

NEW BEGINNINGS PROGRAMMING: MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>3 9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations (CANCELLED) 12:30 Beginners Mah Jongg (Full) 12:45 Purim Celebration 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv</p>	<p>4 9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group: Social Wellness 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Open Swim</p>	<p>5 9:15 Intermediate Level Spanish 10:00 One on one Tech Lab w/Jerry 10:00 Watercolor Painting 10:00 Silver Shoes Dance Club 10:00 Text and Traditions 10:30 Functional Movement 11:00 Singing with Seniors 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>6 10:00 Spanish Language Current Events 10:00 Nutrition Lecture: Discover the Power of Nutrition: Fuel Your Health, Transform Your Life 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: The Goldfinch (2019)</p>
<p>9 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 10:45 Monday Open Chat: Life After the Pandemic 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Concert: Bardekova Ensemble 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>10 March Birthday Party 9:00 Chair Aerobics w/Stuart 9:45 Mah Jongg (Advanced) (Cancelled) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:00 Rescheduled Advance Directive Pt. 2 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) (Cancelled) 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:15 Entertainment: Mesha</p>	<p>11 Trip: 9/11 Memorial & Museum 9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group: Financial Wellness 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Open Swim</p>	<p>12 Trip: Walmart 9:15 Intermediate Level Spanish 10:00 One on one Tech Lab w/Jerry 10:00 Watercolor Painting 10:00 Silver Shoes Dance Club 10:00 Text and Traditions 10:30 Functional Movement 12:30 OAC Showcase Meeting 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>13 10:00 Spanish Language Current Events 10:00 Ping Pong 10:00 Memory Improvement Presentation 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: The Vow (2012)</p>
<p>16 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 10:00 Advisory Council Meeting 10:45 Monday Open Chat: Preparing for Life's Everyday Surprises 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>17 9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:00 Concert: Jazz Performer</p>	<p>18 Trip: Whitney Museum 9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:00 Ping Pong 10:30 Wellness Support Group: Environmental Wellness 12:30 Mah Jongg (Intermediate) 12:00 Food Pantry 1:00 Karaoke 1:30 Open Swim</p>	<p>19 Trip: Trader Joe's/H-Mart Jewelry Sale 9:15 Intermediate Level Spanish 10:00 One on One Tech Lab w/Jerry 10:00 Watercolor Painting 10:00 Silver Shoes Dance Club 10:00 Text and Traditions 10:00 Intergen Project w/Alexandra 10:30 Functional Movement 11:00 Singing with Seniors 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>20 10:00 Spanish Language Current Events 10:00 Nutrition Lecture: Food Demo: Power Bowl with Chickpeas, Quinoa and Creamy Hummus Dressing 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Love Sarah (2021)</p>
<p>23 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 10:45 Monday Open Chat: Meaning, Purpose & Identity in Later Life 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>24 9:00 Chair Aerobics w/Stuart 9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:00 Rescheduled: Concert Story of Love in Music</p>	<p>25 9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart (Cancelled) 10:00 Acting Class with Frank 10:00 Ping Pong 10:30 Wellness Support Group: Goals & Aspiration 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Water Aerobics/Yoga</p>	<p>26 Passover Seder 9:15 Intermediate Level Spanish 10:00 Watercolor Painting 10:00 Silver Shoes Dance Club 10:00 One on One Tech Lab w/Jerry 10:00 Text and Traditions (Cancelled) 10:30 Functional Movement 11:00 Singing with Seniors 1:00 Book Club (H-Full) 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem (Cancelled) 1:30 Entertainment: Luda and Sergio</p>	<p>27 10:00 Spanish Language Current Events 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: All Roads Lead to Rome (2016)</p>
<p>30 9:00 Stay Well Exercise (H) 9:30 Conversational Spanish for Beginners 10:00 Re-Scheduled Dementia Presentation 10:45 Monday Open Chat: Self-Compassions & Being Kinder to Yourself 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>31 9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv</p>			<p>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.</p>

