

NEW BEGINNINGS PROGRAMMING: FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Daily at 11:45 am</p> <p>Dining Room Seating Begins at 11:30 am</p> <p>PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 pm.</p> <p>New Beginnings no longer has Virtual (V) classes. All programs that were previously Virtual are now Hybrid, which means you can also participate in them in person at the Y. KEY: H = Hybrid</p>			<p>1</p> <p>9:30 Conversational Spanish (Intermediate) 10:00 Stay Well Exercise (H) 10:00 Watercolor Painting w/ Dmitriy 10:30 Tech Lab w/Jerry 10:30 Hebrew for Beginners (Full) 10:30 Functional Movement 11:30 Hebrew Short Stories (H) 1:00 Group Chat w/Carmen 1:30 Chair Yoga w/Anthony</p>	<p>2</p> <p>9:00 Stay Well Exercise (H) 10:00 Spanish Language Current Events 10:00 Health Lecture: Under Pressure-Strategies for a Heart Healthy Lifestyle 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: Dumb Money (2023)</p>
<p>5</p> <p>9:00 Stay Well Exercise (H) 9:30 Jacob's Schmooze (H) 10:00 Lecture: Louis Armstrong 10:00 Chess Clinic 10:45 Open Chat with Jeff 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop with Robert</p>	<p>6</p> <p>10:00 Stay Well Exercise (H) 10:00 Mah Jongg (Advanced) 10:00 Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg-FULL 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv</p>	<p>7</p> <p>9:00 Tech Class w/Trinity 10:00 Improv Workshop 10:00 Stay Well Exercise (H) 10:00 Chair Aerobics w/Stuart 10:45 Women's Group w/Lucy 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:30 Water Aerobics</p>	<p>8</p> <p>9:30 Conversational Spanish (Int/Intermediate) 10:00 Stay Well Exercise (H) 10:00 Watercolor Painting w/ Dmitriy 10:30 Tech Lab w/Jerry 10:30 Hebrew for Beginners (Full) 10:30 Functional Movement 11:30 Hebrew Short Stories (H) 12:30 Blood Pressure Screening 1:00 Group Chat w/Carmen 1:30 Chair Yoga w/Anthony</p>	<p>9</p> <p>9:00 Stay Well Exercise (H) 10:00 Spanish Language Current Events 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: Golda (2023)</p>
<p>12</p> <p>9:00 Stay Well Exercise (H) 9:30 Jacob's Schmooze (H) 10:00 Chess Clinic 10:45 Open Chat with Jeff 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop with Robert</p>	<p>13</p> <p>9:00 Chair Aerobics with Stuart 10:00 Stay Well Exercise (H) 10:00 Mah Jongg (Advanced) 10:00 Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg-FULL 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv</p>	<p>14 Trip to Paramus Mall</p> <p>9:00 Tech Class w/Trinity 10:00 Improv Workshop 10:00 Stay Well Exercise (H) 10:00 Chair Aerobics w/Stuart 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:30 Water Aerobics</p>	<p>15</p> <p>9:30 Conversational Spanish (Intermediate) 10:00 Stay Well Exercise (H) 10:00 Watercolor Painting w/ Dmitriy 10:30 Tech Lab w/Jerry 10:30 Hebrew for Beginners (Full) 10:30 Functional Movement 11:30 Hebrew Short Stories (H) 1:00 Group Chat w/Carmen 1:30 Chair Yoga w/Anthony</p>	<p>16</p> <p>9:00 Stay Well Exercise (H) 10:00 Spanish Language Current Events 10:00 Intergenerational Event with Winston Prep 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: Priscilla (2023)</p>
<p>19</p> <p>9:00 Stay Well Exercise(H) 9:30 Jacob's Schmooze (H) 10:00 Chess Clinic 10:45 Open Chat with Jeff 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop with Robert</p>	<p>20 BIRTHDAY PARTY</p> <p>10:00 Stay Well Exercise (H) 10:00 Mah Jongg (Advanced) 10:00 Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg-FULL 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:00 Entertainment: Nicole L.</p>	<p>21</p> <p>9:00 Tech Class w/Trinity 10:00 Improv Workshop 10:00 Stay Well Exercise (H) 10:00 Chair Aerobics w/Stuart 10:45 Women's Group w/Lucy 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bereavement Group w/Carmen 1:00 Karaoke 1:30 Water Aerobics</p>	<p>22</p> <p>9:30 Conversational Spanish (Intermediate) 10:00 Stay Well Exercise (H) 10:00 Watercolor Painting w/ Dmitriy 10:00 It's Back! Silver Shoes Dance Club 10:30 Tech Lab w/Jerry 10:30 Hebrew for Beginners (Full) 10:30 Functional Movement 11:30 Hebrew Short Stories (H) 1:00 Group Chat w/Carmen 1:00 Book Club (H) 1:30 Chair Yoga w/Anthony</p>	<p>23</p> <p>9:00 Stay Well Exercise (H) 10:00 Spanish Language Current Events 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: The Man from U.N.C.L.E. (2015)</p>
<p>26</p> <p>9:00 Stay Well Exercise(H) 9:30 Jacob's Schmooze (H) 10:00 Chess Clinic 10:30 Intergen. Sing-a-long w/Refreshments 10:45 Open Chat with Jeff 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop with Robert</p>	<p>27 Trip to the Louis Armstrong Center</p> <p>9:00 Chair Aerobics with Stuart 10:00 Stay Well Exercise (H) 10:00 Mah Jongg (Advanced) 10:00 Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg-FULL 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv</p>	<p>28</p> <p>9:00 Tech Class w/Trinity 10:00 Improv Workshop 10:00 Stay Well Exercise (H) 10:00 Chair Aerobics w/Stuart 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Karaoke 1:30 Water Aerobics 1:00 Food Pantry</p>	<p>29</p> <p>9:30 Conversational Spanish (Intermediate) 10:00 Stay Well Exercise (H) 10:00 Watercolor Painting w/ Dmitriy 10:00 Silver Shoes Dance Club 10:30 Tech Lab w/Jerry 10:30 Hebrew for Beginners (Full) 10:30 Functional Movement 11:30 Hebrew Short Stories (H) 1:00 Group Chat w/Carmen 1:30 Chair Yoga w/Anthony</p>	

