

NEW BEGINNINGS PROGRAMMING: JUNE 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>2</p> <p>9:00 Chair Aerobics 10:00 Advanced Mah Jongg 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations 12:30 Beginners Mah Jongg 1:00 Knitting 1:00 Brain Games</p>	<p>3</p> <p>9:00 Tech Class 10:00 Chair Aerobics 10:00 Ping Pong 10:30 Wellness Support Group (Cancelled) 12:30 Intermediate Mah Jongg 1:00 Karaoke 1:30 Water Aerobics</p>	<p>4</p> <p>9:30 Intermediate Level Spanish 10:00 One on one Tech Lab w/Jerry 10:00 Advanced Watercolor Painting with Dmitriy (Full) 10:30 Functional Movement 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>5</p> <p>10:00 Spanish Language Current Events 10:00 Nutrition Lecture: Food Safety Made Simple: Protecting your Health at Home 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Rocketman (2019)</p>
<p>8 Trip: Derfner Judaica Museum + Art Collection</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Open Chat with Karl 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>9 June Birthday Party</p> <p>10:00 Advanced Mah Jongg (Cancelled) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi (Cancelled) 10:00 Elder Justice: Introduction to AI 10:30 Art Explorations 12:30 Beginners Mah Jongg (Cancelled) 1:00 Knitting 1:00 Brain Games 1:15 Birthday Entertainment: Mesha</p>	<p>10 Trip: NYBG: Flower Power Show</p> <p>9:00 Tech Class 10:00 Chair Aerobics 10:30 Wellness Support Group 10:00 Ping Pong 12:30 Intermediate Mah Jongg 1:00 Karaoke 1:30 Water Aerobics</p>	<p>11 Trip: Walmart</p> <p>9:30 Intermediate Level Spanish 10:00 One on one Tech Lab w/Jerry 10:00 Advanced Watercolor Painting with Dmitriy (Full) 10:00 Presentation: Auditory Presentation 10:30 Functional Movement 11:00 Singing with Seniors: Final Session 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>12</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Sarah's Oil (2025)</p>
<p>15 Trip: Daniel Hauben: Emergence</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:00 Advisory Council Meeting 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>16 Trip: Trader Joe's/H-Mart</p> <p>9:00 Chair Aerobics 10:00 Advanced Mah Jongg 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi (Cancelled) 10:30 Art Explorations 12:30 Beginners Mah Jongg 1:00 Knitting 1:00 Brain Games</p>	<p>17 Riverdale Neighborhood House (RNH) Senior Splash</p> <p>9:00 Tech Class 10:00 Chair Aerobics 10:00 Ping Pong 10:30 Wellness Support Group 12:00 Food Pantry 12:30 Intermediate Mah Jongg 1:00 Karaoke 1:30 Water Aerobics</p>	<p>18 Jewelry Sale</p> <p>9:30 Intermediate Level Spanish 10:00 One on One Tech Lab w/Jerry) 10:00 Advanced Watercolor Painting with Dmitriy (Full) 10:30 Functional Movement 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>19</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:00 Nutrition Lecture: Food Demo: Black Beans & Cucumber Salad 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Wicked for Good (2025)</p>
<p>22</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Hudson River Voices 1:00 Concert: Curated Musical Selections - Classical, Folk, International 1:00 Bingo 2:00 Poetry Workshop</p>	<p>23 Overnight Trip to Lake George</p> <p>10:00 Advanced Mah Jongg 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations 12:30 Beginners Mah Jongg 1:00 Knitting 1:00 Brain Games</p>	<p>24 Overnight Trip to Lake George</p> <p>9:00 Tech Class 10:00 Chair Aerobics 10:00 Ping Pong 10:30 Wellness Support Group 12:30 Intermediate Mah Jongg 1:00 Karaoke 1:30 Water Aerobics</p>	<p>25</p> <p>9:30 Intermediate Level Spanish 10:00 One on One Tech Lab w/Jerry 10:00 Advanced Watercolor Painting with Dmitriy (Full) 10:30 Functional Movement 12:45 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem 1:00 Book Club (H-Full)</p>	<p>26</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:00 Workshop: VISION 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: House of Gucci (2021)</p>
<p>29</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Meditation 12:30 Intermediate Mah Jongg 1:00 Culminating Event: Hudson River Voices Concert 1:00 Bingo 2:00 Poetry Workshop</p>	<p>30 Trip: The New York Historical</p> <p>9:00 Chair Aerobics 10:00 Advanced Mah Jongg 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations 12:30 Beginners Mah Jongg 1:00 Knitting 1:00 Brain Games</p>			<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>