

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. <u>KEY</u>: 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>10:30 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>10:30 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>10:30 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 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>10:30 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>