


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Food Pantry-Tuesday April 18th</b> <b>1:30pm - 3:30pm</b>	<b>Tech Lab with Jerry</b> <b>Tuesdays and Thursdays @ 10:00am</b>	<b>APRIL 2023</b> 	<b>Lunch Daily @ 11:45</b> <b>Dining Room Seating</b> <b>Begins @ 11:30am</b>	<b>Events listed in blue are detailed in the New and Noteworthy section</b>
<b>4/3</b> 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Meditation 10:45 Women's Group 10:45 Men's Group 12:30 Mah Jongg Beginners-FULL 1:00 Bingo	<b>4/4</b> 9:30 Baking with Galina 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories -V 12:30 Mah Jongg Beginners-FULL 12:45 NYC Comptroller's Office Lecture 1:00 Knitting with Barbara 1:00 Brain Games with Marv	<b>4/5</b> 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Intermediate-FULL 1:15 Bliss Fit with Trinity-H 1:00 Karaoke 1:30 Water Aerobics	<b>4/6</b>   <b>HOLIDAY</b> <b>(1ST DAY OF PASSOVER )</b>	<b>4/7</b>   <b>HOLIDAY</b> <b>(2ND OF PASSOVER )</b>
<b>4/10</b> 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Meditation 10:45 Open Chat with Jeff 12:30 Mah Jongg Beginners-FULL 1:00 Bingo	<b>4/11</b> 9:30 Baking with Galina 10:00 Trip to Botanical Garden 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories -V 12:30 Mah Jongg Beginners-FULL 1:00 Knitting with Barbara 1:00 Brain Games with Marv	<b>4/12</b>   <b>HOLIDAY</b> <b>(7TH DAY OF PASSOVER )</b>	<b>4/13</b>   <b>HOLIDAY</b> <b>(8TH DAY OF PASSOVER )</b>	<b>4/14</b> 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:00 Bronx Artist Documentary Project Lecture– Danny Hauben 10:30 Hudson River Voices 10:30 Meditation 11:00 Current Events 12:30 Broadway Showcase Auditions 12:45 Friday Flicks: "Faraway" (2023)
<b>4/17</b> 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Meditation 10:45 Women's Group 10:45 Men's Group 12:30 Mah Jongg Beginners-FULL 1:00 Bingo	<b>4/18 HOLOCAUST REMEMBRANCE DAY</b> 9:30 Baking with Galina 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories-V 12:30 Mah Jongg Beginners-FULL 1:00 Knitting with Barbara 1:00 Brain Games with Marv	<b>4/19</b> 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Intermediate-FULL 1:00 Karaoke 1:30 Water Aerobics	<b>4/20</b> 9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga with Anthony-H	<b>4/21</b> 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:30 Hudson River Voices 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: "I Am Not Your Negro" (2016)
<b>4/24</b> 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Chess Clinic 10:30 Meditation 10:45 Open Chat with Jeff 12:30 Mah Jongg Beginners-FULL 1:00 Bingo	<b>4/25</b> 9:30 Baking with Galina 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 10:00 Painting Class 10:30 Art Explorations-H 11:30 Hebrew Short Stories-V 12:30 Mah Jongg Beginners-FULL 12:45 Nutrition Talk with Tamar 1:00 Knitting with Barbara 1:00 Brain Games with Marv	<b>4/26 ISRAELI INDEPENDENCE DAY</b> 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 12:30 Mah Jongg Intermediate-FULL 1:15 Bliss Fit with Trinity-H 1:15 Concert with Vocal Ease 1:30 Water Aerobics	<b>4/27</b> 9:30 Volunteer Appreciation Brunch 9:30 Conv. Spanish-Advanced Beginners 10:00 Stay Well Exercise-V 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Group Chat with Carmen 1:00 Chair Yoga with Anthony-H 1:00 Book Club-V	<b>4/28</b> 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:00 Trip to Hudson River Museum 10:30 Hudson River Voices 10:30 Law and Order 10:30 Meditation 11:00 Current Events 12:45 Friday Flicks: "The Graduate" (1967)