

May 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
HEADS UP: New Classes Notice our NEW MAT YOGA class on Wednesdays @ 9:45 AM. CityArts Art Project: Thursdays @ 12:45 PM	Thursday May 2nd @ 12:45 PM Yom Ha Shoah commemoration: Learn about "My Italian Secret": How the Italians saved 80% of their Jewish population during WWII. Documentarian Vincent Marmorale will be here for discussion.	1 9:45 AM Mat Yoga 11:00 AM Ageless Grace 11:00 AM Blood Pressure Screening	2 9:30-11:00 AM Yoga & 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 YOM HA SHOAH commemora- tion: "My Italian Secret" 1:00 PM Creative Writing	3 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.
6 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	7 9:30 AM We're Walking 10:30 AM Drama Workshop 12:45 PM Current Events	8 9:30 AM City Council Advocacy Day 9:45 AM Mat Yoga 11:00 AM Ageless Grace 12:45 PM Pierre Montiel: Robert Taylor	9 9:30-11:00 AM Yoga & 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	10 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.
13 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	14 9:30 AM We're Walking 10:30 AM Drama Workshop 12:45 PM Advisory Council Meeting 1:15 PM Chess Nuts	15 9:45 AM Mat Yoga 11:00 AM Ageless Grace 12:45 PM Jim Freund: Sing-A-Long	16 9:30-11:00 AM Yoga & 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	17 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. 12:45 PM Eva Swan: Vocal Ease
20 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	21 9:30 AM We're Walking 10:30 AM Drama Workshop 12:45 PM Current Events	22 9:45 AM Mat Yoga 11:00 AM Ageless Grace 12:45 PM Sarelle Winick: Preventing Falls	23 9:30-11:00 AM Yoga & 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	24 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.
27 MEMORIAL DAY CLOSED	28 9:30 AM We're Walking 10:30 AM Drama Workshop 12:45 PM Current Events 1:15 PM Chess Nuts	29 9:45 AM Mat Yoga 11:00 AM Ageless Grace 11:00 AM Senator Serrano Constituent Hours 12:45 PM Sula Miller, Author "Welcome to the Widow's Club"	30 9:30-11:00 AM Yoga & 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	31 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. 12:45 PM Birthday Party



Club 76

120 West 76th Street
New York, NY 10023

212-712-0170 Open Daily Monday thru Friday

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