

June 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 10:00 AM Tai Chi for Arthritis 11:00 AM Feldenkrais: Gentle movement to improve range of function 12:45 PM Be Better Balanced! 1:15 PM Bingo/Table Games</p>	<p>4 9:30 AM We're Walking 10:30 AM Drama Workshop 12:45 PM Current Events</p>	<p>5 9:45 AM Mat Yoga 11:00 AM Ageless Grace 11:00 AM Blood Pressure Screening 11:00 AM Sen. Serrano Constituent Hours 12:45 PM Pierre Montiel: Robert Taylor</p>	<p>6 9:30-11:00 AM Yoga &amp; Meditation 9:30 AM We're Walking Central Park 10:15 AM Kit Wits 11:00 AM Home Organizing Solutions 11:00 AM Toning with Tobi 12:45 PM CityArts Art Project 1:00 PM Creative Writing</p>	<p>7 9:45 AM Tai Chi 10:30 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your Smart phone be smarter than u.</p>
<p>10 <b>CLOSED SHAVUOT</b></p>	<p>11 9:30 AM We're Walking 10:30 AM Drama Workshop 12:45PM Current Events Advisory Council 11:15 Chess Nuts</p>	<p>12 9:45AM Mat Yoga 11:00AM Ageless Grace 12:45PM Arnon Harari: Handling the Ups and Downs of Life</p>	<p>13 9:30AM-11:00AM Yoga &amp; Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Home Organizing Solution 11:00 AM Toning with Tobi 11:00 AM CityArts Project 1:00 PM Creative Writing</p>	<p>14 9:45 AM Tai Chi 10:30 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your Smart phone be smarter than u.</p>
<p>17 10:00 AM Tai Chi for Arthritis 11:00 AM Feldenkrais: Gentle movement to improve range of function 12:45 PM Be Better Balanced! 1:15 PM Bingo/Table Games</p>	<p>18 9:30 AM We're Walking 10:30 AM Drama Workshop 12:45PM Current Events Advisory Council</p>	<p>19 9:45 AM Mat Yoga 11:00 AM Ageless Grace 12:45 PM Jim Freund: Sing-A-Long</p>	<p>20 9:30-11:00 AM Yoga &amp; Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Home Organizing Solution 11:00 AM Toning with Tobi 12:45 PM CityArts Art Project 1:00 PM Creative Writing</p>	<p>21 9:45 AM Tai Chi 10:30 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your Smart phone be smarter than u.</p>
<p>24 10:00 AM Tai Chi for Arthritis 11:00 AM Feldenkrais: Gentle movement to improve range of function 12:45 PM Be Better Balanced! 1:15 PM Bingo/Table Games</p>	<p>25 9:30 AM We're Walking 10:30 AM Drama Workshop 12:45 PM Current Events 1:15PM Chess Nuts</p>	<p>26 9:45 AM Mat Yoga 11:00 AM Ageless Grace, Sen. Serrano Constituent Hours 12:45 PM Miryam Rabner MJHS Org Getting the Right Care When it Matters Most</p>	<p>27 9:30-11:00 AM Yoga &amp; Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Home Organizing Solution 11:00 AM Toning with Tobi 12:45 PM CityArts Art Project</p>	<p>28 9:45 AM Tai Chi 10:30 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your Smart phone be smarter than u. 12:45PM Birthday Party: Louisa Poster: Tin Pan Alley/Jazz</p>
			<p>Program Heads Up: Thurs. 6/13: Family Life Theatre</p>	



## **Club 76**

120 West 76th Street  
New York, NY 10023

212-712-0170 Open Daily Monday thru Friday

**[www.jasa.org](http://www.jasa.org)**

### **Daily Lunch:**

Kosher Lunch Served Daily 12:00pm - 1:00pm

### **Contact Information:**

Phyllis Roth, LCSW  
212-712-0170

### **Staff:**

Phyllis Roth, LCSW, Project Director  
Vivian Gelberman, LMSW, Social Worker  
Donna Morgan Admin. Aide

### **Activities**

- Qi Gong, Feldenkrais, Be Better Balanced, Bingo
- We're Walking, Drama Workshop, Current Events, Chess Nuts (2nd & 4th Tuesday)
- Yoga & Meditation, Martial Arts, Knit Wits, Toning with Tobi, Crazy for Movies, Sing Along
  - Tai Chi, Exercise to Music, Tech Soup 101
- Blood Pressure Screening, Nutrition Lectures, Birthday Party last Friday of month, Trips to Museums, Tickets to Concerts, Theatre