MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/1 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Manicures with Frances 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	5/2 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/Charades with Marv	5/3 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 12:45 Broadway Showcase Rehearsals 1:30 Water Aerobics	5/4 9:30 Conv. Spanish-Advanced Beginners 10:00 Watercolor Painting 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	5/5 Cinco de Mayo 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 Broadway Showcase Rehearsals 12:45 Friday Flicks: *"TAR" (2022)*
5/8 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Manicures with Frances 10:00 Chess Clinic 10:30 Meditation 10:45 Open Chat - Jeff 12:30 Mah Jongg Beginners-FULL 1:00 Bingo	5/9 April/May Birthday Lunch 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 Birthday Entertainment 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv	5/10 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 12:45 Broadway Showcase Rehearsals 1:15 Bliss Fit with Trinity-H 12:45 Nutrition talk with Tamar 1:30 Water Aerobics	5/11 9:30 Conv. Spanish-Advanced Beginners 10:00 Watercolor Painting 10:00 Stay Well Exercise-V 10:00 Community Affairs Lecture 10:45 Functional Movement 11:30 Hebrew Short Stories-V 1:00 Trip to Trader Joe's/H Mart 1:00 Group Chat with Carmen 1:00 Chair Yoga with Anthony-H	5/12 9:15 Stay Well Exercise-H 9:45 Spanish Language Program: Current Events with Chloe 10:30 Hudson River Voices 10:30 Meditation 10:30 Law and Order 11:00 Current Events 12:45 Broadway Showcase Rehearsals 12:45 Friday Flicks: *"Luci and Desi" 2022)*
5/15 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Manicures with Frances 10:00 Chess Clinic 10:30 Meditation 10:45 Open Chat with Jeff 12:30 Mah Jongg Beginners-FULL 1:00 Bingo	5/16 Mother's/Father's Day Luncheon 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 10:30 Interg. Mother's Day Conversation 11:30 Hebrew Short Stories -V 12:30 Mah Jongg Beginners-FULL 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv 1:00 Entertainment	5/17 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics with Stuart 11:00 Health Talk 12:30 Mah Jongg Intermediate-FULL 12:45 Broadway Showcase Rehearsals 1:30 Water Aerobics	5/18 9:30 Conv. Spanish-Advanced Beginners 10:00 Watercolor Painting 10:00 Bronx Zoo Trip 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	5/19 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 Broadway Showcase Rehearsals 12:45 Friday Flicks: *"Firebird" (2021)*
5/22 9:15 Stay Well Exercise-H 9:30 Jacob's Schmooze-V 10:00 Manicures with Frances 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	5/23 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/Charades with Marv	5/24 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 12:45 Broadway Showcase Rehearsals 1:15 Bliss Fit with Trinity-H 1:30 Water Aerobics	5/25 9:30 Conv. Spanish-Advanced Beginners 10:00 Watercolor Painting 10:00 Stay Well Exercise-V 10:00 Trip to Newington-Cropsey Foundation 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	5/26 Y CLOSED (Shavuot)
5/29 CLOSED (Memorial Day)	5/30 9:30 Baking with Galina 10:00 Stay Well Exercise-V 10:00 Tai Chi 10:00 Mah Jongg Advanced-FULL 11:30 Hebrew Short Stories-V 1:00 Knitting with Barbara 1:00 Brain Games/Charades with Marv	5/31 10:00 Stay Well Exercise-V 10:00 Ceramics-FULL 10:00 Tech Class with Trinity 10:00 Chair Aerobics (Canceled) 12:30 Mah Jongg Intermediate-FULL 12:45 Broadway Showcase Rehearsals 1:30 Water Aerobics	Food Pantry-Tuesday May 16 1:30pm - 3:30pm Tech Lab with Jerry Tuesdays @10:00am & Thursdays @ 11:00am Lunch Daily @ 11:45	**MAY 2023** New Beginnings Center for Contemporary Adults 60+ at Riverdale Y Events listed in blue are detailed in the New and Noteworthy section