

# NEW BEGINNINGS PROGRAMMING: JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p>9:00 Stay Well Exercise (H)            9:00 Manicures w/ Nancy            9:30 Jacob's Schmooze (H)            9:30 Conversational Spanish (Beginners)            10:00 Chess Clinic            10:45 Meditation            10:45 Open Chat with Karl            12:30 Mah Jongg (Intermediate)            1:00 Bingo            1:00 <b>Piano for Four Hands</b>            2:00 Poetry Workshop with Robert</p>	<p><b>4 Mother's Day/Father's Day Celebration</b></p> <p>9:00 <b>Chair Aerobics w/Stuart</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            1:15 <b>Entertainment: Manny Montanez</b></p>	<p><b>5</b></p> <p>9:00 Tech Class w/Trinity            10:00 Manicures w/ Nancy            10:00 Chair Aerobics w/Stuart            10:00 <b>Memoir Writing w/ Frank (H-Full)</b>            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</p>	<p><b>6</b></p> <p>9:15 Conversational Spanish (Intermediate)            10:00 <b>Watercolor Painting w/ Dmitriy</b>            10:00 <b>Ping Pong</b>            10:30 Tech Lab w/Jerry            10:30 Functional Movement            11:30 Hebrew Short Stories (H)            12:30 <b>Children's Bake Sale</b>            1:00 <b>Coffee House Entertainment: Vocal Ease, sponsored by SelfHelp</b>            1:00 Group Chat w/Carmen            1:30 Chair Yoga w/Anthony</p>	<p><b>7 Riverdale Neighborhood House Senior Splash</b></p> <p>9:00 Stay Well Exercise (H)            9:45 Spanish Language Current Events            10:00 <b>Health Lecture: Tips for Affordable and Nutritious Meals</b>            10:00 <b>Ping Pong</b>            10:45 Meditation            11:00 Current Events with Sharon            12:45 <b>Friday Flicks: The Wife (2018)</b>            1:00 Karaoke</p>
<p><b>10</b></p> <p>9:00 Stay Well Exercise (H)            9:00 Manicures w/ Nancy            9:30 Jacob's Schmooze (H)            9:30 Conversational Spanish (Beginners)            10:00 <b>Workshop: Physical Therapy</b>            10:00 Chess Clinic            10:45 Meditation            10:45 Open Chat with Karl            12:30 Mah Jongg (Intermediate)            1:00 <b>Special Bingo Event -Drag Bingo</b>            2:00 Poetry Workshop with Robert</p>	<p><b>11</b></p> <p>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</p>	<p><b>12</b></p> <p><b>First Day of Shavuot - Closed</b></p>	<p><b>13</b></p> <p><b>Second Day of Shavuot - Closed</b></p>	<p><b>14</b></p> <p>9:00 Stay Well Exercise (H)            9:45 Spanish Language Current Events            10:00 <b>Ping Pong</b>            10:45 Meditation            11:00 Current Events with Sharon            12:45 <b>Friday Flicks: Daniel Hauben's Documentary and Discussion</b>            1:00 Karaoke</p>
<p><b>17</b></p> <p>9:00 Stay Well Exercise (H)            9:00 Manicures w/ Nancy            9:30 Jacob's Schmooze (H)            9:30 Conversational Spanish (Beginners)            10:00 <b>Advisory Council Meeting</b>            10:30 <b>The Lucky Guess -Trivia Game Show</b>            10:00 Chess Clinic            10:45 Meditation            10:45 Open Chat with Karl            12:30 Mah Jongg (Intermediate)            1:00 Bingo            2:00 Poetry Workshop with Robert</p>	<p><b>18 JUNE BIRTHDAY PARTY</b></p> <p>9:00 <b>Chair Aerobics with Stuart</b>            9:45 Mah Jongg (Advanced)            10:00 Tech Lab w/Jerry            10:00 Painting Class            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: Juan Ortega</b></p>	<p><b>19 Join us for the Hudson River Voices Culminating Event!</b></p> <p>9:00 Tech Class w/Trinity            10:00 Manicures w/ Nancy            10:00 Chair Aerobics w/Stuart            10:00 <b>Memoir Writing w/ Frank (H- Full)</b>            10:45 <b>Women's Group w/Lucy</b>            12:30 Mah Jongg (Intermediate)            1:00 <b>Bereavement Group w/Lucy</b>            1:00 <b>Hudson River Voices Grand Finale!</b>            1:30 Water Aerobics</p>	<p><b>20 Nyack Farmers Market</b></p> <p>9:15 Conversational Spanish (Intermediate)            10:00 <b>Watercolor Painting w/ Dmitriy</b>            10:00 <b>Ping Pong</b>            10:30 Tech Lab w/Jerry            10:30 Functional Movement            11:30 Hebrew Short Stories (H)            1:00 Group Chat w/Carmen            1:30 Chair Yoga w/Anthony</p>	<p><b>21</b></p> <p>9:00 Stay Well Exercise (H)            9:45 Spanish Language Current Events            10:00 <b>Health Lecture: Building Strong Bones: Navigating Osteoporosis from Diagnosis to Prevention.</b>            10:00 <b>Ping Pong</b>            10:45 Meditation            11:00 Current Events with Sharon            12:45 <b>Friday Flicks: Asteroid City (2023)</b>            1:00 Karaoke</p>
<p><b>24</b></p> <p>9:00 Stay Well Exercise(H)            9:00 Manicures w/ Nancy            9:30 Jacob's Schmooze (H)            9:30 Conversational Spanish (Beginners)            10:00 Chess Clinic            10:45 Meditation            10:45 Open Chat with Karl            12:30 Mah Jongg (Intermediate)            1:00 Bingo            1:00 <b>Concert: Bardekova Ensemble</b>            2:00 Poetry Workshop with Robert</p>	<p><b>25</b></p> <p>9:45 Mah Jongg (Advanced)            10:00 Tech Lab w/Jerry            10:00 Painting Class            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><b>26 Jewelry Sale and Memoir Writing Culminating Event!</b></p> <p>9:00 Tech Class w/Trinity            10:00 Manicures w/ Nancy            10:00 Chair Aerobics w/Stuart            10:00 <b>Memoir Writing w/ Frank (H-Full)</b>            10:45 <b>Women's Group w/Lucy</b>            12:30 Mah Jongg (Intermediate)            1:00 Karaoke            1:30 Water Aerobics            1:30 <b>Food Pantry</b></p>	<p><b>27</b></p> <p>9:15 Conversational Spanish (Intermediate)            10:00 <b>Watercolor Painting w/ Dmitriy</b>            10:00 <b>Ping Pong</b>            10:30 Tech Lab w/Jerry            10:30 Functional Movement            11:30 Hebrew Short Stories (H)            1:00 <b>Book Club (H - FULL)</b>            1:00 Group Chat w/Carmen            1:30 Chair Yoga w/Anthony</p>	<p><b>28</b></p> <p>9:00 Stay Well Exercise (H)            9:45 Spanish Language Current Events            10:00 <b>Ping Pong</b>            10:45 Meditation            11:00 Current Events with Sharon            12:45 <b>Friday Flicks: Bob Marley: One Love (2024)</b></p>