

March 2020 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 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>3 9:30 AM We're Walking 10:30 AM Community Theatre 12:30 PM OATS 12:45 PM Current Events</p>	<p>4 9:30 AM Mat Yoga 11:00 AM Chair Dance: Jessica Castro 11:00 AM Senator Serrano's Constituent Hours 11:00 AM Columbia OT Program 11:00 AM Blood Pressure Screening 1:00 PM Pierre Montiel: Marlon Brando</p>	<p>5 9:30-11:00 AM Yoga &amp; Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Toning with Tobi 12:30 PM OATS 1:00 PM Creative Writing</p>	<p>6 10:30 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your Smart phone be smarter than u. 12:30 PM Venecia Fernandez: Unclaimed Funds &amp; Research</p>
<p>9 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>10 9:30 AM We're Walking 10:30 AM Community Theatre 12:30 PM OATS 12:45 PM Current Events 1:15 PM Jon Turbin : Chess Nuts PURIM</p>	<p>11 9:30 AM Mat Yoga 11:00 AM Chair Dance: Jessica Castro 11:00 AM Columbia OT Program 1:00 PM Pierre Montiel: Gene Tierney</p>	<p>12 9:30-11:00 AM Yoga &amp; Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Toning with Tobi 12:30 PM OATS 1:00 PM Creative Writing</p>	<p>13 10:30 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your Smart phone be smarter than u. 12:30 PM George Damalas: Don't be a Victim: Crime Prevention</p>
<p>16 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>17 9:30 AM We're Walking 10:30 AM Community Theatre 12:30 PM OATS 12:45 PM Current Events</p>	<p>18 9:30 AM Mat Yoga 11:00 AM Chair Dance: Jessica Castro 11:00 AM Blood Pressure Screening 11:00 AM Columbia OT Program 12:30 PM Delano Wood: DOROT</p>	<p>19 9:30-11:00 AM Yoga &amp; Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Toning with Tobi 12:30 PM OATS 1:00 PM Creative Writing 1:00 PM Jim Freund: Sing Along</p>	<p>20 10:30 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your Smart phone be smarter than u. 12:30 PM Gino Veneroso: Resources for Taking Control</p>
<p>23 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>24 9:30 AM We're Walking 10:30 AM Community Theatre 12:30 PM OATS 12:45 PM Current Events 12:30 PM Gil Kunken: Medicare 1:15 PM Jon Turbin: Chess Nuts</p>	<p>25 9:30 AM Mat Yoga 11:00 AM Chair Dance: Jessica Castro 11:00 AM Columbia OT Program</p>	<p>26 9:30-11:00 AM Yoga &amp; Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Toning with Tobi 12:30 PM AHRC Singers 12:30 PM OATS 1:00 PM Creative Writing</p>	<p>27 10:30 AM Exercise to Music 10:45 AM Tech Soup 101: Don't let your Smart phone be smarter than u. 12:30 PM Birthday Party: Judah Goldman, Guitarist</p>
<p>30 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>31 9:30 AM We're Walking 10:30 AM Community Theatre 12:30 PM OATS 12:45 PM Current Events</p>	<p>Sunday: March 15 Lunch and LGBAC Flute Choir Pam Santiago and Friends</p>		<p>HEADS UP! <i>Open Sundays 2020</i> Mar. 15 Apr. 19 May 03 June 07</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**

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



JASA Club 76 is funded by the Department for The Aging with Additional support from the office of Borough President Gale Brewer and Council Member Helen Rosenthal.