

Club 76 * 120 W. 76th Street, NY 10023 * 212.712.0170
SEPTEMBER 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p align="center">Closed Labor Day</p>	<p>3</p> <p>9:30 AM We're Walking 10:30 AM Community Theatre 12:45 PM Current Events</p>	<p>4</p> <p>9:45 AM Mat Yoga 11:00 AM Chair Dance w/Jessica Castro 12:45 PM Glee Club: Linda Berkeley & Alan Mehl</p>	<p>5</p> <p>9:30-11:00 AM Yoga & Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Toning with Tobi 12:45 PM CityArts Art Project 1:00 PM Creative Writing</p>	<p>6</p> <p>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. 11:00 AM—2:00 PM <i>FLU SHOTS</i> 11:00 AM TEP Charter School Students</p>
<p>9</p> <p>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</p> <p>9:30 AM We're Walking 10:30 AM Community Theatre 12:45 PM Advisory Council Meeting 12:45 PM Current Events 1:00 PM Chess Nuts</p>	<p>11</p> <p>9:45 AM Mat Yoga 11:00 AM Chair Dance 1:00 PM Pierre Montiel: Alice Faye</p>	<p>12</p> <p>9:30-11:00 AM Yoga & Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Toning with Tobi 12:45 PM CityArts Art Project 1:00 PM Creative Writing</p>	<p>13</p> <p>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.</p>
<p>16</p> <p>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</p> <p>9:30 AM We're Walking 10:30 AM Community Theatre 12:45 PM Current Events <i>"We're Counting on YOU"</i> Census Presentation: Joli Golden 1:15 PM Chess Nuts</p>	<p>18</p> <p>9:45 AM Mat Yoga 11:00 AM Chair Dance 11:00 AM Senator Serrano's Constituent Hours 1:00 PM Jim Freund Sing-A-Long</p>	<p>19</p> <p>9:30-11:00 AM Yoga & Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Toning with Tobi 12:45 PM AHRC Broadway Singers 1:00 PM Creative Writing</p>	<p>20</p> <p>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 Annabella Gonzalez: Hispanic Heritage Month</p>
<p>23</p> <p>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</p> <p>9:30 AM We're Walking 10:30 AM Community Theatre 12:45 PM Current Events 1:00 PM Chess Nuts</p>	<p>25</p> <p>9:45 AM Mat Yoga 11:00 AM Columbia Univ. OT Interns Fall Prevention Screening 11:00 AM Chair Dance 12:45 PM Glee Club: Linda Berkeley & Alan Mehl</p>	<p>26</p> <p>9:30-11:00 AM Yoga & Meditation 9:30 AM We're Walking Central Park 10:15 AM Knit Wits 11:00 AM Toning with Tobi 11:00 AM TEP School students 1:00 PM Creative Writing</p>	<p>27</p> <p>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</p>
<p>30</p> <p align="center">Closed Rosh Hashanah</p>	<p>HEADS UP! <i>Try our 2 new classes:</i> Wednesday Chair Dance @ 11:00 AM with Jessica Castro Wednesday first and last: Glee Club @ 12:45 P</p>	<p>HEADS UP! Our <i>Open Sundays</i>: Sept. 8 , Nov. 24, Dec. 22, Jan. 12, Feb. 2, Mar. 15, Apr. 19, May 3, June 7</p>		



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

- 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
 - Tai Chi, Exercise to Music, Tech Soup 101, Ageless Grace
- Blood Pressure Screening, Nutrition Lectures, Birthday Party last Friday of month, Trips to Museums, Tickets to Concerts, Theatre etc.

