

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8/1 9:30 Jacob's Schmooze-Virtual 10:00 Stay Well Exercise-Hybrid 10:30 Monday Mixers-In Person 10:30 Women's Group-In Person 1:00 Bingo-In Person 3:00 Tai Chi-Virtual</p>	<p>8/2 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg Intermediate-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 10:30 Stepping Out Discussion-In Person 11:30 Hebrew Short Stories-Virtual 1:00 Knitting-In Person 1:00 Game Show Live-In Person</p>	<p>8/3 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:00 Baking with Galina-In Person 10:30 Karaoke-In Person 11:00 Tai Chi-Virtual 1:00 Theater Workshop-In Person 1:00 Men's Group-Virtual 1:15 Bliss Fit-Hybrid</p>	<p>8/4 9:45 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:00 Brain/Trivia Games-In Person 10:30 Radio Live-In Person 10:45 Functional Movement-In Person 1:00 Hebrew Short Stories-Virtual 1:00 Short Stories-In Person 1:00 Group Chat -In Person</p>	<p>8/5 10:00 Stay Well Exercise-Hybrid 11:00 Current Events-In Person 12:45 Membership Meeting-In Person 3:00 Tai Chi-Virtual</p>
<p>8/8 9:30 Jacob's Schmooze-Virtual 10:00 Stay Well Exercise-Hybrid 10:30 Monday Mixers-In Person 10:30 Women's Group-In Person 1:00 Bingo-In Person 3:00 Tai Chi-Virtual</p>	<p>8/9 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg Intermediate-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 10:30 Stepping Out Discussion-In Person 11:30 Hebrew Short Stories-Virtual 12:30 Blood Pressure Check-In Person 1:00 Knitting-In Person 1:00 Game Show Live-In Person</p>	<p>8/10 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:30 Karaoke-In Person 10:00 Baking with Galina-In Person 11:00 Tai Chi-Virtual 1:00 Theater Workshop-In Person 1:00 Men's Group-Virtual 1:15 Bliss Fit-Hybrid 1:30 Water Aerobics-In Person</p>	<p>8/11 9:45 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:00 Brain/Trivia Games-In Person 10:30 Radio Live-In Person 10:45 Functional Movement-In Person 1:00 Hebrew Short Stories-Virtual 1:00 Short Stories-In Person 1:00 Group Chat-In Person 1:00 Chair Yoga-Hybrid</p>	<p>8/12 9:30 Trip to the Met Museum-In Person 10:00 Stay Well Exercise-Hybrid 11:00 Current Events-In Person 12:45 Friday Flick- Being The Ricardos-In Person 3:00 Tai Chi-Virtual</p>
<p>8/15 9:30 Jacob's Schmooze-Virtual 10:00 Stay Well Exercise-Hybrid 10:30 Monday Mixers-In Person 10:30 Women's Group-In Person 1:00 Bingo-In Person 3:00 Tai Chi-Virtual</p>	<p>8/16 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg Intermediate-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 10:30 Stepping Out Discussion-In Person 11:30 Hebrew Short Stories -Virtual 1:00 Knitting Class-In Person 1:00 Game Show Live-In Person 1:00 Entertainment-In Person</p>	<p>8/17 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:30 Karaoke-In Person 10:00 Baking with Galina-In Person 11:00 Tai Chi-Virtual 11:00 Cooking Live with DFTA-Virtual 1:00 Theater Workshop-In Person 1:00 Men's Group-Virtual 1:30 Water Aerobics-In Person</p>	<p>8/18 9:45 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:00 Brain/Trivia Games-In Person 10:30 Radio Live-In Person 10:45 Functional Movement-In Person 1:00 Hebrew Short Stories-Virtual 1:00 Short Stories-In Person 1:00 Group Chat-In Person 1:00 Chair Yoga-Hybrid</p>	<p>8/19 10:00 Stay Well Exercise-Hybrid 11:00 Current Events-In Person 12:45 Friday Flick- Women in Gold-In Person 1:00 Chair Yoga-In Person 3:00 Tai Chi-Virtual</p>
<p>8/22 9:30 Jacob's Schmooze-Virtual 10:00 Stay Well Exercise-Hybrid 10:00 New York Adventure Club-Hybrid 1:00 Bingo-In Person 3:00 Tai Chi-Virtual</p>	<p>8/23 9:30 Volunteer Appreciation 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg Intermediate-In Person 10:00 Self Defense-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 11:30 Hebrew Short Stories-Virtual 1:00 Knitting Class-In Person</p>	<p>8/24 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:00 Baking with Galina-In Person 10:30 Fitness Class-Virtual 11:00 Tai Chi-Virtual 1:00 Karaoke-In Person 1:30 Water Aerobics-In Person</p>	<p>8/25 9:45 Spanish for Beginners-In Person 10:00 Stay Well Exercise-Virtual 10:00 Trip to US Open Tennis Qualifiers 10:45 Functional Movement-In Person 11:30 Hebrew Short Stories-Virtual 1:00 Group Chat-In Person 1:00 Book Club-Virtual 1:00 Chair Yoga- Hybrid</p>	<p>8/26 10:00 Stay Well Exercise-Hybrid 10:45 Mental Health Today-In Person 12:45 Friday Flick-Summerland-In Person 3:00 Tai Chi-Virtual</p>
<p>8/29 9:30 Jacob's Schmooze-Virtual 10:00 Stay Well Exercise-Hybrid 1:00 Bingo-In Person 3:00 Tai Chi-Virtual</p>	<p>8/30 10:00 Stay Well Exercise-Virtual 10:00 Mah Jongg-In Person 10:00 Painting Class-In Person 10:30 Art Explorations-Hybrid 10:00 Silver Shoes Dance Club-In Person 11:30 Hebrew Short Stories-Virtual 1:00 Knitting Class-In Person</p>	<p>8/31 10:00 Stay Well Exercise-Virtual 10:00 Writing Circle-Virtual 10:00 Baking with Galina-In Person 10:30 Labor Day Concert-In Person 11:00 Tai Chi-Virtual 1:00 Karaoke-In Person 1:30 Water Aerobics-In Person</p>	<p style="text-align: center;">AUGUST 2022</p> <div style="text-align: center;">  <p>New Beginnings Center For Contemporary Adults 60+ at Riverdale Y</p> </div> <p style="text-align: center;">Events listed in blue are detailed in the New and Noteworthy section</p>	
				<p style="text-align: center;">Lunch Daily at 11:45 Dining Room Seating Begins at 11:30am</p> <p style="text-align: center;">Birthday Party Tuesday August 16th</p> <p style="text-align: center;">Tech Lab Tuesdays & Thursdays @ 10:00am</p>