

NEW BEGINNINGS PROGRAMMING: JANUARY 2025

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>Lunch Daily at 11:45 a.m.</p> <p>Dining Room Seating Begins at 11:30 a.m.</p> <p>PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 p.m.</p> <p>KEY: H = Hybrid</p> | | <p>1</p> <p>CLOSED FOR THE NEW YEAR</p> | <p>2 Annual Menorah Lighting</p> <p>9:15 Intermediate Level Spanish</p> <p>10:00 Watercolor Painting (Full)</p> <p>10:00 One on one Tech Lab w/Jerry</p> <p>10:30 Hebrew Reading Course</p> <p>11:30 Hebrew Short Stories (H)</p> <p>1:00 Book Club (H-Full)</p> <p>1:00 Group Chat w/Carmen (Canceled)</p> <p>1:00 Chair Yoga w/Tasneem (Canceled)</p> | <p>3</p> <p>9:00 Stay Well Exercise (H)</p> <p>10:00 Spanish Language Current Events</p> <p>10:00 Ping Pong</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: A Good Year (2006) Rated PG-13</p> |
| <p>6</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:30 Conversational Spanish for Beginners</p> <p>10:00 Oil Painting with Daniel Hauben</p> <p>10:00 Chess Clinic</p> <p>10:45 Open Chat with Karl</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Group Workshop w/Nava and Melissa</p> <p>1:00 Bingo</p> <p>2:00 Poetry Workshop</p> | <p>7</p> <p>9:45 Mah Jongg (Advanced)</p> <p>10:00 One on One Tech Lab w/Jerry</p> <p>10:00 Painting Class</p> <p>10:00 Tai Chi with Steve (Canceled)</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>8</p> <p>9:00 Tech Class w/Trinity</p> <p>10:00 Chair Aerobics w/Stuart</p> <p>10:00 Ping Pong</p> <p>10:45 Women's Group w/Lucy</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:30 Karaoke</p> <p>1:30 Open Swim</p> <p>2:00 Chess Clinic</p> | <p>9</p> <p>9:15 Intermediate Level Spanish</p> <p>10:00 Watercolor Painting (Full)</p> <p>10:00 One on one Tech Lab w/Jerry</p> <p>10:00 Workshop: Senior Scams</p> <p>10:30 Hebrew Reading Course</p> <p>11:00 Singing with Seniors</p> <p>11:30 Hebrew Short Stories (H)</p> <p>1:00 Group Chat w/Carmen</p> <p>1:00 Chair Yoga w/Tasneem</p> | <p>10</p> <p>9:00 Stay Well Exercise (H)</p> <p>10:00 Spanish Language Current Events</p> <p>10:00 Nutrition Lecture: A New Year, Healthier You: Avoiding Fad Diets & Building Sustainable Habits</p> <p>10:00 Ping Pong</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: Eat, Pray, Love(2010) Rated PG-13</p> |
| <p>13</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:30 Jacob's Schmooze (H)</p> <p>9:30 Conversational Spanish for Beginners</p> <p>10:00 Oil Painting with Daniel Hauben</p> <p>10:00 Chess Clinic</p> <p>10:45 Open Chat with Karl - Pooled Income Trusts and Medicaid Savings</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Group Workshop w/Nava and Melissa</p> <p>1:00 Concert: The Riverdale Quartet</p> <p>1:00 Bingo</p> <p>2:00 Poetry Workshop</p> | <p>14 AARP Safe Driving Course</p> <p>9:45 Mah Jongg (Advanced)</p> <p>10:00 One on One Tech Lab w/Jerry</p> <p>10:00 Painting Class</p> <p>10:00 Tai Chi with Steve (Canceled)</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>15</p> <p>9:00 Tech Class w/Trinity</p> <p>10:00 Chair Aerobics w/Stuart</p> <p>10:00 Ping Pong</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Karaoke</p> <p>1:30 Open Swim</p> <p>1:30 Food Pantry</p> <p>2:00 Chess Clinic</p> | <p>16 Trip: Walmart Jewelry Sale</p> <p>9:15 Intermediate Level Spanish</p> <p>10:00 Watercolor Painting (Full)</p> <p>10:00 One on One Tech Lab w/Jerry</p> <p>10:30 Hebrew Reading Course</p> <p>11:30 Hebrew Short Stories (H)</p> <p>1:00 Group Chat w/Carmen</p> <p>1:00 Chair Yoga w/Tasneem</p> | <p>17 Meeting: Philadelphia Flower Show</p> <p>9:00 Stay Well Exercise (H)</p> <p>10:00 Spanish Language Current Events</p> <p>10:00 Ping Pong</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: Julie & Julia (2009) Rated PG-13</p> |
| <p>20</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:30 Conversational Spanish for Beginners (Canceled)</p> <p>10:00 Oil Painting with Daniel Hauben</p> <p>10:00 International Movie Music</p> <p>10:00 Advisory Council Meeting</p> <p>10:00 Chess Clinic</p> <p>10:45 Open Chat with Karl</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Group Workshop w/Nava and Melissa</p> <p>1:00 Bingo</p> <p>2:00 Poetry Workshop</p> | <p>21 January Birthday Party</p> <p>9:45 Mah Jongg (Advanced) (Canceled)</p> <p>10:00 One on One 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) (Canceled)</p> <p>1:00 Knitting with Barbara</p> <p>1:00 Brain Games/Charades with Marv</p> <p>1:15 Entertainment: Juan Ortega</p> | <p>22</p> <p>9:00 Tech Class w/Trinity</p> <p>10:00 Chair Aerobics w/Stuart</p> <p>10:00 Ping Pong</p> <p>10:45 Women's Group w/Lucy</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Karaoke</p> <p>1:30 Open Swim</p> <p>2:00 Chess Clinic</p> | <p>23</p> <p>9:15 Intermediate Level Spanish (Canceled)</p> <p>10:00 Watercolor Painting (Full)</p> <p>10:00 Estate Planning Workshop</p> <p>10:00 One on One Tech Lab w/Jerry</p> <p>10:30 Hebrew Reading Course</p> <p>11:00 Singing with Seniors</p> <p>11:30 Hebrew Short Stories (H)</p> <p>1:00 Group Chat w/Carmen</p> <p>1:00 Chair Yoga w/Tasneem</p> | <p>24</p> <p>9:00 Stay Well Exercise (H)</p> <p>10:00 Spanish Language Current Events</p> <p>10:00 Ping Pong</p> <p>10:00 Nutrition Lecture: The Anti-inflammatory Diet</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: Life as we Know It (2010) Rated PG-13</p> |
| <p>27</p> <p>9:00 Stay Well Exercise (H)</p> <p>9:30 Jacob's Schmooze (H)</p> <p>9:30 Conversational Spanish for Beginners (Canceled)</p> <p>10:00 Oil Painting with Daniel Hauben</p> <p>10:00 Chess Clinic</p> <p>10:00 Focus Group: Climate Change</p> <p>10:45 Meditation</p> <p>10:45 Open Chat with Karl</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Group Workshop w/Nava and Melissa</p> <p>1:00 Vive La France!</p> <p>1:00 Bingo</p> <p>2:00 Poetry Workshop</p> | <p>28</p> <p>9:00 Chair Aerobics with Stuart</p> <p>9:45 Mah Jongg (Advanced)</p> <p>10:00 One on One 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>29</p> <p>9:00 Tech Class w/Trinity</p> <p>10:00 Chair Aerobics w/Stuart</p> <p>10:00 Ping Pong</p> <p>12:30 Mah Jongg (Intermediate)</p> <p>1:00 Karaoke</p> <p>1:30 Open Swim</p> <p>2:00 Chess Clinic</p> | <p>30</p> <p>9:15 Intermediate Level Spanish (Canceled)</p> <p>10:00 Watercolor Painting (Full)</p> <p>10:00 Funeral Planning Pt. 2</p> <p>10:00 One on One Tech Lab w/Jerry</p> <p>10:30 Hebrew Reading Course</p> <p>11:30 Hebrew Short Stories (H)</p> <p>1:00 Book Club (H-Full)</p> <p>1:00 Group Chat w/Carmen</p> <p>1:00 Chair Yoga w/Tasneem</p> | <p>31</p> <p>9:00 Stay Well Exercise (H)</p> <p>10:00 Spanish Language Current Events</p> <p>10:00 Ping Pong</p> <p>10:00 Intergenerational Discussion</p> <p>10:00 Meditation</p> <p>11:00 Current Events with Sharon</p> <p>12:45 Friday Flicks: Morning Glory (2010) Rated PG-13</p> |

