



New Beginnings
Center for Contemporary Adults 60+
at Riverdale Y

WED

THU

FRI

July 2021

| MON | TUES | WED | THU | FRI |
|--|--|--|---|---|
| <p>5 CLOSED for Independence Day</p> | <p>6 In Person 10:15 am Functional Movement Lunch 11:45—1:00 pm Virtual 10:00 am Stay Well Exercise 10:00 am T'ai Chi</p> | <p>7 In Person 1:00 p.m. Bliss Fit 1:30 p.m. Aqua Aerobics Lunch 11:45-1:00 pm Virtual 10:00 am Stay Well Exercise 10:00 am Writing Class</p> | <p>1 In Person 9:15 am Stay Well Exercise Lunch 11:45—1:00 pm Virtual 1:00 pm Chair Yoga 2:30 pm Women's Group</p> | <p>2 In Person Lunch 11:45—1:00 pm Virtual 9:00 am T'ai Chi for Arthritis 10:00 am Stay Well Exercise</p> |
| <p>12 In Person Lunch 11:45—1:00 pm Virtual: 9:00 am T'ai Chi for Arthritis 10:15 am Discussion 1:00 Men's Group</p> | <p>13 In Person Lunch 11:45—1:00 pm 10:15 am Functional Movement 1:00 pm Short Stories Virtual 10:00 am T'ai Chi</p> | <p>14 In Person Lunch 11:45—1:00 pm 1:30 p.m. Aqua Aerobics Virtual 2:00 pm Book Lecture 10:00 am Writing Class</p> | <p>15 In Person 9:15 am Stay Well Exercise Lunch 11:45—1:00 pm 1:00 pm Chair Yoga Virtual 1:30 pm Travel Lecture</p> | <p>16 In Person Lunch 11:45—1:00 pm Virtual 10:00 am Stay Well Exercise</p> |
| <p>19 In Person: 10:15 am Discussion Lunch 11:45—1:00 pm Virtual 9:00 am T'ai Chi for Arthritis 10:00 am Stay Well Exercise 1:00 Men's Group</p> | <p>20 In Person: 10:15 am Functional Movement Lunch 11:45—1:00 pm 1:30 pm Concert Virtual 10:00 am Stay Well Exercise 10:00 am T'ai Chi</p> | <p>21 In Person Lunch 11:45—1:00 pm 1:30 p.m. Aqua Aerobics Virtual 10:00 am Stay Well Exercise 10:00 am Writing Class</p> | <p>22 In Person 9:15 am Stay Well Exercise Lunch 11:45—1:00 pm 1:00 pm Chair Yoga</p> | <p>23 In Person Lunch 11:45—1:00 pm Virtual 10:00 am Stay Well Exercise</p> |
| <p>26 In Person 10:15 am Discussion Lunch 11:45—1:00 pm Virtual: 10:00 am Stay Well Exercise 1:00 Men's Group 3:00 pm Health Talk</p> | <p>27 In Person 10:15 am Functional Movement Lunch 11:45—1:00 pm Virtual: 10:00 am Stay Well Exercise 10:00 am T'ai Chi 10:30 am Art Class 1:00 pm Short Stories</p> | <p>28 In Person Lunch 11:45—1:00 pm 1:00 pm Social Issues 1:30 p.m. Aqua Aerobics Virtual: 10:00 am Stay Well Exercise 10:00 am Writing Class 10:00 am Drawing</p> | <p>29 In Person 9:15 am Stay Well Exercise Lunch 11:45—1:00 pm Virtual 10:30 a.m. Yiddish Group 10:30 am Poetry Class 1:00 pm Chair Yoga 1:00 pm Anti Bias Training 1:00 pm Radio Live!</p> | <p>30 In Person Lunch 11:45—1:00 pm Virtual 10:00 am Stay Well Exercise</p> |

Monday

Tuesday

Wednesday

Thur