


| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <p><b>JULY 2022</b></p>  <p>Events listed in blue are detailed in the New and Noteworthy section</p>     | <p><b>Tech Lab every Tuesday and Thursday @ 10:00am</b></p>   | <p><b>Independence Day Celebration July 7th (BBQ)</b></p>  | <p><b>Lunch Daily at 11:45 Dining Room Seating Begins at 11:30 am</b></p> <p><b>Birthday Party Tuesday July 19th One Seating</b></p>  | <p>7/1<br/>10:00 Stay Well Exercise-Hybrid<br/>11:00 Current Events-In Person<br/>11:00 Men's Group-Virtual<br/>12:45 Friday Flick-King Richard-In Person<br/>3:00 Tai Chi-Virtual</p>                                  |
| <p>7/4</p> <p><b>CLOSED (Independence Day)</b></p>  | <p>7/5<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Mah Jongg Intermediate-In Person<br/>10:00 Painting Class-Hybrid<br/>10:00 Self Defense-In Person<br/>10:30 Art Explorations-Hybrid<br/>11:30 Hebrew Short Stories-Virtual<br/>1:00 Knitting-In Person</p>  | <p>7/6<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Writing Class-Virtual<br/>10:30 Dead Sea Scrolls Lecture-In Person<br/>11:00 Tai Chi-Virtual<br/>1:00 Karaoke-In Person<br/>1:15 Bliss Fit-Hybrid<br/>1:30 Water Aerobics-In Person</p>        | <p>7/7<br/>9:45 Foreign Language Friends-In Person<br/>10:00 Stay Well Exercise-Virtual<br/>10:45 Functional Movement-In Person<br/>11:30 Hebrew Short Stories-Virtual<br/>12:30 Entertainment Juan Ortega-In Person<br/>2:00 Group Chat with Carmen-In Person</p>  | <p>7/8<br/>9:15 Stay Well Exercise-Hybrid<br/>11:00 Current Events-In Person<br/>12:45 Friday Flick- Respect –In Person<br/>3:00 Tai Chi-Virtual</p>  |
| <p>7/11<br/>9:30 Jacob's Talk-Virtual<br/>10:00 Stay Well Exercise-Hybrid<br/>10:30 Manicures-In Person<br/>1:00 Men's Group-Hybrid<br/>3:00 Tai Chi-Virtual</p>                          | <p>7/12<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Mah Jongg Intermediate-In Person<br/>10:00 Silver Shoes Dance Club-In Person<br/>10:00 Painting Class-Hybrid<br/>10:30 Art Explorations-Hybrid<br/>11:30 Hebrew Short Stories -Virtual<br/>12:30 Blood Pressure Check<br/>1:00 Knitting Class-In Person</p>            | <p>7/13<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Writing Class-Virtual<br/>10:00 Baking-In Person<br/>10:30 Law &amp; Order w /Aytan Adler-In Person<br/>11:00 Tai Chi-Virtual<br/>1:15 Bliss Fit-Hybrid<br/>1:30 Water Aerobics-In Person</p> | <p>7/14<br/>9:45 Foreign Language Friends-In Person<br/>10:00 Stay Well Exercise-Virtual<br/>10:45 Functional Movement-In Person<br/>11:30 Hebrew Short Stories-Virtual<br/>1:00 Group Chat with Carmen-In Person<br/>1:00 Chair Yoga-Hybrid</p>  | <p>7/15<br/>10:00 Stay Well Exercise-Hybrid<br/>10:30 Fitness Class-In Person<br/>11:00 Current Events-In Person<br/>12:45 Friday Flick NYAC- "LES Growing up in NYC's Melting Pot"-Hybrid<br/>3:00 Tai Chi-Virtual</p> |
| <p>7/18<br/>9:30 Jacob's Talk-Virtual<br/>10:00 Stay Well Exercise-Hybrid<br/>10:30 Elana K. from the MET<br/>1:00 Bingo-In Person<br/>3:00 Tai Chi-Virtual</p>                           | <p>7/19<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Mah Jongg Intermediate-In Person<br/>10:00 Silver Shoes Dance Club-In Person<br/>10:00 Painting Class-Hybrid<br/>10:30 Art Explorations-Hybrid<br/>11:30 Hebrew Short Stories-Virtual<br/>1:00 Entertainment Jazz Duo-In Person<br/>1:00 Knitting Class-In Person</p>  | <p>7/20<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Writing Class-Virtual<br/>10:00 Baking-In Person<br/>11:00 Tai Chi-Virtual<br/>1:00 Karaoke-In Person<br/>1:30 Water Aerobics-In Person</p>   | <p>7/21<br/>9:45 Foreign Language Friends-In Person<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Trip to Tenement Museum-In Person<br/>10:45 Functional Movement-In Person<br/>11:30 Hebrew Short Stories-Virtual<br/>1:00 Group Chat with Carmen-In Person<br/>1:00 Chair Yoga-Hybrid</p>  | <p>7/22<br/>10:00 Stay Well Exercise-Hybrid<br/>11:00 Current Events-In Person<br/>11:00 Men's Group-Virtual<br/>12:45 Friday Flick-When the Iron Bird Flies-In Person<br/>3:00 Tai Chi-Virtual</p>                     |
| <p>7/25<br/>9:30 Jacob's Talk-Virtual<br/>10:00 Stay Well Exercise-Hybrid<br/>10:30 Manicures-In Person<br/>1:00 Men's Group-Hybrid<br/>1:00 Bingo-In Person<br/>3:00 Tai Chi-Virtual</p> | <p>7/26<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Mah Jongg-In Person<br/>10:00 Painting Class-Hybrid<br/>10:30 Art Explorations-Hybrid<br/>10:00 Self Defense-In Person<br/>10:30 Stepping Out-In Person<br/>11:30 Hebrew Short Stories-Virtual<br/>1:00 Game Show Live-In Person<br/>1:00 Knitting Class-In Person</p> | <p>7/27<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Writing Class-Virtual<br/>10:00 Baking-In Person<br/>10:30 Karaoke-In Person<br/>11:00 Tai Chi-Virtual<br/>12:45 Theater Workshop<br/>1:30 Water Aerobics-In Person</p>                       | <p>7/28<br/>9:45 Foreign Language Friends-In Person<br/>10:00 Stay Well Exercise-Virtual<br/>10:00 Brain Games/Trivia-In Person<br/>10:30 Radio Live-In Person<br/>10:45 Functional Movement-In Person<br/>11:30 Hebrew Short Stories-Virtual<br/>1:00 Short Stories-In Person<br/>1:00 Game Show Live-In Person<br/>1:00 Group Chat with Carmen-In Person<br/>1:00 Chair Yoga-Hybrid<br/>1:00 Book Club -Virtual</p> | <p>7/29<br/>10:00 Stay Well Exercise-Hybrid<br/>10:00 Trip to American Dream Mall-In Person<br/>11:00 Current Events-In Person<br/>11:00 Men's Group-Virtual<br/>3:00 Tai Chi-Virtual</p>                               |