

NEW BEGINNINGS PROGRAMMING: MARCH 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>9:00 Stay Well Exercise(H)</p> <p>9:45 Spanish Language Current Events</p> <p>10:00 Health Lecture: Plate it Up!Your guide to creating healthy and balanced meals.</p> <p>10:45 Meditation</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: Charming the Hearts of Men (2021)</p> <p>1:00 Karaoke</p>
<p>4</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:30 Jacob's Schmooze (H)</p> <p>9:30 NEW: Conversational Spanish for Beginners</p> <p>10:00 Chess Clinic</p> <p>10:45 Meditation</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Bingo</p> <p>2:00 Poetry Workshop with Robert</p>	<p>5</p> <p>9:45 Mah Jongg (Advanced)</p> <p>10:00 Tech Lab w/Jerry</p> <p>10:00 Painting Class</p> <p>10:00 Tai Chi with Steve</p> <p>10:30 Art Explorations</p> <p>11:30 Hebrew Short Stories (H)</p> <p>12:30 Beginners Mah Jongg (Full)</p> <p>1:00 Knitting with Barbara</p> <p>1:00 Brain Games/Charades with Marv</p>	<p>6</p> <p>9:00 Tech Class w/Trinity</p> <p>10:00 Improv Workshop (Full)</p> <p>10:00 Manicures w/ Nancy</p> <p>10:00 Chair Aerobic w/Stuart</p> <p>10:45 Women's Group w/Lucy</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Hudson River Voices</p> <p>1:30 Water Aerobics</p>	<p>7</p> <p>9:30 Conversational Spanish (Int/Intermediate)</p> <p>10:00 Watercolor Painting w/ Dmitriy (Full)</p> <p>10:00 Silver Shoes Dance Club (Full)</p> <p>10:30 Tech Lab w/Jerry</p> <p>10:30 Hebrew for Beginners (Full)</p> <p>10:45 Functional Movement</p> <p>11:30 Hebrew Short Stories (H)</p> <p>1:00 Group Chat w/Carmen</p> <p>1:00 Pre-Purim Entertainment: The East Side Quartet</p> <p>1:30 Chair Yoga w/Anthony (H)</p>	<p>8</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:45 Spanish Language Current Events</p> <p>10:45 Meditation</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: Under the Tuscan Sun (2003)</p> <p>1:00 Karaoke</p>
<p>11</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:30 Jacob's Schmooze (H)</p> <p>9:30 NEW: Conversational Spanish for Beginners</p> <p>10:00 Chess Clinic</p> <p>10:30 Lecture: Housing, Disability and Human Rights</p> <p>10:45 Meditation</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Bingo</p> <p>2:00 Poetry Workshop with Robert</p>	<p>12</p> <p>9:00 Chair Aerobics with Stuart</p> <p>9:45 Mah Jongg (Advanced)</p> <p>10:00 Tech Lab w/Jerry</p> <p>10:00 Painting Class</p> <p>10:00 Tai Chi with Steve</p> <p>10:30 Art Explorations</p> <p>11:30 Hebrew Short Stories (H)</p> <p>12:30 Beginners Mah Jongg (Full)</p> <p>1:00 Knitting with Barbara</p> <p>1:00 Brain Games/Charades with Marv</p>	<p>13</p> <p>9:00 Tech Class w/Trinity</p> <p>10:00 Improv Workshop (Full)</p> <p>10:00 Manicures w/ Nancy</p> <p>10:00 Chair Aerobic w/Stuart</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Hudson River Voices</p> <p>1:30 Water Aerobics</p>	<p>14</p> <p>9:30 Conversational Spanish (Intermediate)</p> <p>10:00 Watercolor Painting w/ Dmitriy (Full)</p> <p>10:00 Silver Shoes Dance Club (Full)</p> <p>10:30 Tech Lab w/Jerry</p> <p>10:30 Hebrew for Beginners (Full)</p> <p>10:45 Functional Movement</p> <p>11:30 Hebrew Short Stories (H)</p> <p>12:30 Blood Pressure Screening</p> <p>12:45 A CHORUS LINE- Placement Auditions</p> <p>1:00 Group Chat w/Carmen</p> <p>1:00 Bardekova Ensemble-Music</p> <p>1:30 Chair Yoga w/Anthony (H)</p>	<p>15 TRIP TO RIDGE HILL MALL</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:45 Spanish Language Current Events</p> <p>10:45 Meditation</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: Peace by Chocolate (2022)</p> <p>1:00 Karaoke</p>
<p>18 TRIP TO THE HEBREW INSTITUTE OF RIVERDALE</p> <p>9:00 Stay Well Exercise(H)</p> <p>9:30 Jacob's Schmooze (H)</p> <p>9:30 NEW: Conversational Spanish for Beginners</p> <p>10:00 Lecture: Tribute to Old Hollywood: Classic Movies</p> <p>10:00 Chess Clinic</p> <p>10:45 Meditation</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>12:45 A CHORUS LINE- Placement Auditions</p> <p>1:00 Bingo</p> <p>2:00 Poetry Workshop with Robert</p>	<p>19 MARCH BIRTHDAY PARTY</p> <p>9:45 Mah Jongg (Advanced)</p> <p>10:00 Tech Lab w/Jerry</p> <p>10:00 Painting Class</p> <p>10:00 Tai Chi with Steve</p> <p>10:30 Art Explorations</p> <p>11:30 Hebrew Short Stories (H)</p> <p>12:30 Beginners Mah Jongg (Full)</p> <p>1:00 Knitting with Barbara</p> <p>1:00 Brain Games/Charades with Marv</p> <p>1:15 Entertainment: Manny</p>	<p>20</p> <p>9:00 Tech Class w/Trinity</p> <p>10:00 Improv Workshop (Full)</p> <p>10:00 Manicures w/ Nancy</p> <p>10:00 Chair Aerobic w/Stuart</p> <p>10:45 Women's Group w/Lucy</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Hudson River Voices</p> <p>1:00 Bereavement Group w/Carmen</p> <p>1:30 Water Aerobics</p>	<p>21 TRIP TO THE LOUIS ARMSTRONG MUSEUM</p> <p>9:30 Conversational Spanish (Intermediate)</p> <p>10:00 Watercolor Painting w/ Dmitriy (Full)</p> <p>10:30 Tech Lab w/Jerry</p> <p>10:30 Hebrew for Beginners (Full)</p> <p>10:45 Functional Movement</p> <p>11:30 Hebrew Short Stories (H)</p> <p>12:45 "Movement" Placement Audition</p> <p>1:00 Group Chat w/Carmen</p> <p>1:30 Chair Yoga w/Anthony (H)</p>	<p>22</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:45 Spanish Language Current Events</p> <p>10:45 Meditation</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: The Lost City (2022)</p> <p>1:00 Karaoke</p>
<p>25</p> <p>9:00 Stay Well Exercise(H)</p> <p>9:30 Jacob's Schmooze (H)</p> <p>9:30 NEW: Conversational Spanish for Beginners</p> <p>10:00 Chess Clinic</p> <p>10:45 Meditation</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Bingo</p> <p>2:00 Poetry Workshop with Robert</p>	<p>26</p> <p>9:00 Chair Aerobics with Stuart</p> <p>9:45 Mah Jongg (Advanced)</p> <p>10:00 Tech Lab w/Jerry</p> <p>10:00 Painting Class</p> <p>10:00 Tai Chi with Steve</p> <p>10:30 Art Explorations</p> <p>11:30 Hebrew Short Stories (H)</p> <p>12:30 Beginners Mah Jongg (Full)</p> <p>1:00 Knitting with Barbara</p> <p>1:00 Brain Games/Charades with Marv</p>	<p>27</p> <p>9:00 Tech Class w/Trinity</p> <p>10:00 Improv Workshop (Full)</p> <p>10:00 Manicures w/ Nancy</p> <p>10:00 Chair Aerobic w/Stuart</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Hudson River Voices</p> <p>1:30 Water Aerobics</p> <p>1:30 Food Pantry</p>	<p>28</p> <p>9:30 Conversational Spanish (Intermediate)</p> <p>10:00 Watercolor Painting w/ Dmitriy (Full)</p> <p>10:30 Tech Lab w/Jerry</p> <p>10:30 Hebrew for Beginners (Full)</p> <p>10:45 Functional Movement</p> <p>11:30 Hebrew Short Stories (H)</p> <p>1:00 Group Chat w/Carmen</p> <p>1:00 Book Club (H) (Full)</p> <p>1:30 Chair Yoga w/Anthony (H)</p>	<p>29</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:45 Spanish Language Current Events</p> <p>10:45 Meditation</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: Midnight in Paris (2011)</p> <p>1:00 Karaoke</p>