



FEBRUARY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please note: Program subject to additions and deletion</p>	<p>HEADS UP! <i>Columbia University Wills and Trusts Graduating Law Students will be coming to prepare Wills/ Health Care Proxies for our members.</i> <i>See Phyllis Roth to sign up.</i></p>			<p>1 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</p>
<p>4 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>5 Chinese New Year 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events 1:00 PM Advisory Council Meeting</p>	<p>6 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 11:30 AM Blood Pressure Screening 12:00 PM Columbia Univ. Occupational Therapy, Hannah Gelb & Natalie Frohlinger</p>	<p>7 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 11:00 AM Constituent Hours 1:00 PM Creative Writing</p>	<p>8 10:45 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your smart phone be smarter than u</p>
<p>11 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>12 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events 1:15 PM Chess Nuts</p>	<p>13 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 11:00 AM—12:00 PM Columbia Univ. Occupational Therapy, Hannah Gelb & Natalie Frohlinger 1:00 PM Pierre Montiel: Susan Hayward</p>	<p>14 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi 1:00 PM Creative Writing 1:00 PM Marjan & Jane Kiepura: Chopin and Love Poems</p>	<p>15 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 1:00 PM Denise Hagit Shalev: Origami (Paper Folding)</p>
<p>18 PRESIDENT' S DAY CLOSED</p>	<p>19 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events</p>	<p>20 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 11:00 AM—2:00 PM OT Columbia Univ. Hannah Gelb, Natalie Frohlinger 1:00 PM Jim Freund: Sing Along</p>	<p>21 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi 1:00 PM Creative Writing 1:00 PM AHRC Broadway Singers</p>	<p>22 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: Mike Barry</p>
<p>25 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>26 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events 1:15 PM Chess Nuts</p>	<p>27 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 11:00 AM—2:00 PM OT Columbia Univ. Hannah Gelb, Natalie Frohlinger</p>	<p>28 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi 1:00 PM Creative Writing 1:00 PM AHRC Broadway Singers</p>	<p>FEBRUARY 10th OPEN SUNDAY</p>



Club 76

120 West 76th Street New

York, NY 10023

212-712-0170

Open Daily Monday thru Friday

www.jasa.org

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

ACTIVITIES

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.

Funded by: and generous Grants of NYC Grants of NYC

