




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





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






Our Lady of Pompeii, 25 Carmine St.

March 2023 In Person Monthly Program Schedule

Center Director, Mary Springer, mspringer@greenwichhouse.org

Assistant Director, Carmen Chaudhary, cchaudhary@greenwichhouse.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Zoom Classes can be found: bit.ly/3jMivdU Or scan-> Classes with * are Zoom only 12-2p.m.-Lunch-Music CD Favorites Theater Tickets will be distributed when available</p>		<p>1 11a.m.- Therapeutic Yoga-hybrid New! 11:30 a.m.- Smartphone Help 2:30p.m.- SAIL Exercise for balance & fitness</p>	<p>2 10a.m.- Stretch & Balance* 11 a.m.- Line Dancing New! 11:30 a.m.- Smartphone Help 1 p.m.SAIL Exercise for balance & fitness 2 p.m. - Art Studio</p>	<p>3 New! 11 a.m.- Badminton New! 12 p.m. - Smartphone Help 1:30p.m.- Guitar Lessons w Halley</p>
<p>6 New! 11 a.m. - Choir 1 p.m.- Healthcare Proxies w Karpas Health* 1p.m.- Tai Chi 2:30p.m.-Virtual Travel Tour</p>	<p>7 9a.m.- Meet the Nurse 9:30a.m.- Movement Speaks Dance Workshop 2:30 p.m. - Netflix Movies</p>	<p>8 11a.m.- Therapeutic Yoga-hybrid 2:30p.m.- SAIL Exercise for balance & fitness</p>	<p>9 10a.m.- Stretch & Balance* 11 a.m.-Line Dancing 1 p.m.SAIL Exercise for balance & fitness 2 p.m. - Art Studio</p>	<p>10 New! 11 a.m.- Badminton 1:30p.m.- Guitar Lessons w Halley 2:30 p.m. - Presentation on Elder Abuse</p>
<p>13 New! 11 a.m. - Choir 11:30 a.m. - Tech Lab 1p.m.- Tai Chi 2 p.m. - Tech Talk 2:30p.m.-Virtual Travel Tour</p>	<p>14 9a.m.- Meet the Nurse 9:30a.m.- Movement Speaks Dance Workshop New! 11:30 a.m.-Smartphone Help 2:30 p.m. - Netflix Movies</p>	<p>15 11a.m.- Therapeutic Yoga-hybrid New! 11:30 a.m.- Smartphone Help 2:30p.m.- SAIL Exercise for balance & fitness</p>	<p>16 10a.m.- Stretch & Balance* 11 a.m.-Line Dancing New! 11:30 a.m.- Smartphone Help 1 p.m.SAIL Exercise for balance & fitness 2 p.m. - Art Studio</p>	<p>17 New! 11 a.m.- Badminton New! 12 p.m. - Smartphone Help 1:30p.m.- Guitar Lessons w Halley</p> 
<p>20 New! 11 a.m. - Choir 11:30 a.m. - Tech Lab 1p.m.- Tai Chi 2:30p.m.-Virtual Travel Tour</p>	<p>21 9a.m.- Meet the Nurse 9:30a.m.- Movement Speaks Dance Workshop New! 11:30 a.m.-Smartphone Help 2:30 p.m. - Netflix Movies</p>	<p>22 11a.m.- Therapeutic Yoga-hybrid New! 11:30 a.m.- Smartphone Help 2:30p.m.- SAIL Exercise for balance & fitness</p>	<p>23 10a.m.- Stretch & Balance* 11 a.m.-Line Dancing New! 11:30 a.m.- Smartphone Help 1 p.m.SAIL Exercise for balance & fitness 2 p.m. - Art Studio</p>	<p>24 New! 11 a.m.- Badminton New! 12 p.m. - Smartphone Help 1:30p.m.- Guitar Lessons w Halley</p>
<p>27 New! 11 a.m. - Choir 11:30 a.m. - Tech Lab 1p.m.- Tai Chi 2 p.m. - Tech Talk 2:30p.m.-Virtual Travel Tour</p>	<p>28 9a.m.- Meet the Nurse 9:30a.m.- Movement Speaks Dance Workshop New! 11:30 a.m. - Smartphone Help 12 p.m. Health Fair w Mt Sinani 2:30 p.m.- My Story 2:30 p.m. - Netflix Movies Happy Bday March!</p> 	<p>29 11a.m.- Therapeutic Yoga-hybrid New! 11:30 a.m.- Smartphone Help 2:30p.m.- SAIL Exercise for balance & fitness</p>	<p>30 10a.m.- Stretch & Balance* 11 a.m.-Line Dancing New! 11:30 a.m.- Smartphone Help 1 p.m.SAIL Exercise for balance & fitness 2 p.m. - Art Studio</p>	<p>31 New! 11 a.m.- Badminton New! 12 p.m.- Smartphone Help 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
 Assistant Director, Donna Coles, 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
Zoom Classes can be found: www.greenwichhouse.org/ Or scan->  Classes with * Are Zoom		1 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	2 9 a.m. - 3 p.m.- Free Tax Prep -RSVP 10:30 a.m.- Computer Class 11:30 a.m.- Poetry Writing 12p.m.-The Art Market (Video) 2 p.m.- Movie & Discussion The Woman King 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	3 10 a.m.- Smartphone Class 10 a.m.- Presentation- Cholesterol 101 by St. John's Uni 11 a.m. - Dances for a Variable Population New! 2 p.m. - Japanese Dance 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong	4 11 a.m. - African Fusion Dance 11:30 a.m.- Virtual Tour & Discussion- NY Botanical Garden
6 Center Closed Zoom Class Only 3 p.m.- Movie Discussion*	7 10 a.m. - Tech Help 12 p.m. - Money Mindfulness Discussion Meet the Nurse- 1 p.m.- Blood Pressure 2 p.m. - Presentation 2 p.m. - Strength & Mobility - hybrid 2 p.m. - Creative Writing 3:30 p.m. - Plush Toy Making 4:30 p.m. - Tai Chi	8 10 a.m. - Computer Class 11:30 a.m. - Qi Gong 1:30 p.m. - Documentary & Discussion The Amish & The Reformation 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	9 9 a.m. - 3 p.m.- Free Tax Prep -RSVP 10:30 a.m.- Computer Class 11:30 a.m.- Poetry Writing 12p.m.- Free Meds & Medical Services 2 p.m.- Cooking Presentation-JSY 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	10 10 a.m.- Smartphone Class 11 a.m. - Dances for a Variable Population 12 p.m. - Meet the Nurse-Beth Israel New! 2 p.m. - Japanese Dance 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong	11 11 a.m. - African Fusion Dance New! 11 a.m.-Live Music Performance by Pascale
13 Center Closed Zoom Class Only 3 p.m.- Movie Discussion*	14 10 a.m. - Tech Help 12 p.m. - Money Mindfulness Discussion Meet the Nurse- 1 p.m.- Blood Pressure 2 p.m. - Presentation 2 p.m. - Strength & Mobility - hybrid 2 p.m. - Creative Writing 3:30 p.m. - Plush Toy Making 4:30 p.m. - Tai Chi	15 10 a.m. - Computer Class 11 a.m. - Cooking Live w DFTA - Fried Rice 11 a.m. - Presentation - Colorectal Cancer 11:30 a.m. - Qi Gong 1 p.m. - Presentation- National Take Back Rx Drug Day 1:30 p.m. - Documentary & Discussion - Hummingbirds 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	16 9 a.m. - 3 p.m.- Free Tax Prep -RSVP 10:30 a.m.- Computer Class 11 a.m.- Presentation- The Heart of the Matter by Dr. Balaram 11:30 a.m.- Poetry Writing 12p.m.- History of Money (Video) 1:30 p.m.- Presentation- Life Planning by VOLS- RSVP 2 p.m.- Cooking Presentation-JSY 2 p.m.- Movie & Discussion Belfast 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	17 10 a.m.- Smartphone Class 11 a.m. - Dances for a Variable Population 1p.m. St. Patrick's Celebration New! 2 p.m. - Japanese Dance 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong 	18 11 a.m. - African Fusion Dance 11:30 a.m.- Virtual Tour & Discussion- 4K Nature Walk- Singapore Botanical Garden




Westbeth 155 Bank St.

March 2023 In Person Monthly Program Schedule

Center Director, Ruby Ng, rng@greenwichhouse.org
 Assistant Director, Donna Coles, 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
Zoom Classes can be found: www.greenwichhouse.org/ Or scan->  Classes with * Are Zoom					
20 Center Closed Zoom Class Only 3 p.m.- Movie Discussion*	21 10 a.m. - Tech Help 12 p.m. - Money Mindfulness Discussion Meet the Nurse- 1 p.m.- Blood Pressure 2 p.m. - Presentation 2 p.m. - Strength & Mobility - hybrid 2 p.m. - Creative Writing 3:30 p.m. - Plush Toy Making 4:30 p.m. - Tai Chi	22 10 a.m. - Computer Class 11:30 a.m. - Qi Gong 1:30 p.m. - Documentary & Discussion- Olympic Pride American Prejudice 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	23 9 a.m. - 3 p.m.- Free Tax Prep -RSVP 10:30 a.m.- Computer Class 11:30 a.m.- Poetry Writing 12p.m.- Personal Cash Planning 2 p.m. - Movie & Discussion Hallelujah 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	24 10 a.m.- Smartphone Class 11 a.m. - Dances for a Variable Population 11 a.m. - Presentation- Domestic Violence 12 p.m. - Meet the Nurse-Beth Israel New! 2 p.m. - Japanese Dance 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong	25 11 a.m. - African Fusion Dance 11:30 a.m.- Virtual Tour & Discussion- Botanical Tour- Gothenburg Gardens
27 Center Closed Zoom Class Only 3 p.m.- Movie Discussion*	28 10 a.m. - Tech Help 12 p.m. - Money Mindfulness Discussion Meet the Nurse- 1 p.m.- Blood Pressure 2 p.m. - Presentation 2 p.m. - Strength & Mobility - hybrid 2 p.m. - Creative Writing 3:30 p.m. - Plush Toy Making 4:30 p.m. - Tai Chi	29 10 a.m. - Computer Class 11:30 a.m. - Qi Gong 1:30 p.m. - Documentary & Discussion - Each & Every Day 2:30 p.m. Art Talk 4 p.m. - Tech Help 4 p.m. - Cardio Exercise	30 9 a.m. - 3 p.m.- Free Tax Prep -RSVP 10:30 a.m.- Computer Class 11:30 a.m.- Poetry Writing 12p.m.- Investing 2023 (Video) 2 p.m. - Movie & Discussion - Everything & Everywhere All At Once 3 pm. - Memoir Class 4 p.m.- Stretching Exercise	31 10 a.m.- Smartphone Class 11 a.m. - Dances for a Variable Population New! 2 p.m. - Japanese Dance 2 p.m. - Tech Help 3 p.m. - Cookies & Memory Game 3:30 p.m. - Qi Gong	