

January 2019



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
	1 NEW YEAR'S DAY CLOSED	2 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 12:45 PM Oleg Yankelevich, RD: GERD	3 9:30 AM We're Walking 10:16 AM Knit Wits 11:00 AM Decluttering Workshop 1:00 PM Creative Writing	4 10:45 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your smart phone be smarter than u
7 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	8 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	9 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 1:00 PM Pierre Montiel: Charles Laughton	10 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 1:00 PM Creative Writing	11 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 Ekaterina Tkachenko: Nutrition & Bone Health for Seniors
14 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	15 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events	16 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 1:00 PM Jim Freund: Sing Along	17 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi 1:00 PM Creative Writing	18 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 AM Licet Valois: The Alzheimer's Association
21 M. L. K. Jr., Day CLOSED	22 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events 1:15 PM Chess Nuts	23 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 1:00 PM Movie	24 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi 11:00 PM Sen. Serrano Constituent Hours 1:00 PM Creative Writing	25 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
28 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	29 9:30 AM We're Walking Central Park 10:30 AM Drama Workshop 12:45 PM Current Events	30 10:00 AM Iyengar Yoga 11:00 AM Ageless Grace Exercise 11:00 PM Columbia Univ. Occupational Therapy Hannah Gelb & Natalie Frohlinger	31 10:15 AM Knit Wits 11:00 AM Decluttering Workshop 11:00 AM Toning with Tobi 1:00 PM Creative Writing	

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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