</b> <b>9 a.m. - 5p.m.- Mammography Van</b> <b>NEW! 11a.m.-Beethoven's Piano Concerto</b> <b>2p.m.- NYPL Film "Argentina"</b> 4p.m.- Chair Yoga w/ JaZell	<b>21</b> <b>9 a.m. - Meet the Nurse</b> <b>10a.m. Trip-Trader Joe's</b> 11 a.m. Indoor Walking Club 1:30p.m. Bingocize w JaZell 2:30p.m. Crocheting	<b>22</b> <b>11a.m.- Feldenkrais*</b> 1 p.m.- Aerobics w JaZell 1:30p.m.-Painting	<b>23</b> 1:45p.m.-Virtual Tour-London <b>NEW! 2:45 p.m.- Games</b> 4p.m.-Stuy HS Cyber Mentors	<b>24</b> 11a.m.- Indoor Walking Club <b>1p.m.- Transit Museum (\$5)</b> <b>NEW! 2:30 p.m. - Games</b>
<b>27</b> <b>NEW! 11a.m.-Beethoven's Piano Concerto</b> 2p.m.- Movie & Discussion "Your Place or Mine" 4p.m.- Chair Yoga w/ JaZell	<b>28</b> <b>9 a.m. - Meet the Nurse</b> <b>10a.m. Trip-ShopRite (BK)</b> 11 a.m. Indoor Walking Club 1:30p.m. Bingocize w JaZell 2:30p.m. Crocheting <b>Happy Bday March!</b> 	<b>29</b> <b>11a.m.- Feldenkrais*</b> 1 p.m.- Aerobics w JaZell 1:30p.m.-Painting	<b>30</b> 1:45p.m.-Virtual Tour-Seoul <b>NEW! 2:45 p.m.- Games</b> 4p.m.-Stuy HS Cyber Mentors	<b>31</b> 10 a.m. - Jewelry 11a.m.- Indoor Walking Club <b>11 a.m. - The Morgan (\$14)</b> <b>12 p.m.- Health Fair</b> 1 p.m. - Jewelry <b>NEW! 2:30 p.m. - Games</b>






# Our Lady of Pompeii, 25 Carmine St.

## March 2023 In Person Monthly Program Schedule

Center Director, Mary Springer, [mspringer@greenwichhouse.org](mailto:mspringer@greenwichhouse.org)

Assistant Director, Carmen Chaudhary, [cchaudhary@greenwichhouse.org](mailto:cchaudhary@greenwichhouse.org)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Zoom Classes can be found:</b>  <a href="https://bit.ly/3jMivdU">bit.ly/3jMivdU</a>  <b>Or scan-&gt;</b>  <b>Classes with * are Zoom only</b>  <b>12-2p.m.-Lunch-Music CD Favorites</b>  <b>Theater Tickets will be distributed when available</b></p>		<p><b>1</b>  11a.m.- Therapeutic Yoga-hybrid  <b>New! 11:30 a.m.- Smartphone Help</b>  2:30p.m.- SAIL Exercise for balance &amp; fitness</p>	<p><b>2 10a.m.- Stretch &amp; Balance*</b>  11 a.m.- Line Dancing  <b>New! 11:30 a.m.- Smartphone Help</b>  1 p.m.SAIL Exercise for balance &amp; fitness  2 p.m. - Art Studio</p>	<p><b>3</b>  <b>New! 11 a.m.- Badminton</b>  <b>New! 12 p.m. - Smartphone Help</b>  1:30p.m.- Guitar Lessons w Halley</p>
<p><b>6</b>  <b>New! 11 a.m. - Choir</b>  <b>1 p.m.- Healthcare Proxies w Karpas Health*</b>  1p.m.- Tai Chi  2:30p.m.-Virtual Travel Tour</p>	<p><b>7</b>  <b>9a.m.- Meet the Nurse</b>  9:30a.m.- Movement Speaks Dance Workshop  2:30 p.m. - Netflix Movies</p>	<p><b>8</b>  11a.m.- Therapeutic Yoga-hybrid  2:30p.m.- SAIL Exercise for balance &amp; fitness</p>	<p><b>9</b>  <b>10a.m.- Stretch &amp; Balance*</b>  11 a.m.-Line Dancing  1 p.m.SAIL Exercise for balance &amp; fitness  2 p.m. - Art Studio</p>	<p><b>10</b>  <b>New! 11 a.m.- Badminton</b>  1:30p.m.- Guitar Lessons w Halley  <b>2:30 p.m. - Presentation on Elder Abuse</b></p>
<p><b>13</b>  <b>New! 11 a.m. - Choir</b>  11:30 a.m. - Tech Lab  1p.m.- Tai Chi  2 p.m. - Tech Talk  2:30p.m.-Virtual Travel Tour</p>	<p><b>14 9a.m.- Meet the Nurse</b>  9:30a.m.- Movement Speaks Dance Workshop  <b>New! 11:30 a.m.-Smartphone Help</b>  2:30 p.m. - Netflix Movies</p>	<p><b>15</b>  11a.m.- Therapeutic Yoga-hybrid  <b>New! 11:30 a.m.- Smartphone Help</b>  2:30p.m.- SAIL Exercise for balance &amp; fitness</p>	<p><b>16 10a.m.- Stretch &amp; Balance*</b>  11 a.m.-Line Dancing  <b>New! 11:30 a.m.- Smartphone Help</b>  1 p.m.SAIL Exercise for balance &amp; fitness  2 p.m. - Art Studio</p>	<p><b>17</b>  <b>New! 11 a.m.- Badminton</b>  <b>New! 12 p.m. - Smartphone Help</b>  1:30p.m.- Guitar Lessons w Halley</p> 
<p><b>20</b>  <b>New! 11 a.m. - Choir</b>  11:30 a.m. - Tech Lab  1p.m.- Tai Chi  2:30p.m.-Virtual Travel Tour</p>	<p><b>21 9a.m.- Meet the Nurse</b>  9:30a.m.- Movement Speaks Dance Workshop  <b>New! 11:30 a.m.-Smartphone Help</b>  2:30 p.m. - Netflix Movies</p>	<p><b>22</b>  11a.m.- Therapeutic Yoga-hybrid  <b>New! 11:30 a.m.- Smartphone Help</b>  2:30p.m.- SAIL Exercise for balance &amp; fitness</p>	<p><b>23 10a.m.- Stretch &amp; Balance*</b>  11 a.m.-Line Dancing  <b>New! 11:30 a.m.- Smartphone Help</b>  1 p.m.SAIL Exercise for balance &amp; fitness  2 p.m. - Art Studio</p>	<p><b>24</b>  <b>New! 11 a.m.- Badminton</b>  <b>New! 12 p.m. - Smartphone Help</b>  1:30p.m.- Guitar Lessons w Halley</p>
<p><b>27</b>  <b>New! 11 a.m. - Choir</b>  11:30 a.m. - Tech Lab  1p.m.- Tai Chi  2 p.m. - Tech Talk  2:30p.m.-Virtual Travel Tour</p>	<p><b>28 9a.m.- Meet the Nurse</b>  9:30a.m.- Movement Speaks Dance Workshop  <b>New! 11:30 a.m. - Smartphone Help</b>  <b>12 p.m. Health Fair w Mt Sinani</b>  2:30 p.m.- My Story  2:30 p.m. - Netflix Movies  <b>Happy Bday March!</b></p> 	<p><b>29</b>  11a.m.- Therapeutic Yoga-hybrid  <b>New! 11:30 a.m.- Smartphone Help</b>  2:30p.m.- SAIL Exercise for balance &amp; fitness</p>	<p><b>30 10a.m.- Stretch &amp; Balance*</b>  11 a.m.-Line Dancing  <b>New! 11:30 a.m.- Smartphone Help</b>  1 p.m.SAIL Exercise for balance &amp; fitness  2 p.m. - Art Studio</p>	<p><b>31</b>  <b>New! 11 a.m.- Badminton</b>  <b>New! 12 p.m.- Smartphone Help</b>  1:30p.m.- Guitar Lessons w Halley  2:30-4p.m.- Dance Party!</p>



# Westbeth 155 Bank St.

## March 2023 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>Classes with * Are Zoom</b>		<b>1</b> 10 a.m. - Computer Class 11:30 a.m. - Qi Gong 1:30 p.m. - Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	<b>2</b> <b>9 a.m. - 3 p.m.- Free Tax Prep -RSVP</b> 10:30 a.m.- Computer Class 11:30 a.m.- Poetry Writing <b>12p.m.-The Art Market (Video)</b> 2 p.m.- Movie & Discussion 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	<b>3</b> 10 a.m.- Smartphone Class <b>10 a.m.- Presentation- Cholesterol 101 by St. John's Uni</b> 11 a.m. - Dances for a Variable Population <b>New! 2 p.m. - Japanese Dance</b> 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong	<b>4</b> 11 a.m. - African Fusion Dance 11:30 a.m.- Virtual Tour & Discussion- <b>NY Botanical Garden</b>
<b>6</b> <b>Center Closed</b> <b>Zoom Class Only</b> <b>3 p.m.- Movie Discussion*</b>	<b>7</b> 10 a.m. - Tech Help 11:30 a.m. - Yoga 12 p.m. - Meet the Nurse 12 p.m. - Money Mindfulness Discussion 2 p.m. - Strength & Mobility - <b>hybrid</b> 2 p.m. - Creative Writing 3:30 p.m. - Plush Toy Making 4:30 p.m. - Tai Chi	<b>8</b> 10 a.m. - Computer Class 11:30 a.m. - Qi Gong 1:30 p.m. - Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	<b>9</b> <b>9 a.m. - 3 p.m.- Free Tax Prep -RSVP</b> 10:30 a.m.- Computer Class 11:30 a.m.- Poetry Writing <b>12p.m.- Free Meds &amp; Medical Services</b> <b>2 p.m.- Cooking Presentation-JSY</b> 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	<b>10</b> 10 a.m.- Smartphone Class 11 a.m. - Dances for a Variable Population <b>12 p.m. - Meet the Nurse-Beth Israel</b> <b>New! 2 p.m. - Japanese Dance</b> 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong	<b>11</b> 11 a.m. - African Fusion Dance <b>New! 11 a.m.-Live Music Performance by Pascale</b>
<b>13</b> <b>Center Closed</b> <b>Zoom Class Only</b> <b>3 p.m.- Movie Discussion*</b>	<b>14</b> 10 a.m. - Tech Help 11:30 a.m. - Yoga 12 p.m. - Meet the Nurse 12 p.m. - Money Mindfulness Discussion 2 p.m. - Strength & Mobility - <b>hybrid</b> 2 p.m. - Creative Writing 3:30 p.m. - Plush Toy Making 4:30 p.m. - Tai Chi	<b>15</b> 10 a.m. - Computer Class <b>11 a.m. - Cooking Live w DFTA - Fried Rice</b> <b>11 a.m. - Presentation - Colorectal Cancer</b> 11:30 a.m. - Qi Gong <b>1 p.m. - Presentation- National Take Back Rx Drug Day</b> 1:30 p.m. - Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	<b>16</b> <b>9 a.m. - 3 p.m.- Free Tax Prep -RSVP</b> 10:30 a.m.- Computer Class <b>11 a.m.- Presentation- The Heart of the Matter by Dr. Balaram</b> 11:30 a.m.- Poetry Writing <b>12p.m.- History of Money (Video)</b> <b>1:30 p.m.- Presentation- Life Planning by VOLS- RSVP</b> <b>2 p.m.- Cooking Presentation-JSY</b> 2 p.m.- Movie & Discussion 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	<b>17</b> 10 a.m.- Smartphone Class 11 a.m. - Dances for a Variable Population <b>1p.m. St. Patrick's Celebration</b> <b>New! 2 p.m. - Japanese Dance</b> 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong 	<b>18</b> 11 a.m. - African Fusion Dance 11:30 a.m.- Virtual Tour & Discussion- <b>4K Nature Walk- Singapore Botanical Garden</b>






# Westbeth 155 Bank St.

## March 2023 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:**  
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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>Classes with * Are Zoom</b>					
<b>20</b> <b>Center Closed</b> <b>Zoom Class Only</b> <b>3 p.m.- Movie Discussion*</b>	<b>21</b> 10 a.m. - Tech Help 11:30 a.m. - Yoga 12 p.m. - Meet the Nurse 12 p.m. - Money Mindfulness Discussion 2 p.m. - Strength & Mobility - <b>hybrid</b> 2 p.m. - Creative Writing 3:30 p.m. - Plush Toy Making 4:30 p.m. - Tai Chi	<b>22</b> 10 a.m. - Computer Class 11:30 a.m. - Qi Gong 1:30 p.m. - Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	<b>23</b> <b>9 a.m. - 3 p.m.- Free Tax Prep -RSVP</b> 10:30 a.m.- Computer Class 11:30 a.m.- Poetry Writing <b>12p.m.- Personal Cash Planning</b> 2 p.m. - Movie & Discussion 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	<b>24</b> 10 a.m.- Smartphone Class 11 a.m. - Dances for a Variable Population <b>11 a.m. - Presentation- Domestic Violence</b> <b>12 p.m. - Meet the Nurse-Beth Israel</b> <b>New! 2 p.m. - Japanese Dance</b> 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong	<b>25</b> 11 a.m. - African Fusion Dance 11:30 a.m.- Virtual Tour & Discussion- <b>Botanical Tour- Gothenburg Gardens</b>
<b>27</b> <b>Center Closed</b> <b>Zoom Class Only</b> <b>3 p.m.- Movie Discussion*</b>	<b>28</b> 10 a.m. - Tech Help 11:30 a.m. - Yoga 12 p.m. - Meet the Nurse 12 p.m. - Money Mindfulness Discussion 2 p.m. - Strength & Mobility - <b>hybrid</b> 2 p.m. - Creative Writing 3:30 p.m. - Plush Toy Making 4:30 p.m. - Tai Chi	<b>29</b> 10 a.m. - Computer Class 11:30 a.m. - Qi Gong 1:30 p.m. - Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	<b>30</b> <b>9 a.m. - 3 p.m.- Free Tax Prep -RSVP</b> 10:30 a.m.- Computer Class 11:30 a.m.- Poetry Writing <b>12p.m.- Investing 2023 (Video)</b> 2 p.m. - Movie & Discussion 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	<b>31</b> 10 a.m.- Smartphone Class 11 a.m. - Dances for a Variable Population <b>New! 2 p.m. - Japanese Dance</b> 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong	