

# NEW BEGINNINGS PROGRAMMING: APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 9:00 Stay Well Exercise (H) 9:00 Manicures with Nancy 9:30 Jacob's Schmooze (H) 9:30 Conversational Spanish for Beginners 10:00 Chess Clinic 10:45 <b>NEW! Open Chat with Karl</b> 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop with Robert	<b>2</b> 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	<b>3</b> 9:00 Tech Class w/Trinity 10:00 <b>Improv Workshop</b> 10:00 Manicures with Nancy 10:00 Chair Aerobic w/Stuart 10:45 <b>Women's Group w/Lucy</b> 12:30 Mah Jongg (Intermediate) 1:00 <b>Hudson River Voices</b> 1:30 Water Aerobics	<b>4</b> 9:30 Conversational Spanish (Intermediate) 10:00 <b>Watercolor Painting w/ Dmitriy</b> 10:30 Tech Lab w/Jeannie and Jerry 10:30 Hebrew for Beginners (Full) 10:30 Functional Movement 11:30 Hebrew Short Stories (H) 1:00 Group Chat w/Carmen	<b>5 Older Adult Borough Advocacy Day</b> 9:00 Stay Well Exercise (H) 9:45 Spanish Language Current Events 10:30 <b>Health Lecture: Decoding Food Labels</b> 10:45 Meditation 11:00 Current Events with Sharon 12:45 <b>Friday Flicks: Book Club (2018)</b> 1:00 Karaoke with Loyda
<b>8</b> 9:00 Stay Well Exercise (H) 9:00 Manicures with Nancy 9:30 Jacob's Schmooze (H) 9:30 Conversational Spanish for Beginners 10:00 Chess Clinic 10:45 <b>NEW! Open Chat with Karl</b> 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop with Robert	<b>9 April Birthday Party</b> 9:00 <b>Chair Aerobics with Stuart</b> 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 1:15 <b>Entertainment: Manny Montanez</b>	<b>10 Improv Culminating Event</b> 9:00 Tech Class w/Trinity 10:00 <b>Improv Workshop: Grand Finale!</b> 10:00 Manicures with Nancy 10:00 Chair Aerobic w/Stuart 10:45 <b>Women's Group w/Lucy</b> 12:30 Mah Jongg (Intermediate) 1:00 <b>Hudson River Voices</b> 1:30 Water Aerobics	<b>11</b> 9:30 Conversational Spanish (Int/Intermediate) 10:00 <b>Watercolor Painting w/ Dmitriy</b> 10:30 Tech Lab w/Jeannie and Jerry 10:30 Hebrew for Beginners (Full) 10:30 Functional Movement 11:30 Hebrew Short Stories (H) 12:30 <b>Blood Pressure Screening</b> 1:00 Group Chat w/Carmen 1:30 Chair Yoga w/Anthony	<b>12 Trip to Walmart</b> 9:00 Stay Well Exercise (H) 9:45 Spanish Language Current Events 10:45 Meditation 11:00 Current Events with Sharon 12:30 <b>Kids Bake Sale</b> 12:45 <b>Friday Flicks: A Beautiful Day in the Neighborhood (2019)</b> 1:00 Karaoke with Loyda
<b>15</b> 9:00 Stay Well Exercise (H) 9:00 Manicures with Nancy 9:30 Jacob's Schmooze (H) 9:30 Conversational Spanish for Beginners 10:00 <b>Food Pantry</b> 10:00 Chess Clinic 10:30 <b>Lecture: Remembering the Catskills</b> 10:45 Meditation 10:45 <b>NEW! Open Chat with Karl</b> 12:30 Mah Jongg (Intermediate) 1:00 Bingo 1:00 <b>Concert: Bardekova Ensemble</b> 2:00 Poetry Workshop with Robert	<b>16</b> 9:45 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	<b>17 Passover Seder/Coffee House (SelfHelp)</b> 9:00 Tech Class w/Trinity 10:00 <b>NEW! Memoir Writing with Frank</b> 10:00 Manicures with Nancy 10:00 Chair Aerobic w/Stuart 10:45 <b>Women's Group w/Lucy</b> 12:30 Mah Jongg (Intermediate) 1:00 <b>Hudson River Voices</b> 1:00 <b>Bereavement Support Group with Lucy</b> 1:30 Water Aerobics	<b>18 Jewelry Sale with Loyda</b> 9:30 Conversational Spanish (Intermediate) 10:00 <b>Watercolor Painting w/ Dmitriy</b> 10:30 Tech Lab w/Jeannie and 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	<b>19 Trip to the Cloisters</b> 9:00 Stay Well Exercise (H) 9:45 Spanish Language Current Events 10:45 Meditation 11:00 Current Events with Sharon 12:45 <b>Friday Flicks: Wonka (2023)</b> 1:00 Karaoke with Loyda
<b>22</b> 9:00 Stay Well Exercise (H) 9:00 Manicures with Nancy 9:30 Jacob's Schmooze (H) 9:30 Conversational Spanish for Beginners 10:00 Chess Clinic 10:45 Meditation 10:45 <b>NEW! Open Chat with Karl</b> 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop with Robert	<b>23</b> <p style="text-align: center;"><b>CLOSED FOR PASSOVER</b></p>	<b>24</b> <p style="text-align: center;"><b>CLOSED FOR PASSOVER</b></p>	<b>25</b> 9:30 Conversational Spanish (Intermediate) 10:00 Tech Lab w/Jeannie and 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 <b>Book Club (H) (FULL)</b> 1:30 Chair Yoga w/Anthony (H)	<b>26</b> 9:00 Stay Well Exercise (H) 9:45 Spanish Language Current Events 10:45 Meditation 11:00 Current Events with Sharon 12:45 <b>Friday Flicks: Book Club: The Next Chapter (2023)</b> 1:00 Karaoke with Loyda
<b>29</b> <p style="text-align: center;"><b>CLOSED FOR PASSOVER</b></p>	<b>30</b> <p style="text-align: center;"><b>CLOSED FOR PASSOVER</b></p>			Lunch Daily at 11:45 am  Dining Room Seating Begins at 11:30 am  PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 pm.  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. <b>KEY: H = Hybrid</b>