

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

APRIL 2022



Events listed in blue are detailed in the New and Noteworthy section

Tech Lab every Tuesday and Thursdays @ 10:00am

Lunch Daily at 11:45 Dining Room Seating Begins at 11:30 am Birthday Luncheon Tuesday Apr 12th

4/1 9:15 Stay Well Exercise-Hybrid 10:30 Hudson River Voices-In Person 11:45 Current Events-In Person 11:00 Men's Group-Virtual 12:45 Friday Flicks: Loving Vincent-Hybrid

4/4 9:30 Jacob's Talk-Virtual 10:00 Stay Well Exercise-Hybrid 10:00 Bridge/Canasta/Chess-In Person 11:00 Walking Club-In Person 1:00 Men's Group-Virtual 1:00 Bingo-In Person 1:30 Blood Pressure Check

4/5 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg Intermediate-In Pers. 10:00 Tai Chi-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 11:00 Hebrew Short Stories-Virtual 11:00 Blood Pressure Check 12:45 Entertainment-Manny-In Person 1:00 Knitting Class-In Person

4/6 10:00 Stay Well Exercise-Virtual 10:00 Writing Class-Virtual 10:00 Baking with Galina-In Person 10:30 Living with Loss-In Person 12:45 Broadway Showcase-Hybrid 1:15 Bliss Fit-Hybrid 1:30 Water Aerobics-In Person

4/7 10:00 Stay Well Exercise-Virtual 10:00 Foreign Language Friends-In Person 10:45 Functional Movement-In Person 11:00 Hebrew Short Stories-Virtual 1:00 Group Chat with Carmen-In Person 1:00 Chair Yoga-Hybrid

4/8 9:15 Stay Well Exercise-Hybrid 10:30 Hudson River Voices-In Person 11:00 Current Events-In Person 11:00 Men's Group-Virtual 12:45 Friday Flicks City Dump the CCNY Basketball Scandal Hybrid

4/11 9:30 Jacob's Talk-Virtual 10:00 Stay Well Exercise-Hybrid 10:00 Bridge/Canasta/Chess-In Person 10:45 Planning for the Future-Virtual 11:00 Walking Club-In Person 1:00 Men's Group-Virtual 1:00 Bingo-In Person 1:30 Blood Pressure Check

4/12 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg Intermediate-In Pers. 10:00 Tai Chi-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 11:00 Hebrew Short Stories -Virtual 11:00 Blood Pressure Check 1:00 Jazz Duo-In Person 1:00 Knitting Class-In Person

4/13 10:00 Stay Well Exercise-Virtual 10:00 Writing Class-Virtual 10:00 Baking with Galina 10:30 Living with Loss-In Person 1-3:00 Mobile Pantry 1:15 Bliss Fit-Hybrid 1:30 Water Aerobics-In Person

4/14 10:00 Stay Well Exercise-Virtual 10:00 Foreign Language Friends-In Person 10:45 Functional Movement-In Person 11:00 Hebrew Short Stories-Virtual 1:00 Group Chat with Carmen In Person 1:00 Chair Yoga-Hybrid

4/15 9:15 Stay Well Exercise- Hybrid 10:30 Hudson River Voices-In Person 10:30 Fitness Class-Virtual 11:00 Current Events-In Person 11:00 Men's Group-Virtual No Afternoon Programming Y Closes Early for Passover

4/18 9:30 Jacob's Talk-Virtual 10:00 Stay Well Exercise-Hybrid 10:00 Bridge/Canasta/Chess-In Person 11:00 Walking Club-In Person 1:00 Men's Group Virtual 1:00 Bingo-In Person 1:30 Blood Pressure Check

4/19 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg Intermediate-In Pers. 10:00 Tai Chi-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 11:00 Hebrew Short Stories-Virtual 11:00 Blood Pressure Check 12:45 NYAC Untermyer Gardens-Hybrid 1:00 Knitting Class-In Person 3:30 Advisory Council Meeting

4/20 10:00 Stay Well Exercise-Virtual 10:00 Writing Class-Virtual 10:00 Baking with Galina 10:30 Living with Loss-In Person 1:15 Bliss Fit-Hybrid 1:30 Water Aerobics-In Person

4/21 10:00 Stay Well Exercise-Virtual 10:00 Foreign Language Friends-In Person 10:45 Functional Movement-In Person 11:00 Hebrew Short Stories-Virtual 1:00 Group Chat with Carmen-In Person 1:00 Chair Yoga-Hybrid

4/22 CLOSED For 7th Day of Passover

4/25 9:30 Jacob's Talk-Virtual 10:00 Stay Well Exercise-Hybrid 10:00 Bridge/Canasta/Chess-In Person 10:00 Walking Trip-Untermyer Gardens 10:45 Short Stories Class-In Person 1:00 Men's Group-Virtual 1:00 Bingo-In Person 1:30 Blood Pressure Check

4/26 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg Intermediate-In Pers. 10:00 Tai Chi-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid. 11:00 Hebrew Short Stories-Virtual 11:00 Blood Pressure Check 12:45 FDNY Fire Safety Class-In Person 1:00 Knitting Class-In Person

4/27 10:00 Stay Well Exercise-Virtual 10:00 Writing Class-Virtual 10:00 Baking with Galina 10:30 Living with Loss-In Person 11:00 Cooking Live-Virtual 1:15 Bliss Fit-Hybrid 1:30 Water Aerobics-In Person

4/28 10:00 Stay Well Exercise-Virtual 10:00 Foreign Language Friends-In Person 10:45 Functional Movement-In Person 11:00 Hebrew Short Stories-Virtual 1:00 Group Chat with Carmen-In Person 1:00 Chair Yoga-Hybrid 1:00 Book Club-Virtual

4/29 9:15 Stay Well Exercise- Hybrid 10:30 Hudson River Voices-In Person 11:00 Current Events-In Person 11:00 Men's Group-Virtual 12:45 Workshop "When Worry Gets Out of Control"-In Person