

# NEW BEGINNINGS PROGRAMMING: APRIL 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>9:30 <b>Group Workshop w/Nava and Melissa</b>            9:45 Mah Jongg (Advanced)            10:00 <b>Beginners 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>2</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>3</b></p> <p>9:15 Intermediate Level Spanish            10:00 One on one Tech Lab w/Jerry            10:00 <b>Acting Class with Frank</b>            10:00 <b>Watercolor Painting</b>            10:00 <b>Silver Shoes Dance Club</b>            11:30 Hebrew Short Stories (H)            1:00 Group Chat w/Carmen            1:00 Chair Yoga w/Tasneem</p>	<p><b>4 PASSOVER MODEL SEDER</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 <b>Nutrition Lecture: Food Demo: Chickpea Tuna-Free Salad</b>            10:00 Ping Pong (Cancelled)            10:45 Meditation            11:00 Current Events with Sharon (Cancelled)            12:45 <b>Friday Flicks (Cancelled)</b>            1:15 <b>Entertainment: Michael M.</b></p>
<p><b>7</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</b>            10:00 <b>Workshop: Medicare</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>8</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>Beginners 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 (Cancelled)            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>9 Trip: Walmart</b></p> <p>9:00 Tech Class w/Trinity            10:00 Chair Aerobics w/Stuart            10:00 Ping Pong            10:45 <b>Women's Group w/Lucy</b>            12:30 Mah Jongg (Intermediate)            1:00 Karaoke            1:30 Water Aerobics/Yoga            1:30 <b>Food Pantry</b></p>	<p><b>10 Trip: Trader Joe's</b></p> <p>9:15 Intermediate Level Spanish            10:00 One on one Tech Lab w/Jerry            10:00 <b>Acting Classes with Frank</b>            10:00 <b>Watercolor Painting</b>            10:00 <b>Silver Shoes Dance Club</b>            11:00 <b>Singing with Seniors</b>            11:30 Hebrew Short Stories (H)            1:00 Group Chat w/Carmen            1:00 Chair Yoga w/Tasneem</p>	<p><b>11</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 Ping Pong            10:45 Meditation            11:00 Current Events with Sharon            12:45 <b>Friday Flicks: Conclave (2024) 2h Rated PG</b></p>
<p><b>14</b></p> <p><b>CLOSED FOR PASSOVER</b></p>	<p><b>15</b></p> <p>9:30 <b>Group Workshop w/Nava and Melissa (Cancelled)</b>            9:45 Mah Jongg (Advanced)            10:00 <b>Beginners 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 (Cancelled)            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>16</b></p> <p>9:00 Tech Class w/Trinity            10:00 Chair Aerobics w/Stuart (Cancelled)            10:00 Ping Pong            12:30 Mah Jongg (Intermediate)            1:00 Karaoke            1:30 Water Aerobics/Yoga</p>	<p><b>17</b></p> <p>9:15 Intermediate Level Spanish            10:00 <b>Acting Class with Frank</b>            10:00 <b>Watercolor Painting</b>            10:00 <b>Silver Shoes Dance Club</b>            10:00 One on One Tech Lab w/Jerry            11:30 Hebrew Short Stories (H)            1:00 Group Chat w/Carmen            1:00 Chair Yoga w/Tasneem</p>	<p><b>18</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 <b>Advisory Council Meeting</b>            10:00 Ping Pong            10:45 Meditation            11:00 Current Events with Sharon            12:45 <b>Friday Flicks: Anora (2024) 2H 18 min Rated R</b></p>
<p><b>21</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</b>            10:00 <b>Workshop: Alzheimer's Prevention and Education, Pt. 2</b>            10:00 Chess Clinic            10:45 Open Chat with Karl            10:45 Meditation            12:30 Mah Jongg (Intermediate)            1:00 <b>Concert: Music of Books and Librettos</b>            1:00 Bingo            2:00 Poetry Workshop</p>	<p><b>22 April Birthday Party</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) (Cancelled)            10:00 <b>Beginners 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) (Cancelled)            1:00 Knitting with Barbara            1:00 Brain Games/Charades with Marv            1:15 <b>Entertainment: Manny Monatez</b></p>	<p><b>23</b></p> <p>9:00 Tech Class w/Trinity            10:00 Chair Aerobics w/Stuart            10:00 <b>Overnight Trip Information Session</b>            10:00 Ping Pong            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>24 Jewelry Sale</b></p> <p>9:15 Intermediate Level Spanish            10:00 <b>Acting Class with Frank</b>            10:00 <b>Watercolor Painting</b>            10:00 <b>Silver Shoes Dance Club</b>            10:00 One on One Tech Lab w/Jerry            11:00 <b>Singing with Seniors</b>            11:30 Hebrew Short Stories (H)            1:00 <b>Book Club (H-Full)</b>            1:00 Group Chat w/Carmen            1:00 Chair Yoga w/Tasneem (Cancelled)</p>	<p><b>25</b></p> <p>9:00 Stay Well Exercise (H)            10:00 Spanish Language Current Events            10:00 <b>Nutrition Lecture: Dietary Fiber</b>            10:00 <b>Intergenerational Discussion</b>            10:00 Ping Pong            10:45 Meditation            11:00 Current Events with Sharon            12:45 <b>Friday Flicks: Challengers (2024) 2H 11 min Rated PG-13</b></p>
<p><b>28 TRIP: Age Strong Bronx Advocacy Day</b></p> <p>9:00 Stay Well Exercise (H)            9:30 Conversational Spanish for Beginners            10:00 <b>Hudson River Voices</b>            10:00 <b>Oil Painting with Daniel Hauben</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>29</b></p> <p>9:30 <b>Group Workshop w/Nava and Melissa</b>            9:45 Mah Jongg (Advanced)            10:00 <b>Intermediate Bridge</b>            10:00 <b>Estate Planning</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: Piano for Four Hands</b>            1:00 Knitting with Barbara            1:00 Brain Games/Charades with Marv</p>	<p><b>30</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>		

