

# September 2023 In-Person Calendar

P-Parlor, CR-Conference Room, AR-Art Room, WSP-Washington Sq. Park, DR-Dining Room,

\* denotes Zoom Class

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

Center Director Nicole Brown

212-777-3555 Ext 106 | nbrown@greenwichhouse.org



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	Center Closed in Observance of Labor Day	5	9:30 a.m. Dances for a Variable Population - WSP 11 a.m. Knitting-AR 11 a.m. Jewelry-P 1 p.m. Money Matters: Income, Expense, Debt 2 p.m. French-CR 2 p.m. Showtime Performers-P 3:30 p.m. Creative Writing*	6	10:30 a.m. Art Talk - P 11 a.m. Outdoor Walking Club 11 a.m. Italian* 1 p.m. Money Matters: Q&A w Kay 2 p.m. Let's Jam (Music) - CR	7	NEW! 10 a.m. Summer Days & Autumn Leaves - P 1 p.m. Lunch & Learn w Kay	1	2 p.m. It's Showtime - P
								8	11 a.m. Live Long & Strong - P
11	10 a.m. Tai Chi-P 10 a.m. Comedy Workshop* 11 a.m. Shakespeare* NEW! 12 p.m. Active Balance w JaZell - P 11 a.m. Chinese Painting-AR 2 p.m. Movie: Queen Bees NEW! 2 p.m. Working Visually w the Book - AR 2 p.m. Membership Meeting	12	9:30 a.m. Dances for a Variable Population - WSP 11 a.m. Knitting-AR 11 a.m. Jewelry-P 2 p.m. French-CR 2 p.m. Showtime Performers-P 3:30 p.m. Creative Writing*	13	10:30 a.m. Art Talk - P 11 a.m. Outdoor Walking Club 11 a.m. Italian* 2 p.m. Legal Clinic - CR 2 p.m. Let's Jam (Music)- CR	14	NEW! 10 a.m. Summer Days & Autumn Leaves - P NEW! 2:15 p.m. Active Balance w JaZell - P NEW! 3 p.m. Theater for Change - P	15	NEW! 10 a.m. Easy Does It - (hybrid) 12 p.m. National Older Adult Month Open House 2 p.m. Qi Gong Tai Chi -WSP 2 p.m. Let's Chat - CR

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Falls Prevention Week 9/18 - 9/22				
<b>18</b> 10 a.m. Tai Chi-P <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Chinese Painting-AR <b>NEW! 12 p.m. Active Balance w JaZell - P</b> 2 p.m. Movie: <b>The Angriest Man in Brooklyn</b> <b>NEW! 2 p.m. Working Visually w the Book - AR</b>	<b>19</b> 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting-AR 11 a.m. Jewelry-P <b>1 p.m. Money Matters: Income, Expense, Debt</b> 2 p.m. French-CR 2 p.m. Showtime Performers-P <b>2 p.m. NYU Wellness Workshop</b> <b>3:30 p.m. Creative Writing*</b>	<b>20</b> 10:30 a.m. Art Talk - P 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> <b>1 p.m. Elder Abuse Presentation - CR</b> 2 p.m. Let's Jam (Music)-CR	<b>21</b> <b>NEW! 10 a.m. Summer Days &amp; Autumn Leaves - P</b> <b>1 p.m. Lunch &amp; Learn w Kay</b> <b>NEW! 2:15 p.m. Active Balance w JaZell - P</b> <b>NEW! 3 p.m. Theater for Change - P</b>	<b>22</b> <b>NEW! 10 a.m. Easy Does It - (hybrid)</b> <b>NEW! 11 a.m. Modern Dance - P</b> <b>11 a.m. Your Met Art Box- RSVP</b> <b>kbeckett@greenwichhouse.org</b> 2 p.m. Qi Gong Tai Chi -WSP <b>2 p.m. Artists Forum - P</b> 2 p.m. Let's Chat - CR
<b>25</b> 10 a.m. Tai Chi-P <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> <b>NEW! 12 p.m. Active Balance w JaZell - P</b> 11 a.m. Chinese Painting-AR 2 p.m. Movie: <b>The Sound of 007</b> <b>NEW! 2 p.m. Working Visually w the Book - AR</b>	<b>26</b> 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting-AR 11 a.m. Jewelry-P 1 p.m. Money Matters: <b>Income, Expense, Debt</b> 2 p.m. French-CR 2p.m. Showtime Performers-P <b>2p.m. NYU Wellness Workshop</b>	<b>27</b> 10:30 a.m. Art Talk - P 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 1 p.m. Money Matters: <b>Q&amp;A w Kay</b> 2 p.m. Let's Jam (Music)-CR	<b>28</b> <b>NEW! 10 a.m. Summer Days &amp; Autumn Leaves - P</b> <b>1 p.m. Lunch &amp; Learn w Kay</b> <b>NEW! 2:15 p.m. Active Balance w JaZell - P</b> <b>NEW! 3 p.m. Theater for Change - P</b>	<b>29</b> <b>NEW! 10 a.m. Easy Does It - (hybrid)</b> <b>NEW! 11 a.m. Modern Dance - P</b> <b>11 a.m. Grow NY Nutrition Class - DR</b> 2 p.m. Qi Gong Tai Chi -WSP 2 p.m. Let's Chat - CR <b>NEW! 2 p.m. Trocks Ballet</b>

# September 2023 In-Person Calendar

\*denotes Zoom Class

Our Lady of Pompeii  
25 Carmine St. NY, NY 10014  
Center Director Mary Springer  
212-989-3620 | mspringer@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b>  <b>Center Closed in Observance of Labor Day</b>	<b>5</b>  1 p.m. S.A.I.L Exercise w JaZell	<b>6</b>  11 a.m. Therapeutic Yoga ( <b>hybrid</b> ) <b>1:30 p.m. Meet the Librarian</b>	<b>7</b>  <b>10 a.m. Stretch &amp; Balance*</b> <b>10:30 a.m. Trip: Rubin Museum - Must RSVP</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio	<b>1</b>  11 a.m. Badminton 1:30 p.m. Guitar Lessons  <b>8</b>  11 a.m. Badminton 1:30 p.m. Guitar Lessons <b>NEW! 2 p.m. Brain Games</b>
<b>11</b>  <b>10 a.m. Food Bag Program</b> 1 p.m. Tai Chi ( <b>hybrid</b> ) 2 p.m. Stride/NY Road Runners 2 p.m. Tech Talk w G. Matt	<b>12</b>  <b>10 a.m. Food Bag Program</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Virtual Travel Tour to Scandinavia with Rick Steves of PBS.	<b>13</b>  <b>NEW! 9:30 a.m. Breakfast Club</b> 11 a.m. Therapeutic Yoga ( <b>hybrid</b> ) <b>1:30 p.m. Presentation on prediabetes w Mt. Sinai *</b>	<b>14</b>  <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio	<b>15</b>  11 a.m. Badminton 1:30 p.m. Guitar Lessons

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Center Director Mary Springer  
212-989-3620 | mspringer@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Falls Prevention Week 9/18 - 9/22				
<b>18</b>  1 p.m. Tai Chi ( <b>hybrid</b> ) 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help	<b>19</b>  <b>9 a.m. - 3 p.m. NYU Wellness Workshop</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help	<b>20</b>  <b>NEW! 9:30 a.m. Breakfast Club</b> 11 a.m. Therapeutic Yoga ( <b>hybrid</b> ) 2:30 p.m. Tech Help 2:30 p.m. Movie: <b>Lost in Translation</b>	<b>21</b>  <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help	<b>22</b>  11 a.m. Badminton 1:30 p.m. Guitar Lessons <b>NEW! 2 p.m. Brain Games</b> 2:30 p.m. Tech Help
<b>25</b>  <b>NEW! 11 a.m. Acting &amp; Theater Study</b> 1 p.m. Tai Chi ( <b>hybrid</b> ) 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help	<b>26</b>  <b>9 a.m. - 3 p.m. NYU Wellness Workshop</b> 1 p.m. S.A.I.L Exercise w JaZell	<b>27</b>  11 a.m. Therapeutic Yoga ( <b>hybrid</b> ) 2:30 p.m. Tech Help 2:30 p.m. Movie: <b>The Best of Enemies.</b>	<b>28</b>  <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help	<b>29</b>  11 a.m. Badminton <b>12 - 2 p.m. National Older Adult Center Month Open House</b> <b>2:30 p.m. Dance Party! Hispanic Heritage Month</b> 1:30 p.m. Guitar Lessons 2:30 p.m. Tech Help

# September 2023 In-Person Calendar

\*denotes Zoom Class

Independence Plaza  
310 Greenwich St. 2nd Fl. NY, NY 10013  
Center Director Joe Mayock  
212-267-0499 | jmayock@greenwichhouse.org



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
4	<b>Center Closed in Observance of Labor Day</b>	5	<b>10 a.m. Trip: Trader Joe's</b> 11 a.m. Indoor Walking Club 2 p.m. Crocheting 2 p.m. Movie	6	1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	7	<b>10 a.m. Trip: Bronx Museum</b> 11 a.m. Tai Chi 1:45 p.m. Virtual Tour 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors	1	11 a.m. Indoor Walking Club <b>12 p.m. NYU Wellness Workshop</b> 2 p.m. Brain Games 2:45 p.m. Games
								8	11 a.m. Indoor Walking Club
11	11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	12	<b>11 a.m. Choir</b> <b>11:30 a.m. Trip: Aldi</b> 11 a.m. Indoor Walking Club 2 p.m. Crocheting 2 p.m. Movie	13	1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	14	11 a.m. Tai Chi <b>1p.m. Trip: Wave Hill</b> 1:45 p.m. Virtual Tour 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors	15	11 a.m. Indoor Walking Club <b>12 p.m. NYU Wellness Workshop</b> 2 p.m. Brain Games

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Independence Plaza  
310 Greenwich St. 2nd Fl. NY, NY 10013  
Center Director Joe Mayock  
212-267-0499 | jmayock@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Falls Prevention Week 9/18 - 9/22				
<b>18</b>  <b>11 a.m. Grow NY Nutrition Class</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize w JaZell 2:30 p.m. Aerobics w JaZell	<b>19</b>  <b>11 a.m. Choir</b> 11 a.m. Indoor Walking Club 2 p.m. Crocheting 2 p.m. Movie	<b>20</b>  1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>21</b>  <b>10 a.m. Trip: BK Museum</b> 11 a.m. Tai Chi 1:45 p.m. Virtual Tour 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors	<b>22</b>  10 a.m. Jewelry 11 a.m. Indoor Walking Club 1 p.m. Jewelry <b>1 p.m. National Older Adult Center Month Open House</b>
<b>25</b>  11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>26</b>  <b>11 a.m. Choir</b> <b>11 a.m. Trip: Shop Rite</b> 11 a.m. Indoor Walking Club <b>1 p.m. Happy Bday September!</b> 2 p.m. Crocheting 2 p.m. Movie	<b>27</b>  1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>28</b>  <b>10 a.m. Trip: NY Botanical Garden</b> 11 a.m. Tai Chi 1:45 p.m. Virtual Tour 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors	<b>29</b>  11 a.m. Indoor Walking Club 2 p.m. Brain Games

# September 2023 In-Person Calendar

\*denotes Zoom Class

Westbeth Center  
155 Bank St. NY, NY 10014  
Center Director Ruby Ng  
212-255-5191 | rng@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>4</b>  <b><u>CENTER CLOSED</u></b> <b>in</b> <b>Observance of Labor Day</b>	<b>5</b>  <b><u>CENTER CLOSED</u></b> <b>in</b> <b>Observance of Labor Day</b>	<b>6</b> 9:30 a.m. S.A.I.L. (Strength & Mobility) <i>Make up Class for 9/5</i> 10:30 a.m. Series & Discussion: <i>Only Murders in the Building</i> 11:30a.m. Qi Gong 1:30 p.m. Documentary & Discussion: <i>Come Out Fighting</i> 2:30 p.m. Art Talk 3 p. m. Tech Help <del>4 p.m. Pilates</del> <b>—CANCELLED</b>	<b>7</b> 11:30 a.m. Poetry Writing 12 p.m. Indian Hand Gesture Dance 2 p.m. S.A.I.L. (Strength & Mobility) <b>Hybrid</b> 2 p.m. Nutrition Presentation by Brenna 3 p.m. Movie & Discussion: <i>The Swimmers</i> 3 p.m. Tech Help 4 p.m. Stretching Class	<b>1</b> 9:30 a.m. Walking Club 11 a.m. Dances for a Variable Population 2 p.m. Japanese Dance 3 p.m. Tech Help 3:30 p.m. Qi Gong <b>8</b> <del>9:30 a.m. Walking Club</del> 9:30 a.m. Trip- Queens Farm Museum 11 a.m. Dances for a Variable Population 12 p.m. Blood Pressure Monitoring / Presentation 12 p.m. National Older Adult Center Month Open House 2 p.m. Summer Days & Autumn Leaves 2 p.m. Japanese Dance 3 p.m. Tech Help 3:30 p.m. Qi Gong <b>15</b> <del>9:30 a.m. Walking Club</del> 9:30 a.m. Trip: Rockaway Ferry Whale Watching 10 a.m. Health Presentation: <i>Chronic Pain Project</i> 11 a.m. Dances for a Variable Population 2 p.m. Living Long & Strong 2 p.m. Japanese Dance 3 p.m. Tech Help 3:30 p.m. Qi Gong	<b>2</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion: <i>Wailea Beach Maui</i> <b>9</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion: <i>British Museum</i> <b>16</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion: <i>Georgia Aquarium</i>
<b>11</b> <b><u>Center Closed</u></b> 3 p.m. Virtual Film Discussion*	<b>12</b> 9:30 a.m. Breakfast & Discussion 11 a.m. Tech Help 12 p.m. Ballet Dance 2 p.m. S.A.I.L. (Strength & Mobility)- <b>Hybrid</b> 2 p.m. Creative Writing 3:30 p.m. Designing Mandala Art 4:30 p.m. Tai Chi	<b>13</b> 10:30 a.m. Series & Discussion 11:30 a.m. Qi Gong 1:30 p.m. Health Presentation: Prediabetes 1:30 p.m. Documentary & Discussion: Queen: <i>The Making of a Night at the Opera</i> 2:30 p.m. Art Talk 3 p.m. Tech Help 4 p.m. Pilates	<b>14</b> 11:30 a.m. Poetry Writing 12 p.m. Indian Hand Gesture Dance 12 p.m. Presentation: <i>My Social Security Account</i> 2 p.m. S.A.I.L. (Strength & Mobility) <b>Hybrid</b> 2 p.m. Movie & Discussion: <i>Operation Mincemeat</i> 3 p.m. Tech Help 4 p.m. Stretching Class		



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Falls Prevention Week 9/18 - 9/22					
<b>18</b>  <b>Center Closed</b> 3 p.m. Virtual Film Discussion*	<b>19</b>  9 a.m. Blood Pressure Monitoring 9:30 a.m. Breakfast & Discussion 11 a.m. Tech Help 12 p.m. Ballet Dance 2 p.m. S.A.I.L. (Strength & Mobility) - <b>Hybrid</b> 2 p.m. Creative Writing 2 p.m. NYU Wellness Workshop 3:30 p.m. Designing Mandala Art 4:30 p.m. Tai Chi	<b>20</b>  10:30 a.m. Series & Discussion 11:30 a.m. Qi Gong 1 p.m. Health Presentation: <i>The Pancreas</i> 1:30 p.m. Documentary & Discussion: <i>The Real Top Guns</i> 2:30 p.m. Art Talk 3 p.m. Tech Help 4 p.m. Pilates	<b>21</b>  11:30 a.m. Poetry Writing 12 p.m. Indian Hand Gesture Dance 12:00 p.m. Presentation: <i>Affordable Connectivity Program</i> 1 p.m. VOLS Legal Clinic 2 p.m. S.A.I.L. (Strength & Mobility) <b>Hybrid</b> 2p.m. Movie & Discussion: <i>She Said</i> 3 p.m. Tech Help 4 p.m. Stretching Class	<b>22</b>  9:30 a.m. Walking Club 10 a.m. Health Presentation: <i>Chronic Pain Project</i> 11 a.m. Dances for a Variable Population 2 p.m. Blood Pressure Monitoring / Presentation 2 p.m. Japanese Dance 3 p.m. Tech Help 3:30 p.m. Qi Gong	<b>23</b>  11 a.m. African Fusion Dance  11:30 a.m. Virtual Tour & Discussion: Barcelona, Spain
<b>25</b>  <b>Center Closed</b> 3 p.m. Virtual Film Discussion*	<b>26</b>  9 a.m. Blood Pressure Monitoring 9:30 a.m. Breakfast & Discussion 11 a.m. Tech Help 12 p.m. Ballet Dance 1 p.m. BDAY Celebration 2 p.m. S.A.I.L. - <b>Hybrid</b> 2 p.m. Creative Writing 2 p.m. NYU Wellness Workshop 3:30 p.m. Designing Mandala Art 4:30 p.m. Tai Chi	<b>27</b>  10:30 a.m. Series & Discussion 11:30 a.m. Qi Gong 1:30 p.m. Documentary & Discussion: <i>Rise of the Great White Shark</i> 2:30 p.m. Art Talk 3 p.m. Tech Help 4 p.m. Pilates	<b>28</b>  11:30 a.m. Poetry Writing 12 p.m. Indian Hand Gesture Dance 12 p.m. Presentation: <i>Medicare Savings Program</i> 2 p.m. S.A.I.L. (Strength & Mobility) <b>Hybrid</b> 2 p.m. Movie & Discussion: <i>Lansky</i> 3 p.m. Tech Help 4 p.m. Stretching Class	<b>29</b>  9:30 a.m. Walking Club 10 a.m. Health Presentation: <i>Chronic Pain Project</i> 10:30a.m. Trip: <i>El Museo del Barrio</i> 11 a.m. Dances for a Variable Population 2 p.m. Japanese Dance 3 p.m. TechHelp 3:30 p.m. Qi Gong	<b>30</b>  11 a.m. African Fusion Dance  11:30 a.m. Virtual Tour & Discussion: City of London



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Active Aging Week									
10 a.m. Tai Chi-P <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Outdoor Walking Club 11 a.m. Chinese Painting-AR 12 p.m. Active Balance w JaZell - P 2 p.m. Movie: <b>Lavender</b> 2 p.m. Working Visually w the Book - AR		9 a.m. NYU Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - WSP 11 a.m. Knitting-AR 11 a.m. Jewelry-P 1 p.m. Money Matters 2 p.m. French-CR 2 p.m. Showtime Performers-P <b>3:30 p.m. Creative Writing*</b>		10:30 a.m. Art Talk - P <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)-P <b>2 p.m. Financial Seminar w Allen - CR</b>		<b>10 a.m. - 1 p.m. Flu Shots</b> <b>10 a.m. Being Right or in a Relationship - P</b> 2:15 p.m. Active Balance w JaZell - P 3 p.m. Theater for Change - P		<b>10 a.m. Fighting Fair &amp; Good Communication Skills - P</b> 10 a.m. Easy Does It - (hybrid) 11 a.m. Modern Dance - P 12 p.m. Qi Gong Tai Chi -P 2 p.m. Let's Chat 2 p.m. Trocks Ballet	
9		10		11		12		13	
10 a.m. Tai Chi-P <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Outdoor Walking Club 11 a.m. Chinese Painting-AR 12 p.m. Active Balance w JaZell - P 2 p.m. Working Visually w the Book - AR		9 a.m. NYU Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - WSP 11 a.m. Knitting-AR 11 a.m. Jewelry-P 1 p.m. Money Matters 2 p.m. French-CR 2 p.m. Showtime Performers-P		10:30 a.m. Art Talk - P 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)-P <b>2 p.m. Financial Seminar w Allen - CR</b>		2:15 p.m. Active Balance w JaZell - P 3 p.m. Theater for Change - P		10 a.m. Easy Does It - (hybrid) 11 a.m. Modern Dance - P 12 p.m. Qi Gong Tai Chi -P 2 p.m. Let's Chat 2 p.m. Trocks Ballet	

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**Center Director Nicole Brown**

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
16	10 a.m. Tai Chi- <b>P</b> <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Outdoor Walking Club 11 a.m. Chinese Painting- <b>AR</b> 12 p.m. Active Balance w JaZell - <b>P</b> 2 p.m. Movie: <b>The Chalk Line</b> 2 p.m. Working Visually w the Book - <b>AR</b>	17	9 a.m. NYU Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting- <b>AR</b> 11 a.m. Jewelry- <b>P</b> 1 p.m. Money Matters 2 p.m. French- <b>CR</b> 2 p.m. Showtime Performers- <b>P</b> <b>3:30 p.m. Creative Writing*</b>	18	10:30 a.m. Art Talk - <b>P</b> 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)- <b>P</b>	19	2:15 p.m. Active Balance w JaZell - <b>P</b> 3 p.m. Theater for Change - <b>P</b>	20	10 a.m. Easy Does It - <b>(hybrid)</b> 11 a.m. Modern Dance - <b>P</b> <b>11 a.m. Your Met Art Box- RSVP</b> <b>kbeckett@greenwichhouse.org</b> 12 p.m. Qi Gong Tai Chi - <b>P</b> 2 p.m. Let's Chat 2 p.m. Trocks Ballet
23	10 a.m. Tai Chi- <b>P</b> <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Chinese Painting- <b>AR</b> 11 a.m. Outdoor Walking Club 12 p.m. Active Balance w JaZell - <b>P</b> 2 p.m. Movie: <b>Avatar: The Way of Water</b> 2 p.m. Working Visually w the Book - <b>AR</b>	24	9 a.m. NYU Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting- <b>AR</b> 11 a.m. Jewelry- <b>P</b> 1 p.m. Money Matters 2 p.m. French- <b>CR</b> 2 p.m. Showtime Performers- <b>P</b>	25	10:30 a.m. Art Talk - <b>P</b> 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)- <b>P</b>	26	2:15 p.m. Active Balance w JaZell - <b>P</b> 3 p.m. Theater for Change - <b>P</b>	27	10 a.m. Easy Does It - <b>(hybrid)</b> 11 a.m. Modern Dance- <b>P</b> 12 p.m. Qi Gong Tai Chi - <b>P</b> 2 p.m. Let's Chat 2 p.m. Trocks Ballet
30	10 a.m. Tai Chi- <b>P</b> <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Chinese Painting- <b>AR</b> 11 a.m. Outdoor Walking Club 12 p.m. Active Balance w JaZell - <b>P</b> 2 p.m. Movie: <b>Smile</b> 2 p.m. Working Visually w the Book - <b>AR</b>	31	9 a.m. Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting- <b>AR</b> 11 a.m. Jewelry- <b>P</b> <b>12:30 p.m. Halloween Contest!</b> 1 p.m. Money Matters 2 p.m. French- <b>CR</b> <b>2:15p.m. Halloween Performance</b>						

# October 2023 In-Person Calendar

\*denotes Zoom Class

Our Lady of Pompeii  
25 Carmine St. NY, NY 10014  
Center Director Mary Springer  
212-989-3620 | mspringer@greenwichhouse.org



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Active Aging Week									
1 p.m. Tai Chi <b>(hybrid)</b> 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help		<b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help		11 a.m. Therapeutic Yoga <b>(hybrid)</b> <b>1:30 p.m. Financial Literacy w Kay</b> 2:30 p.m. Tech Help		<b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help		11 a.m. Badminton 1:30 p.m. Guitar Lessons 2:30 p.m. Brain Games 2:30 p.m. Tech Help	
9		10		11		12		13	
1 p.m. Tai Chi <b>(hybrid)</b> 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help		<b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> <b>10 a.m. Food Bag Program</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help		<b>9:30 a.m. Breakfast Club</b> 11 a.m. Therapeutic Yoga <b>(hybrid)</b> 2:30 p.m. Movie: <b>Get On Up</b> 2:30 p.m. Tech Help		<b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help		11 a.m. Badminton 1:30 p.m. Guitar Lessons 2:30 p.m. Tech Help	

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Our Lady of Pompeii  
25 Carmine St. NY, NY 10014  
Center Director Mary Springer  
212-989-3620 | mspringer@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b> 1 p.m. Tai Chi <b>(hybrid)</b> 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help	<b>17</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help	<b>18</b> 11 a.m. Therapeutic Yoga <b>(hybrid)</b> <b>1:30 - 4 p.m. VOLS Legal Clinic</b> 2:30 p.m. Tech Help	<b>19</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help	<b>20</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons <b>2 p.m. Guitar Performance</b> 2:30 p.m. Tech Help
<b>23</b> <b>10 a.m. Food Bag Program</b> <b>11 a.m. - 4 p.m. Hygiene &amp; Health Tips</b> 1 p.m. Tai Chi <b>(hybrid)</b> 2 p.m. Stride/NY Road Runners 2 p.m. Tech Talk w G. Matt 2:30 p.m. Tech Help	<b>24</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help	<b>25</b> <b>9:30 a.m. Breakfast Club</b> 11 a.m. Therapeutic Yoga <b>(hybrid)</b> 2:30 p.m. Tech Help	<b>26</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help	<b>27</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons <b>2:30 p.m. Halloween Dance Party!</b> 2:30 p.m. Tech Help
<b>30</b> <b>11 a.m. Acting &amp; Theater Study</b> 1 p.m. Tai Chi <b>(hybrid)</b> 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help	<b>31</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> <b>12 p.m. Halloween Lunch!</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help			

# October 2023 In-Person Calendar

\*denotes Zoom Class

Independence Plaza  
310 Greenwich St. 2nd Fl. NY, NY 10013  
Center Director Joe Mayock  
212-267-0499 | jmayock@greenwichhouse.org



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2		3		4		5		6	
Active Aging Week									
11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell		<b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Choir 11 a.m. Indoor Walking Club 2 p.m. Crocheting 2 p.m. Movie		1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell		11 a.m. Tai Chi 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors		<b>10 a.m. - 1 p.m. Flu Shots</b> 11 a.m. Indoor Walking Club 2:45 p.m. Games	
9		10		11		12		13	
11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell		<b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Choir 11 a.m. Indoor Walking Club 2 p.m. Crocheting 2 p.m. Movie <b>2:30 p.m. VOLS Legal Clinic</b>		<b>1 p.m. Medicare 101</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell <b>2 p.m. Financial Literacy w Kay</b>		11 a.m. Tai Chi 4 p.m. Stuy HS Cyber Mentors		11 a.m. Indoor Walking Club 2:30 p.m. Games	

# October 2023 In-Person Calendar

\*denotes Zoom Class

Independence Plaza  
310 Greenwich St. 2nd Fl. NY, NY 10013  
Center Director Joe Mayock  
212-267-0499 | jmayock@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>16</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>17</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Choir 11 a.m. Indoor Walking Club 2 p.m. Crocheting 2 p.m. Movie	<b>18</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>19</b> 11 a.m. Tai Chi 4 p.m. Stuy HS Cyber Mentors	<b>20</b> 11 a.m. Indoor Walking Club 2 p.m. Brain Games
<b>23</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>24</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Choir 11 a.m. Indoor Walking Club 2 p.m. Crocheting 2 p.m. Movie	<b>25</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>26</b> 11 a.m. Tai Chi 4 p.m. Stuy HS Cyber Mentors	<b>27</b> 10 a.m. Jewelry 11 a.m. Indoor Walking Club 1 p.m. Jewelry 2 p.m. Brain Games
<b>30</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>31</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Choir 11 a.m. Indoor Walking Club <b>1 p.m. Happy Bday October!</b> 2 p.m. Crocheting 2 p.m. Movie			

# October 2023 In-Person Calendar

\*denotes Zoom Class

Westbeth Center  
155 Bank St. NY, NY 10014  
Center Director Ruby Ng  
212-255-5191 | rng@greenwichhouse.org



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
2		3		4		5		6		7	
Active Aging Week											
<b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>		9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility) - <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi		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. Pilates		11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> <b>2 p.m. Cooking Presentation w Brenna</b> 2:30 p.m. Movie & Discussion 4 p.m. Stretching Exercise		11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 2 p.m. Blood Pressure Monitoring 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong		11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion	
9		10		11		12		13		14	
<b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>		9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi		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. Pilates		11 a.m. Poetry Writing <b>12 p.m. Grow NY Nutrition Class</b> 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 2:30 p.m. Movie & Discussion 4 p.m. Stretching Exercise		11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong		11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion	



# October 2023 In-Person Calendar

\*denotes Zoom Class

Westbeth Center  
155 Bank St. NY, NY 10014  
Center Director Ruby Ng  
212-255-5191 | rng@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>16</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>17</b> 9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>18</b> 11:30 a.m. Qi Gong <b>1 p.m. Financial Literacy w Kay</b> 1:30 Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. Tech Help 4 p.m. Pilates	<b>19</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 2:30 p.m. Movie & Discussion 4 p.m. Stretching Exercise	<b>20</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 2 p.m. Blood Pressure Monitoring 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	<b>21</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion
<b>23</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>24</b> 9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility) - <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>25</b> 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. Pilates	<b>26</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 2:30 p.m. Movie & Discussion 4 p.m. Stretching Exercise	<b>27</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	<b>28</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion
<b>30</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>31</b> 9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi				

# November 2023 In-Person Calendar

P-Parlor, CR-Conference Room, AR-Art Room, WSP-Washington Sq. Park, DR-Dining Room,

\* denotes Zoom Class

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

Center Director Nicole Brown

212-777-3555 Ext 106 | nbrown@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 10:30 a.m. Art Talk - <b>P</b> 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b>	<b>2</b> 2:15 p.m. Active Balance w JaZell - <b>P</b> 3 p.m. Theater for Change - <b>P</b>	<b>3</b> 10 a.m. Easy Does It - <b>(hybrid)</b> 11 a.m. Modern Dance- <b>P</b> 12 p.m. Qi Gong Tai Chi - <b>P</b> 2 p.m. Let's Chat 2 p.m. Trocks Ballet
<b>6</b> 10 a.m. Tai Chi- <b>P</b> <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Outdoor Walking Club 11 a.m. Chinese Painting- <b>AR</b> 12 p.m. Active Balance w JaZell - <b>P</b> 2 p.m. Movie: <b>Thank You For Your Service</b>	<b>7</b> 9 a.m. NYU Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting- <b>AR</b> 11 a.m. Jewelry- <b>P</b> 1 p.m. Money Matters 2 p.m. French- <b>CR</b> 2 p.m. Showtime Performers- <b>P</b> <b>3:30 p.m. Creative Writing*</b>	<b>8</b> 10:30 a.m. Art Talk - <b>P</b> 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)- <b>P</b>	<b>9</b> 2:15 p.m. Active Balance w JaZell - <b>P</b> 3 p.m. Theater for Change - <b>P</b>	<b>10</b> 10 a.m. Easy Does It - <b>(hybrid)</b> 11 a.m. Modern Dance- <b>P</b> 12 p.m. Qi Gong Tai Chi - <b>P</b> <b>1:30 p.m. Veterans Day Celebration</b> 2 p.m. Let's Chat 2 p.m. Trocks Ballet

# November 2023 In-Person Calendar

P-Parlor, CR-Conference Room, AR-Art Room, WSP-Washington Sq. Park, DR-Dining Room,

\* denotes Zoom Class

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

Center Director Nicole Brown

212-777-3555 Ext 106 | nbrown@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>13</b> 10 a.m. Tai Chi-P <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Outdoor Walking Club 11 a.m. Chinese Painting-AR 12 p.m. Active Balance w JaZell - P 2 p.m. Movie: <b>The Forgotten Battle</b>	<b>14</b> 9 a.m. NYU Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting-AR 11 a.m. Jewelry-P 1 p.m. Money Matters 2 p.m. French- <b>CR</b> 2 p.m. Showtime Performers-P	<b>15</b> 10:30 a.m. Art Talk - P 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)-P <b>2 p.m. VOLS Legal Service</b>	<b>16</b> 2:15 p.m. Active Balance w JaZell - P 3 p.m. Theater for Change - P	<b>17</b> 10 a.m. Easy Does It - <b>(hybrid)</b> 11 a.m. Modern Dance-P <b>11 a.m. Your Met Art Box- RSVP</b> <b>kbeckett@greenwichhouse.org</b> 12 p.m. Qi Gong Tai Chi -P 2 p.m. Let's Chat 2 p.m. Trocks Ballet
<b>20</b> 10 a.m. Tai Chi-P <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Chinese Painting-AR 11 a.m. Outdoor Walking Club 12 p.m. Active Balance w JaZell - P 2 p.m. Movie: <b>Da Five Bloods</b>	<b>21</b> 9 a.m. NYU Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting-AR 11 a.m. Jewelry-P <b>12 p.m. Thanksgiving Lunch</b> 1 p.m. Money Matters 2 p.m. French- <b>CR</b> 2 p.m. Showtime Performers-P <b>3:30 p.m. Creative Writing*</b>	<b>22</b> 10:30 a.m. Art Talk - P 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)-P	<b>23</b> <b>Center Closed in Observation of Thanksgiving</b>	<b>24</b> 10 a.m. Easy Does It - <b>(hybrid)</b> 11 a.m. Modern Dance-P 12 p.m. Qi Gong Tai Chi -P 2 p.m. Let's Chat 2 p.m. Trocks Ballet
<b>27</b> 10 a.m. Tai Chi-P <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Chinese Painting-AR 11 a.m. Outdoor Walking Club 12 p.m. Active Balance w JaZell - P 2 p.m. Movie: <b>Summerland</b> <b>2 p.m. Vocal Ease Performance</b>	<b>28</b> 9 a.m. NYU Blood Pressure Screening 9:30 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting-AR 11 a.m. Jewelry-P 1 p.m. Money Matters 2 p.m. French- <b>CR</b> 2 p.m. Showtime Performers-P <b>2 p.m. Grow NY Nutrition Class</b>	<b>29</b> 10:30 a.m. Art Talk - P 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)-P	<b>30</b> 2:15 p.m. Active Balance w JaZell - P 3 p.m. Theater for Change - P	

# November 2023 In-Person Calendar

\*denotes Zoom Class

Our Lady of Pompeii  
25 Carmine St. NY, NY 10014  
Center Director Mary Springer  
212-989-3620 | mspringer@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 11 a.m. Therapeutic Yoga ( <b>hybrid</b> ) <b>1:30 p.m. Financial Literacy w Kay</b> 2:30 p.m. Tech Help	<b>2</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help	<b>3</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons 2:30 p.m. Tech Help
<b>6</b> 1 p.m. Tai Chi ( <b>hybrid</b> ) 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help	<b>7</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help	<b>8</b> <b>9:30 a.m. Breakfast Club</b> 11 a.m. Therapeutic Yoga ( <b>hybrid</b> ) 2:30 p.m. Movie: <b>In The Line of Fire</b> 2:30 p.m. Tech Help	<b>9</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help	<b>10</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons <b>2:30 p.m. Brain Games</b> 2:30 p.m. Tech Help

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212-989-3620 | mspringer@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>13</b> <b>Hygiene &amp; Health Tips</b> 1 p.m. Tai Chi <b>(hybrid)</b> 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help	<b>14</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help	<b>15</b> <b>9:30 a.m. Breakfast Club</b> 11 a.m. Therapeutic Yoga <b>(hybrid)</b> <b>2 p.m. Grow NY Nutrition Class</b> 2:30 p.m. Tech Help	<b>16</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help	<b>17</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons 2:30 p.m. Tech Help
<b>20</b> 1 p.m. Tai Chi <b>(hybrid)</b> 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help	<b>21</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> <b>12 p.m. Thanksgiving Lunch</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help	<b>22</b> 11 a.m. Therapeutic Yoga <b>(hybrid)</b> 2:30 p.m. Tech Help	<b>23</b> <b>Center Closed in Observation of Thanksgiving</b>	<b>24</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons 2:30 p.m. Tech Help
<b>27</b> <b>11 a.m. Acting &amp; Theater Study</b> 1 p.m. Tai Chi <b>(hybrid)</b> 2 p.m. Stride/NY Road Runners 2:30 p.m. Tech Help	<b>28</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 1 p.m. S.A.I.L Exercise w JaZell 2:30 p.m. Tech Help	<b>29</b> 11 a.m. Therapeutic Yoga <b>(hybrid)</b> 2:30 p.m. Tech Help	<b>30</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio 2:30 p.m. Tech Help	

# November 2023 In-Person Calendar

\*denotes Zoom Class

Independence Plaza  
310 Greenwich St. 2nd Fl. NY, NY 10013  
Center Director Joe Mayock  
212-267-0499 | jmayock@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>2</b> 11 a.m. Tai Chi 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors	<b>3</b> 11 a.m. Indoor Walking Club 2:30 p.m. Games
<b>6</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>7</b> <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Indoor Walking Club 11 a.m. Choir <b>12:30 p.m. VOLS Legal Clinic</b> 2 p.m. Crocheting 2 p.m. Movie	<b>8</b> <b>1 p.m. Medicare 101</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell <b>2 p.m. Financial Literacy w Kay</b> 2:30 p.m. Chair Yoga	<b>9</b> 11 a.m. Tai Chi 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors	<b>10</b> 11 a.m. Indoor Walking Club 2:30 p.m. Games

# November 2023 In-Person Calendar

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>13</b>  11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>14</b>  <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Indoor Walking Club 11 a.m. Choir 2 p.m. Crocheting 2 p.m. Movie	<b>15</b>  1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>16</b>  11 a.m. Tai Chi 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors	<b>17</b>  11 a.m. Indoor Walking Club 2 p.m. Brain Games 2:30 p.m. Games
<b>20</b>  <b>11 a.m. Grow NY Nutrition Class</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>21</b>  <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Indoor Walking Club 11 a.m. Choir <b>12 p.m. Thanksgiving Lunch</b> 2 p.m. Crocheting 2 p.m. Movie	<b>22</b>  1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>23</b>  <b>Center Closed in Observation of Thanksgiving</b>	<b>24</b>  10 a.m. Jewelry 11 a.m. Indoor Walking Club 1 p.m. Jewelry 2:30 p.m. Games
<b>27</b>  11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>28</b>  <b>9 a.m. - 3 p.m. NYU Blood Pressure Screenings / Presentation</b> 11 a.m. Indoor Walking Club 11 a.m. Choir <b>1 p.m. Happy Bday November!</b> 2 p.m. Crocheting 2 p.m. Movie	<b>29</b>  1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>30</b>  11 a.m. Tai Chi 2:45 p.m. Games 4 p.m. Stuy HS Cyber Mentors	



# November 2023 In-Person Calendar

\*denotes Zoom Class

Westbeth Center  
155 Bank St. NY, NY 10014  
Center Director Ruby Ng  
212-255-5191 | rng@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 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. Pilates	<b>2</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility) <b>2 p.m. Cooking Presentation w Brenna</b> 2:30 p.m. Movie & Discussion	<b>3</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 2 p.m. Blood Pressure Monitoring 3 p.m. Cookies and 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>6</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>7</b> 9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility) 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>8</b> 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. Pilates	<b>9</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility) 2:30 p.m. Movie & Discussion	<b>10</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	<b>11</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion

# November 2023 In-Person Calendar

\*denotes Zoom Class

Westbeth Center  
155 Bank St. NY, NY 10014  
Center Director Ruby Ng  
212-255-5191 | rng@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>13</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>14</b> 9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>15</b> 11:30 a.m. Qi Gong <b>1 p.m. Financial Literacy w Kay</b> 1:30 p.m. Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. Tech Help 4 p.m. Pilates	<b>16</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> <b>2 p.m. VOLS Legal Services</b> 2:30 p.m. Movie & Discussion	<b>17</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 2 p.m. Blood Pressure Monitoring 3 p.m. Cookies and 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>20</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>21</b> 9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>22</b> 11:30 a.m. Qi Gong <b>12 p.m. Thanksgiving Lunch</b> 1:30 p.m. Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. Tech Help 4 p.m. Pilates	<b>23</b> <b>Center Closed in Observation of Thanksgiving</b>	<b>24</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 3 p.m. Cookies and 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>26</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>27</b> 9 a.m. Blood Pressure Monitoring w NYU Nurses 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. NYU Wellness Workshop 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>28</b> 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. Pilates	<b>29</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 2:30 p.m. Movie & Discussion	<b>30</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 2 p.m. Blood Pressure Monitoring 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	

# December 2023 In-Person Calendar

P-Parlor, **CR**-Conference Room, **AR**-Art Room, **WSP**-Washington Sq. Park, **DR**-Dining Room,

\* denotes Zoom Class

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

Center Director Nicole Brown

212-777-3555 Ext 106 | nbrown@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 11 a.m. Modern Dance- <b>P (Last Class)</b> 12 p.m. Qi Gong Tai Chi - <b>P</b> 2 p.m. Let's Chat 2 p.m. Trocks Ballet
<b>4</b> 10 a.m. Tai Chi- <b>P</b> <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Outdoor Walking Club 11 a.m. Chinese Painting- <b>AR</b> 12 p.m. Active Balance w JaZell - <b>P</b> 2 p.m. Movie: <b>Whatever Happened to Betty Jane</b>	<b>5</b> 10 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting- <b>AR</b> 11 a.m. Jewelry- <b>P</b> 1 p.m. Money Matters 2 p.m. French- <b>CR</b> 2 p.m. Showtime Performers- <b>P</b> <b>3:30 p.m. Creative Writing*</b>	<b>6</b> 10:30 a.m. Art Talk - <b>P</b> 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)- <b>P</b>	<b>7</b> 2:15 p.m. Active Balance w JaZell - <b>P</b> 3 p.m. Theater for Change - <b>P</b>	<b>8</b> 12 p.m. Qi Gong Tai Chi - <b>P</b> 2 p.m. Let's Chat 2 p.m. Trocks Ballet - <b>P (Last Class)</b>

# December 2023 In-Person Calendar

P-Parlor, CR-Conference Room, AR-Art Room, WSP-Washington Sq. Park, DR-Dining Room,

\* denotes Zoom Class

Center on the Square  
20 Washington Sq. N. NY, NY 10011  
Center Director Nicole Brown  
212-777-3555 Ext 106 | nbrown@greenwichhouse.org



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>11</div> <div>10 a.m. Tai Chi-<b>P</b> <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Outdoor Walking Club 11 a.m. Chinese Painting-<b>AR</b> 12 p.m. Active Balance w JaZell - <b>P</b> 2 p.m. Movie: <b>Sunset Boulevard</b></div>		<div>12</div> <div>10 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting-<b>AR</b> 11 a.m. Jewelry-<b>P</b> 1 p.m. Money Matters 2 p.m. French-<b>CR</b> 2 p.m. Showtime Performers-<b>P</b></div>		<div>13</div> <div>10:30 a.m. Art Talk - <b>P</b> 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)-<b>P</b></div>		<div>14</div> <div>2:15 p.m. Active Balance w JaZell - <b>P</b> 3 p.m. Theater for Change - <b>P</b></div>		<div>15</div> <div>12 p.m. Qi Gong Tai Chi -<b>P</b> <b>11 a.m. Your Met Art Box- RSVP</b> <b>kbeckett@greenwichhouse.org</b> 2 p.m. Let's Chat</div>	
<div>18</div> <div>10 a.m. Tai Chi-<b>P</b> <b>10 a.m. Comedy Workshop*</b> <b>11 a.m. Shakespeare*</b> 11 a.m. Outdoor Walking Club 11 a.m. Chinese Painting-<b>AR</b> 12 p.m. Active Balance wJaZell - <b>P</b> 2 p.m. Movie: <b>The Snake Pit</b></div>		<div>19</div> <div>10 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting-<b>AR</b> 11 a.m. Jewelry-<b>P</b> 1 p.m. Money Matters 2 p.m. French-<b>CR</b> <b>2:15 p.m. Holiday Performance!</b> <b>3:30 p.m. Creative Writing*</b></div>		<div>20</div> <div>10:30 a.m. Art Talk - <b>P</b> 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)-<b>P</b></div>		<div>21</div> <div><b>12 p.m. Holiday Lunch</b> 2:15 p.m. Active Balance w JaZell - <b>P</b> 3 p.m. Theater for Change - <b>P</b></div>		<div>22</div> <div>12 p.m. Qi Gong Tai Chi -<b>P</b> 2 p.m. Let's Chat</div>	
<div>25</div> <div><b>Center Closed in Observation of Christmas</b></div>		<div>26</div> <div>10 a.m. Dances for a Variable Population - <b>WSP</b> 11 a.m. Knitting-<b>AR</b> 11 a.m. Jewelry-<b>P</b> 1 p.m. Money Matters 2 p.m. French-<b>CR</b> 2 p.m. Showtime Performers-<b>P</b></div>		<div>27</div> <div>10:30 a.m. Art Talk - <b>P</b> 11 a.m. Outdoor Walking Club <b>11 a.m. Italian*</b> 2 p.m. Let's Jam (Music)-<b>P</b></div>		<div>28</div> <div>2:15 p.m. Active Balance w JaZell - <b>P</b> 3 p.m. Theater for Change - <b>P</b></div>		<div>29</div> <div>12 p.m. Qi Gong Tai Chi -<b>P</b> 2 p.m. Let's Chat</div>	

# December 2023 In-Person Calendar

\*denotes Zoom Class

Our Lady of Pompeii  
25 Carmine St. NY, NY 10014  
Center Director Mary Springer  
212-989-3620 | mspringer@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons
<b>4</b> 11 a.m. Stride/NY Road Runners 1 p.m. Tai Chi (hybrid)	<b>5</b> 1 p.m. S.A.I.L Exercise w JaZell	<b>6</b> 11 a.m. Therapeutic Yoga (hybrid) <b>11 a.m. - 4 p.m. Holiday Fair</b> <b>1:30 p.m. Financial Literacy w Kay</b>	<b>7</b> <b>10 a.m. Stretch &amp; Balance*</b> <b>11 a.m. - 4 p.m. Holiday Fair</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio	<b>8</b> <b>11 a.m. - 4 p.m. Holiday Fair</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons

# December 2023 In-Person Calendar

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25 Carmine St. NY, NY 10014  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> <b>11 a.m. Hygiene &amp; Health Tips</b> 11 a.m. Stride/NY Road Runners 1 p.m. Tai Chi (hybrid)	<b>12</b> 1 p.m. S.A.I.L Exercise w JaZell	<b>13</b> 11 a.m. Therapeutic Yoga (hybrid) 2:30 p.m. Movie: <b>1989-Screening:Steel Magnolias</b>	<b>14</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio	<b>15</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons 2:30 p.m. Brain Games
<b>18</b> 11 a.m. Stride/NY Road Runners 1 p.m. Tai Chi (hybrid)	<b>19</b> 1 p.m. S.A.I.L Exercise w JaZell	<b>20</b> 11 a.m. Therapeutic Yoga (hybrid)	<b>21</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise <b>12 p.m. Holiday Lunch!</b> 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio	<b>22</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons
<b>25</b> <b>Center Closed in Observation of Christmas</b>	<b>26</b> 1 p.m. S.A.I.L Exercise w JaZell	<b>27</b> 11 a.m. Therapeutic Yoga (hybrid)	<b>28</b> <b>10 a.m. Stretch &amp; Balance*</b> 11 a.m. Dancercise 1 p.m. S.A.I.L. Exercise w JaZell 2 p.m. Art Studio	<b>29</b> 11 a.m. Badminton 1:30 p.m. Guitar Lessons 2:30 p.m. Dance Party!

# December 2023 In-Person Calendar

\*denotes Zoom Class

Independence Plaza  
310 Greenwich St. 2nd Fl. NY, NY 10013  
Center Director Joe Mayock  
212-267-0499 | jmayock@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 11 a.m. Indoor Walking Club 12 p.m. Meet the Nurse 2:45 p.m. Games
<b>4</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>5</b> <b>12:30 p.m. VOLS Legal Services</b> 11 a.m. Indoor Walking Club 11 a.m. Choir 2 p.m. Crocheting 2 p.m. Movie	<b>6</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>7</b> 11 a.m. Tai Chi 4 p.m. Stuy HS Cyber Mentors	<b>8</b> 11 a.m. Indoor Walking Club 12 p.m. Meet the Nurse 2:45 p.m. Games



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>11</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>12</b> 11 a.m. Indoor Walking Club 11 a.m. Choir 2 p.m. Crocheting 2 p.m. Movie	<b>13</b> <b>1 p.m. Medicare 101</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>14</b> 11 a.m. Tai Chi 4 p.m. Stuy HS Cyber Mentors	<b>15</b> 11 a.m. Indoor Walking Club 12 p.m. Meet the Nurse 2 p.m. Brain Games 2:45 p.m. Games
<b>18</b> 11 a.m. Outdoor Walking Club 1:30 p.m. Bingocize with JaZell 2:30 p.m. Aerobics with JaZell	<b>19</b> 11 a.m. Indoor Walking Club 11 a.m. Choir 2 p.m. Crocheting 2 p.m. Movie	<b>20</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>21</b> 11 a.m. Tai Chi 4 p.m. Stuy HS Cyber Mentors	<b>22</b> 10 a.m. Jewelry 11 a.m. Indoor Walking Club 12 p.m. Meet the Nurse 1 p.m. Jewelry 2:45 p.m. Games
<b>25</b> <b>Center Closed in Observation of Christmas</b>	<b>26</b> 11 a.m. Indoor Walking Club 2 p.m. Crocheting 2 p.m. Movie	<b>27</b> 1:30 p.m. Painting 1:30 p.m. Aerobics w JaZell 2:30 p.m. Chair Yoga	<b>28</b> 11 a.m. Tai Chi 4 p.m. Stuy HS Cyber Mentors	<b>29</b> 11 a.m. Indoor Walking Club 12 p.m. Meet the Nurse 2:45 p.m. Games

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Center Director Ruby Ng  
212-255-5191 | rng@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>1</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 2 p.m. Blood Pressure Monitoring 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	<b>2</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion
<b>4</b> <u>Center Closed</u> <b>3 p.m. Movie Discussion*</b>	<b>5</b> 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>6</b> 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. Pilates	<b>7</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> <b>2 p.m. Cooking Presentation w Brenna</b> 2:30 p.m. Movie & Discussion	<b>8</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	<b>9</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion

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212-255-5191 | rng@greenwichhouse.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>12</b> 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>13</b> 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. Pilates	<b>14</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 2:30 p.m. Movie & Discussion	<b>15</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 2 p.m. Blood Pressure Monitoring 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	<b>16</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion
<b>18</b> <b>Center Closed</b> <b>3 p.m. Movie Discussion*</b>	<b>19</b> 9:30 a.m. Breakfast, Coffee & Cultural Discussion 10:30 a.m. Tech Help 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 12:30 p.m. Basic Ballet Dance 2 p.m. Creative Writing 4:30 p.m. Tai Chi	<b>20</b> 11:30 a.m. Qi Gong <b>1 p.m. Financial Literacy w Kay</b> 1:30 p.m. Documentary & Discussion 2:30 p.m. Art Talk 4 p.m. Tech Help 4 p.m. Pilates	<b>21</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 2:30 p.m. Movie & Discussion	<b>22</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	<b>23</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion
<b>25</b> <b>Center Closed in Observation of Christmas</b>	<b>26</b> <b>Center Closed in Observation of Christmas</b>	<b>27</b> 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. Pilates	<b>28</b> 11 a.m. Poetry Writing 12 p.m. Social Worker Josephine Presentation 12 p.m. S.A.I.L. (Strength & Mobility)- <b>hybrid</b> 2:30 p.m. Movie & Discussion	<b>29</b> 11 a.m. Dances for a Variable Population 12 p.m. Tech Help 2 p.m. Japanese Dance 2 p.m. Blood Pressure Monitoring 3 p.m. Cookies and Memory Game 3:30 p.m. Qi Gong	<b>30</b> 11 a.m. African Fusion Dance 11:30 a.m. Virtual Tour & Discussion