

December 2018



JASA Club 76 120 W. 76th Street, NY 10023 212 712-0170 Director: Phyllis Roth, LCSW (Calendar subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 2nd night Chanukah 10:00 AM Tai Chi for Arthritis 11:00 AM Feldenkrais: Gentle movement to improve range of function 12:45 Be Better Balanced! 1:15 PM Bingo/Table Games</p>	<p>4 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events</p>	<p>5 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 12:45 PM DFTA Nutritionist Hillary Getty: Using Leftovers Safely</p>	<p>6 9:30 AM We're Walking 10:16 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi: Stretching 12:45 PM Sen. Serrano: Housing Issue 1:00 PM Creative Writing</p>	<p>7 9:45 AM Tai Chi 10:45 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your smart phone be smarter than u 12:30 PM</p>
<p>10 10:00 AM Tai Chi for Arthritis 11:00 AM Feldenkrais: Gentle movement to improve range of function 12:45 Be Better Balanced! 1:15 PM Bingo/Table Games</p>	<p>11 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events 12:45 PM Advisory Council 1:15 PM Chess Nuts</p>	<p>12 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise</p>	<p>13 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toni with Tobi: Stretching 12:45 PM Robert Silverman: Pianist 1:00 PM Creative Writing</p>	<p>14 9:45 AM Tai Chi 10:00—1:00 George Jackson Students 10:45 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your smart phone be smarter than u 12:45 PM Pierre Montiel: Pola Negri</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 Cent. Pk 10:30 AM Drama Workshop 12:45 PM Current Events, Nutritionist: Andi Abello RN: Diet Guide for Diabetics</p>	<p>19 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 1:00 PM Jim Freund: Sing Along</p>	<p>20 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi 1:00 PM Creative Writing</p>	<p>21 9:45 AM Tai Chi 10:45 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your smart phone be smarter than u 12:45 PM</p>
<p>24 10:00 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 CLOSED CHRISTMAS</p>	<p>26 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise</p>	<p>27 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi 1:00 PM Creative Writing</p>	<p>28 9:45 AM Tai Chi 10:45 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: Klezmer David Glukh</p>
<p>31 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>Dec. 16 OPEN SUNDAY Delicious Hot Lunch Meditation Workshop</p>	<p>Heads Up: Coming on January 30th: Columbia University Occupational Interns</p>	

JASA Club 76

Staff:

Phyllis Roth, LCSW, Project Director

Vivian Gelberman, LMSW, Social Worker

Donna Morgan, Admin. Aide

Daily Lunch:

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

Contact Information

Phyllis Roth, LCSW

212-712-0170



Club 76

120 West 76th Street

New York, NY 10023

212-712-0170

Open Daily Monday thru Friday

- Qi Gong, Feldenkrais, Be Better Balanced, Bingo
- We're Walking, Drama Workshop, Current Events, Chess Nuts (2nd & 4th Tuesday)
- Iyengar Yoga, Martial Arts, Knit Wits, Toning with Tobi, Crazy for Movies, Sing-A-Long,
- 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.

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