

Sundav. March 17, 2019		Mondav. March 18, 2019		Tuesdav. March 19, 2019		Wednesdav. March 20, 2019		Thursdav. March 21, 2019		Fridav. March 22, 2019			
10:00	Bridoe	10:00	Chair Yoga w/ Jennifer	10:00	AARP TAXES - Comp Rm and Conf Rm reserved 9-2	9:30	Computer Class AM/Dante	10:00	Blood Pressure Screening w/ Rachel	9:30	Computer Class AM/Dante		
10:30	Newshour w/Johnnie	10:00	Computer Class AM/Johnnie	10:00	Qi Gong w/ Ken	10:30	News Hour w/ Johnnie	10:00	Computer Class AM/Johnnie	10:00	Leisure Bridge	10:00	Computer Class AM/Dante
12:30	Juillard Performance	10:30	News Hour w/ Johnnie	10:30	News Hour w/ Johnnie	11:00	Constituent Hours w/Staff from	10:00	Tai Chi w/ Susan	10:30	News Hour w/ Johnnie	10:30	News Hour w/Rachel
12:30	History Hour: St. Patrick's Day w/Johnnie	11:30	Dianne Carr on Piano	12:15	Pres. NYS Senior Action Council, Inc		NYS Senator Jose Serrano office	10:30	News Hour w/ Johnnie	11:00	Piano w/ Koji	11:00	Piano w/ Koji
12:30	Chess w/ David	12:15	SPOP: Retire without Getting Bored or Stir Crazy	1:00	Documentary: Salesman	1:00	Ted's Piano Bar	12:00	Documentary: Nat'l Fragrance Day	12:00	Documentary: Nat'l Fragrance Day	12:00	Current Events w/Elsa
1:30	Computer Class PM	12:30	Vocal Training w/ Elsa	1:00	Jim's Sing Along	1:00	Documentary: Eye of the Phoenix Secrets of the Dollar Bill w/Dante	12:30	Origami w/Yoko	1:00	Origami w/Yoko	1:00	Martial Arts w/ David
2:00	Flex & Stretch Movement Class	12:30	Nutrition: Eating Healthy on a Budget w/MJHS	1:15	Su Casa: Chinese Brush Painting	2:00	History Hour: Harriet Beecher Stowe (Uncle Tom's Cabin)	1:00	Geoffrey's Art Class	1:00	Art History: Zeus w/Rachel	1:00	Art History: Zeus w/Rachel
3:00	Documentary: Woodstock w/Johnnie	1:00	Documentary: Born into Brothels w/Dante	1:30	Chess w/ Jon	2:00	Computer Class PM 1/ Johnnie	1:00	Sing Along w/ Fred	1:00	Sing Along w/ Fred	1:00	Theater Workshop
		2:00	Spanish Class w/ Edwin	2:30	Poetry Circle w/Chocolate	3:00	Chair Dance w/ Jessica	2:00	Dance w/ Donatas	2:00	Dance w/ Donatas	2:00	Line Dancing w/ Abbey
		2:00	Computer Class PM 1/ Johnnie	2:30	Feldenkrais w/ Eli	3:00	Bingo w/ Adrianna	2:00	Current Events w/Johnnie	2:00	Current Events w/Johnnie	2:00	Playwriting Class w/Dinah
		3:00	Sing a long w/Koji	3:00	History Hour: Congress approves Daylight Savings Time	3:00	Wellness Workshop: National Kidney Month	3:00	History Hour: Alcatraz prison closed	2:00	History Hour: Alcatraz prison closed	2:00	History Hour: Sinn Fein w/Rachel
		3:00	History Hour: Mark Zuckerberg	4:00	Wellness Workshop: National Kidney Month	4:00	Wellness Workshop: How & Why to Keep a Food Diary	2:00	French Class w/Anne	2:00	French Class w/Anne	4:00	Wellness: Save Your Vision Month
		3:30	Social Work Talk w/Sandy	5:00	Computer Class Lab Leader	5:00	Computer Class Lab Leader	3:00	Piano w/ Regina	3:00	Piano w/ Regina	5:00	Computer Class Lab Leader
		4:30	Piano w/ Koji					4:00	Gardening w/ Gwenn	4:00	Gardening w/ Gwenn		
		5:00	Computer Class Lab Leader					4:00	Wellness Workshop: Brain Awareness	4:00	Wellness Workshop: Brain Awareness		
								5:00	Computer Class Lab Leader	5:00	Computer Class Lab Leader		
Annex		Annex		Annex		Annex		Annex		Annex			
CLOSED		11:00	Zumba w/ Tia	10:00	Tower Gardening: Urban Farming	11:00	Zumba w/Josie	11:00	Chair Yoga w/ Jennifer	11:00	Life Model Drawing		
		1:30	Strength Training w/ Rachel	1:00	Fit For Life w/Ken	1:30	Strength and Motion w/ Rachel	3:00	Meditative Movement	1:15	Strength and Motion w/ Jessica		
				2:00	Silver Cardio Jam w/Dayle			5:00	Tower Garden				
Sunday, March 24, 2019		Monday, March 25, 2019		Tuesday, March 26, 2019		Wednesday, March 27, 2019		Thursday, March 28, 2019		Friday, March 29, 2019			
10:00	Bridoe	10:00	Chair Yoga w/ Jennifer	10:00	AARP TAXES - Comp Rm and Conf Rm reserved 9-2	9:30	Computer Class AM/Dante	10:00	Computer Class AM/Johnnie	9:30	Computer Class AM/Dante		
10:30	Newshour w/Johnnie	10:00	Computer Class AM/Johnnie	10:00	Qi Gong w/ Ken	10:30	News Hour w/ Johnnie	10:00	Tai Chi w/ Susan	10:00	Leisure Bridge		
12:30	Juillard Performance	10:30	News Hour w/ Johnnie	10:30	News Hour w/ Johnnie	12:15	Wellness Workshop: History of Exercise Guidelines	10:30	News Hour w/ Johnnie	10:30	News Hour w/Rachel		
12:30	Chess w/ David	11:30	Dianne Carr on Piano	1:00	Documentary: Fidel Castro (Revolution)	1:00	Documentary: Edward Snowden w/Dante	12:00	Documentary: Major League Baseball Opening Day	11:00	Piano w/ Koji		
12:30	Documentary: Nat'l Cheesesteak Day	12:30	Documentary: Nat'l Waffle Day w/Dante	1:00	Jim's Sing Along	1:00	Ted's Piano Bar	12:30	Origami w/Yoko	12:00	Current Events w/Elsa		
1:00	Computer Class PM w/Johnnie	12:30	Vocal Training w/ Elsa	1:00	Walk With Ease Week #1 w/Rachel	1:00	Housing Issues w/ Anne Cunningham	1:00	Geoffrey's Art Class	1:00	Martial Arts w/ David		
2:00	Flex & Stretch Movement Class	12:30	"What is Health Literacy?" w/Columbia University Students	1:15	Su Casa: Chinese Brush Painting	2:00	History Hour: History of Easter	1:00	Sing Along w/ Fred	1:00	Art History: Cicero w/Elsa		
3:00	History Hour: The Capture of Che Guevara	2:00	Spanish Class w/ Edwin	2:30	Poetry Circle w/Chocolate	2:00	Computer Class PM 1/ Johnnie	2:00	Computer Class PM 1/ Johnnie	1:00	Theater Workshop		
		2:00	Computer Class PM 1/ Johnnie	3:00	History Hour: Jonas Salk invents vaccine for polio	3:00	Chair Dance w/ Jessica	2:00	Dance w/ Donatas	2:00	Line Dancing w/ Abbey		
		3:00	Sing a long w/Koji	4:00	Wellness Workshop: Diabetes Alert Day	3:00	Bingo w/ Adrianna	2:00	Current Events w/Johnnie	2:00	History Hour: Communist Party of Ireland		
		3:00	History Hour: Selma to Montgomery March	5:00	Computer Class Lab Leader	4:00	Nutrition Workshop: Is the Paleo Diet Healthy?	2:00	French Class w/Anne	2:00	Playwriting Class w/Dinah		
		4:30	Piano w/ Koji			5:00	Computer Class Lab Leader	3:00	History Hour: Nathaniel Briqqs (Washing Machine)	4:00	Wellness: Principles of Fitness		
		5:00	Computer Class Lab Leader					4:00	Gardening w/ Gwenn	5:00	Computer Class Lab Leader		
								5:00	Nutrition Workshop: Smart Food Shopping				
									Computer Class Lab Leader				
CLOSED		11:00	Zumba w/ Tia	10:00	Tower Gardening: Urban Farming	11:00	Zumba w/Josie	10:00	Blood Pressure Screening w/ Rachel	11:00	Life Model Drawing		
		1:30	Strength Training w/ Rachel	1:00	Fit For Life w/Ken	1:30	Strength and Motion w/ Rachel	11:00	Chair Yoga w/ Jennifer	1:15	Strength and Motion w/ Jessica		
				2:00	Silver Cardio Jam w/Dayle			3:00	Meditative Movement	2:30	Food For Thought w/ Lolly		
								5:00	Tower Garden				
Sunday, March 31, 2019													
10:00	Bridoe												
10:30	Newshour w/Johnnie												
12:30	Juillard Performance												
12:30	Chess w/ David												
12:30	Documentary: Cesar Chavez Day												
1:00	Computer Class PM w/Johnnie												
2:00	Flex & Stretch Movement Class												
3:00	History Hour: The Story Behind The Man Who												
CLOSED													