

# NEW BEGINNINGS PROGRAMMING: MARCH 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 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	<b>4</b> 9:30 Group Workshop w/Nava and Melissa 9:45 Mah Jongg (Advanced) 10:00 Beginners Bridge 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	<b>5 Trip: Philadelphia Flower Show</b>  9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Ping Pong 10:45 Women's Group w/Lucy 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Open Swim	<b>6</b> 9:15 Intermediate Level Spanish 10:00 One on one Tech Lab w/Jerry 10:00 Watercolor Painting 10:00 Silver Shoes Dance Club 10:30 Hebrew Reading Course 11:30 Hebrew Short Stories (H) 12:45 Broadway Showcase Meeting 1:00 Group Chat w/Carmen (Cancelled) 1:00 Chair Yoga w/Tasneem	<b>7</b> 9:00 Stay Well Exercise (H) 10:00 Spanish Language Current Events 10:00 Nutrition Lecture: Grocery Workshop, Pt. 1 10:00 Ping Pong 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: Ordinary Angels (2024) Rated PG
<b>10</b> 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 9:30 Jacob's Schmooze (H) 10:00 Advisory Council Meeting 10:00 Chess Clinic 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 International Movie Music 1:00 Bingo 2:00 Poetry Workshop	<b>11</b> 9:00 Chair Aerobics w/Stuart 9:30 Group Workshop w/Nava and Melissa 9:45 Mah Jongg (Advanced) 10:00 Beginners Bridge 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	<b>12</b> 9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Workshop: Senior Scams 10:00 Ping Pong 10:45 Women's Group w/Lucy 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Open Swim	<b>13 Trip: NYBG Orchid Show</b>  9:15 Intermediate Level Spanish 10:00 One on one Tech Lab w/Jerry 10:00 Watercolor Painting 10:00 Silver Shoes Dance Club 10:30 Hebrew Reading Course 11:00 Singing with Seniors 11:30 Hebrew Short Stories (H) 1:00 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem	<b>14</b> 9:00 Stay Well Exercise (H) 10:00 Spanish Language Current Events 10:00 Ping Pong 10:00 Nutrition Lecture: Trending Topics in Nutrition 10:45 Meditation 11:00 Current Events with Sharon 12:45 Discussion: Purim Celebration w/Rabbi Scott 12:45 Friday Flicks: Brittany Runs a Marathon (2019) Rated R
<b>17</b> 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 10:00 Chess Clinic 10:00 Workshop: Alzheimer's Prevention and Education 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Bingo 2:00 Poetry Workshop	<b>18 March Birthday Party</b> 9:45 Mah Jongg (Advanced) (Cancelled) 10:00 Beginners Bridge 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:00 Group Workshop w/Nava and Melissa 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 Entertainment: Juan Ortega	<b>19</b> 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 Open Swim	<b>20 Trip: Walmart</b>  9:15 Intermediate Level Spanish 10:00 Dr. Boyle Auditory Presentation 10:00 Watercolor Painting 10:00 Silver Shoes Dance Club 10:00 One on One Tech Lab w/Jerry 10:30 Hebrew Reading Course 11:30 Hebrew Short Stories (H) 1:00 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem	<b>21</b> 9:00 Stay Well Exercise (H) 10:00 Spanish Language Current Events 10:00 Nutrition Lecture: Grocery Tour, Pt. 1 10:00 Ping Pong 10:45 Meditation 11:00 Current Events with Sharon 12:45 Friday Flicks: Wonka (2023) Rated PG
<b>24</b> 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 9:30 Jacob's Schmooze (H) 10:00 Chess Clinic 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Concert: Post-Purim Celebration 1:00 Bingo 2:00 Poetry Workshop	<b>25</b> 9:00 Chair Aerobics w/Stuart 9:30 Group Workshop w/Nava and Melissa 9:45 Mah Jongg (Advanced) 10:00 Beginners Bridge 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	<b>26</b> 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	<b>27 Jewelry Sale</b> 9:15 Intermediate Level Spanish 10:00 Watercolor Painting 10:00 Silver Shoes Dance Club 10:00 One on One Tech Lab w/Jerry 10:30 Hebrew Reading Course 11:00 Singing with Seniors 11:30 Hebrew Short Stories (H) 1:00 Book Club (H-Full) 1:00 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem (Cancelled)	<b>28</b> 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 Friday Flicks: Twisters (2024) Rated PG-13
<b>31</b> 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 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				

Lunch Daily at 11:45 a.m.

Dining Room Seating Begins at 11:30 a.m.

PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 p.m. KEY: H = Hybrid