

# NEW BEGINNINGS PROGRAMMING: MAY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Lunch Daily at 11:45 a.m.</b></p> <p><b>Dining Room Seating Begins at 11:30 a.m.</b></p> <p><b>PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 p.m. KEY: H = Hybrid</b></p>			<p><b>1</b></p> <p>9:15 Intermediate Level Spanish            10:00 One on one Tech Lab w/Jerry            10:00 <b>Acting Class with Frank (Full)</b>            10:00 <b>Watercolor Painting (Full)</b>            10:00 <b>Silver Shoes Dance Club (Full)</b>            11:30 Hebrew Short Stories (H)            12:45 Group Chat w/Carmen            1:00 Chair Yoga w/Tasneem</p>	<p><b>2</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 <b>Nutrition Lecture: From Shelf to Table: Aisle-by-Aisle Shopping for Healthy Living</b>            10:00 Ping Pong            10:45 Meditation (<b>Cancelled</b>)            11:00 Current Events with Sharon            12:40 <b>Friday Flicks: Conclave (2024)</b></p>
<p><b>5</b></p> <p>9:00 Stay Well Exercise (H)            9:30 Conversational Spanish for Beginners            9:30 Jacob's Schmooze (H)            10:00 <b>Hudson River Voices (Full)</b>            10:00 <b>Oil Painting Class</b>            10:00 Chess Clinic            10:45 Open Chat with Karl            10:45 Meditation (<b>Cancelled</b>)            12:30 Mah Jongg (Intermediate)            1:00 <b>The Bronx in the World War II Era</b>            1:00 Bingo            2:00 Poetry Workshop</p>	<p><b>6</b></p> <p>9:00 <b>Chair Aerobics w/Stuart</b>            9:30 <b>Group Workshop w/Nava and Melissa</b>            9:45 Mah Jongg (Advanced)            10:00 <b>Intermediate Bridge</b>            10:00 One on One 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>7</b></p> <p>9:00 Tech Class w/Trinity (<b>Cancelled</b>)            10:00 Chair Aerobics w/Stuart            10:00 Ping Pong (<b>Cancelled</b>)            10:00 <b>Make-Up Class for the Older Adults</b>            10:45 <b>Women's Group w/Lucy</b>            12:30 Mah Jongg (Intermediate)            1:00 Karaoke            1:30 Water Aerobics/Yoga</p>	<p><b>8</b></p> <p>9:15 Intermediate Level Spanish            10:00 One on one Tech Lab w/Jerry            10:00 <b>Acting Classes with Frank (Full)</b>            10:00 <b>Watercolor Painting (Full)</b>            10:00 <b>Silver Shoes Dance Club (Full)</b>            11:00 <b>Singing with Seniors</b>            11:30 Hebrew Short Stories (H)            12:45 Group Chat w/Carmen            1:00 Chair Yoga w/Tasneem</p>	<p><b>9</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 <b>Nutrition Lecture: Nutritional Psychiatry: The Relationship between Food and Mood.</b>            10:00 Ping Pong            10:45 Meditation            11:00 Current Events with Sharon            12:40 <b>Friday Flicks: The Idea of You (2024)</b></p>
<p><b>12</b></p> <p>9:00 Stay Well Exercise (H)            9:30 Conversational Spanish for Beginners            10:00 <b>Hudson River Voices (Full)</b>            10:00 <b>Oil Painting Class</b>            10:00 <b>Workshop: Alzheimer's Prevention and Education, Pt. 3</b>            10:00 Chess Clinic            10:45 Open Chat with Karl            10:45 Meditation            12:30 Mah Jongg (Intermediate)            1:00 Bingo            2:00 Poetry Workshop</p>	<p><b>13</b></p> <p>9:45 Mah Jongg (Advanced)            10:00 <b>Intermediate Bridge</b>            10:00 One on One 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>14</b></p> <p>9:00 Tech Class w/Trinity            10:00 Chair Aerobics w/Stuart            10:00 Ping Pong            12:30 Mah Jongg (Intermediate)            1:00 Karaoke            1:30 Water Aerobics/Yoga</p>	<p><b>15 Trip: Walmart</b></p> <p>9:15 Intermediate Level Spanish            10:00 <b>Acting Class with Frank (Full)</b>            10:00 <b>Watercolor Painting (Full)</b>            10:00 <b>Silver Shoes Dance Club (Full)</b>            10:00 One on One Tech Lab w/Jerry            11:30 Hebrew Short Stories (H)            12:45 Group Chat w/Carmen            1:00 Chair Yoga w/Tasneem</p>	<p><b>16</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 <b>Workshop: Creative Drama Therapy</b>            10:00 Ping Pong            10:45 Meditation            11:00 Current Events with Sharon            12:40 <b>Friday Flicks: Where the Crawdads Sing (2022)</b></p>
<p><b>19</b></p> <p>9:00 Stay Well Exercise (H)            9:30 Conversational Spanish for Beginners            9:30 Jacob's Schmooze (H)            10:00 <b>Hudson River Voices (Full)</b>            10:00 <b>Oil Painting Class</b>            10:00 <b>Advisory Council Meeting</b>            10:00 Chess Clinic            10:45 Open Chat with Karl            10:45 Meditation            12:30 Mah Jongg (Intermediate)            1:00 <b>Concert: International Movie Music</b>            1:00 Bingo            2:00 Poetry Workshop</p>	<p><b>20 May Birthday Party</b></p> <p>9:00 <b>Chair Aerobics w/Stuart</b>            9:45 Mah Jongg (Advanced) (<b>Cancelled</b>)            10:00 <b>Intermediate Bridge</b>            10:00 One on One 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) (<b>Cancelled</b>)            1:00 Knitting with Barbara            1:00 Brain Games/Charades with Marv            1:15 <b>Entertainment: Steve P.</b></p>	<p><b>21 Trip: Overnight Trip to Lancaster, PA</b></p> <p>9:00 Tech Class w/Trinity            10:00 Chair Aerobics w/Stuart            10:00 <b>Workshop: How to reduce the High Cost of Prescriptions</b>            10:00 Ping Pong (<b>Cancelled</b>)            10:45 <b>Women's Group w/Lucy</b>            12:30 Mah Jongg (Intermediate)            1:00 Karaoke            1:30 Water Aerobics/Yoga</p>	<p><b>22 Trip: Overnight Trip to Lancaster, PA</b></p> <p>9:15 Intermediate Level Spanish            10:00 <b>Acting Class with Frank (Full)</b>            10:00 <b>Watercolor Painting (Full)</b>            10:00 <b>Silver Shoes Dance Club (Full)</b>            10:00 One on One Tech Lab w/Jerry            11:00 <b>Singing with Seniors</b>            11:30 Hebrew Short Stories (H)            12:45 Group Chat w/Carmen            1:00 Chair Yoga w/Tasneem</p>	<p><b>23</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 <b>Nutrition Lecture: Grocery Store Field Trip to Walmart</b>            10:00 Ping Pong            10:45 Meditation            11:00 Current Events with Sharon            12:40 <b>Friday Flicks: You are Cordially Invited (2025)</b></p>
<p><b>26</b></p> <p><b>CLOSED FOR MEMORIAL DAY</b></p>	<p><b>27</b></p> <p>9:45 Mah Jongg (Advanced)            10:00 <b>Intermediate Bridge</b>            10:00 <b>Citizen Preparedness Training</b>            10:00 One on One 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 <b>Concert: The Bardekova Ensemble</b>            1:00 Knitting with Barbara            1:00 Brain Games/Charades with Marv</p>	<p><b>28 Trip: Older Adult Health &amp; Fitness Day</b></p> <p>9:00 Tech Class w/Trinity            10:00 Chair Aerobics w/Stuart            10:00 Ping Pong            12:30 Mah Jongg (Intermediate)            1:00 Karaoke            1:30 Water Aerobics/Yoga</p>	<p><b>29 Jewelry Sale</b></p> <p>9:15 Intermediate Level Spanish            10:00 <b>Acting Class with Frank (Full)</b>            10:00 One on One Tech Lab w/Jerry            11:30 Hebrew Short Stories (H)            12:45 Group Chat w/Carmen            1:00 <b>Book Club (H-Full)</b>            1:00 Chair Yoga w/Tasneem</p>	<p><b>30</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 <b>Intergenerational Discussion</b>            10:00 Ping Pong            10:45 Meditation            11:00 Current Events with Sharon            12:40 <b>Friday Flicks: The Accountant (2016)</b></p>

