

Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

FEBRUARY 2017

Room Key

CENTER

S: Sun
D: Dining
G: Garden
CARE: CARE
I: Interview Room

331 EAST 70TH

GYM: Gym
AUD: Auditorium
POOL: Pool
ART: Art Room, 3rd Floor
MR: Marcus Room, 3rd Floor
1ST FL CONF ROOM A, B, C, D, and E
4TH FL CONF ROOM

For classes requiring pre-registration, please visit front desk.

Suggested Donations

\$1.00 for breakfast
\$1.50 for lunch
\$1.50 for dinner

Center meals and programming made possible in part by members' voluntary contributions.

Meal Times

BREAKFAST

8:15 – 9 AM

Check in from 8-9.

LUNCH

11:30– 12:30 PM

Check in from 9:15-12:10 for regular lunch or cottage cheese.

Check in from 9:15-11:10 for veggie burgers.

DINNER

5:30-6:30 PM

Dinner sign-up starts at 4:30 p.m. Please arrive before 5:30 pm. Members with a dinner ticket must be present before 6 pm for dinner service.

Meal Capacity Limited

You must be a Center @ Lenox Hill Neighborhood House Member to participate. NYC residents 60 & over are eligible for membership. Please call 212-218-0319 or visit 343 East 70th Street to learn more about membership. There is no charge for membership or programs.

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS
9:00-9:45 G Total Body Exercise (Intermediate/Advanced)	9:00-9:45 G Total Body Exercise (Advanced)	9:00-9:45 G Total Body Exercise	9:00-9:50 G SAIL Exercise Program PRE-REGISTRATION REQUIRED	9:00-10:00 D Theater Desk (2/9 & 2/23)	9:00-9:45 G SAIL Exercise Program PRE-REGISTRATION REQUIRED	9:30-11:00 S English Conversation for Chinese Speakers
9:15-10:00 S 中国太极拳 Tai Chi in Chinese	9:00-11:00 D Bookstore	9:30-11:30 D Visiting Nurse	9:00-10:00 S Words and Ideas to Inspire	9:00-11:00 D Bookstore	10:00-11:00 MR Restorative Yoga	10:00-11:00 D Office Hours with Staff (Ariana) No session 2/18
10:15-11:00 G Super Fit (Advanced)	10:00-11:00 G SAIL Exercise Program PRE-REGISTRATION REQUIRED	10:00-12:00 AUD Everyone's a Critic (No class 2/21) <i>See description on other side</i>	10:15-11:15 S (NEW TIME) Chinese Folk Dance	9:00-11:00 S Beading Classes 2/2 & 2/23 only	10:15-11:00 G Total Body Exercise (Intermediate)	10:00-11:00 CARE Beating the Winter Blues No class 2/25
10:15-11:15 CARE The Art of the Jazz Ballad PRE-REGISTRATION REQUIRED No class 2/5 & 2/12	10:15-11:00 S Rusk Institute Horticultural Program (2/6 & 2/13)	10:15-11:00 G Dahn Yoga	10:45-11:30 1ST FL CONF RM E (New location) Emotional Wellness Disc. Group	9:30-10:30 D Discusión Abierta	12:00-12:30 D Center Sing-Along!	10:15-11:00 D Spanish Conversations
12:45-1:30 CARE Keeping Calm: Support Group for Anxiety No sessions 2/5 & 2/12	12:00-2:00 ART Studio Drawing <i>See description on other side</i>	12:00-12:30 D Center Sing-Along! (No session 2/21)	12:00-2:00 ART Expressionist Painting PRE-REGISTRATION REQUIRED <i>See description on other side</i>	9:30-10:30 G Yoga (All levels)	12:00-12:45 POOL Arthritis Foundation Aquatic Program	12:45-1:45 CARE Some Like it Hot: Support Amongst Struggle No class 2/25
12:45-1:45 D Bingo	12:00-12:45 POOL Arthritis Foundation Aquatic Prog. No swim 2/20	12:30-1:45 ART Introduction to Digital Photography PRE-REGISTRATION REQUIRED	12:00-12:45 POOL Watercize	10:00-11:15 ART 20th Century Art Appreciation <i>See description on other side</i>	1:00-2:00 G Back Restore Yoga	12:45-3:00 D Bridge
1:00-2:00 D Office Hours with Staff (Ariana) No session 2/19	1:00-3:00 S Chinese Language Class	12:45-1:30 D Bingo	1:00-1:45 G Pilates (Mat) (No class 2/21)	10:00-12:00 AUD Page to Stage	1:00-2:30 D Individual Tech Help	1:00-3:00 S Ping Pong
1:00-3:00 S Bridge	1:00-4:00 D Rummikub Club	1:00-1:45 G Pilates (Mat) (No class 2/21)	1:00-2:00 S Sound Off!	12:00-12:30 D (NEW) Folk Sing-Along!	1:30-3:00 ART Attention & Expression: Mindful Arts	1:00-4:00 D Rummikub Club
1:00-4:00 D Rummikub Club	1:15-3:00 D Bridge	1:00-2:00 S Intermediate Spanish	1:00-3:30 S Knitting Circle	12:30-2:30 ART Creative Journaling & Mixed Media	1:00-4:00 D Rummikub Club	1:15-2:15 G Body Awareness/ Learning Balance (Beginner)
1:45-2:45 POOL Free Swim	2:00-3:00 G Pilates (Mat) No class 2/20	1:00-2:30 1ST FL CONF A Intermediate Spanish	1:00-4:00 D Canasta & Poker	1:00-2:00 G Support Group: Strategies for Living w/Low Vision	1:00-5:00 4TH FL CONF Knit and Crochet	1:45-2:45 POOL Free Swim
2:00-4:00 CARE & AUD Sunday at the Movies 2/5: Good Will Hunting (AUD) 2/12: Love Actually (CARE) 2/19: Jane Eyre (CARE) 2/26: Hope Floats (CARE)	2:15-2:45 POOL Free Swim No swim 2/20	1:30-3:00 D Individual Tech Help	1:00-2:15 4TH FL CONF RM (NEW) Passport through the Decades <i>See description on other side</i>	1:00-2:30 S French	2:15-2:45 POOL Free Swim	2:00 CARE Movie Screenings 2/4: Under the Tuscan Sun 2/11: One Day 2/18: Kate & Leopold 2/25: Teacher's Pet
3:15-4:00 G Flex & Stretch	3:00-3:45 CARE Awareness Through Movement No class 2/13	1:00-4:00 D Rummikub Club	1:30-2:30 1ST FL CONF B Beginner German	1:00-4:00 D Rummikub Club	3:00-4:15 CARE Creative Writing	3:15-4:00 G Shape Up NYC: Advanced Zumba
4:15-5:00 G Zumba	3:15-4:30 G Total Body Exercise (Intermediate)	2:00-3:00 G Tai-Chi (Intermediate)	1:30-3:30 1ST FL CONF A Edna St. Vincent Millay Poetry PRE-REGISTRATION REQUIRED <i>See description on other side</i>	2:00-3:00 G Tai-Chi (Intermediate)	3:15-4:30 1ST FL CONF B Computer Practice Time	2:30-3:30 G Fitness Fusion (Intermed./Adv)
6:30-7:30 D (NEW) Individual Tech Help	3:45-4:30 G Total Body Exercise (Intermediate)	2:15-2:45 POOL Free Swim	2:15-3:15 4TH FL CONF RM Decluttering Group	2:15-2:45 POOL Free Swim	3:15-4:30 S Out of the Box Musical Theater	6:30-7:45 D Game Night
6:30-7:45 D Game Night	6:30-7:30 D (NEW) Individual Tech Help	2:15-3:15 4TH FL CONF RM Decluttering Group	2:30-3:45 ART Advanced Digital Photography PRE-REGISTRATION REQUIRED	1:00-4:00 D Rummikub Club	4:00-5:00 G Mahjong Club	
7:00-7:45 G Shape Up NYC Dance Fitness with translation in Spanish	3:15-5:00 S Intermediate Bridge	2:30-3:45 ART Advanced Digital Photography PRE-REGISTRATION REQUIRED	2:30-4:00 1ST FL CONF A Advanced Beginner Spanish	1:00-2:30 S French	6:00-7:45 CARE Movie Night 2/3: In the Land of Women 2/10: Step Up 2/17: Alfie 2/24: The Switch	
	6:30-7:30 G Shape Up NYC: Introduction to Fitness	2:30-4:00 1ST FL CONF A Advanced Beginner Spanish	2:45-3:45 CARE Beginner Spanish	2:15-3:00 AUD Tap Dance	6:30-7:30 G Shape Up NYC : Body Toning No class 2/17	
	6:30-7:45 D Game Night	2:45-3:45 CARE Musical Theater (No class 2/21) <i>See description on other side</i>	3:00-4:30 D Individual Tech Help	2:30-5:00 S Mahjong Club	6:30-7:45 D Game Night	
	6:45-7:30 S Ping Pong	2:45-4:00 S (NEW) NYU Speak Up Group <i>See description on other side</i>	3:15-4:00 G Total Body Exercise (Intermediate)	3:00-4:00 CARE (NEW) Contemporary Hispanic/Latino Culture (Class starts 2/9)	6:45-7:30 S Ping Pong	
		3:15-4:00 G Tai-Chi (Beginner)	4:00-4:45 G Zumba (Intermediate)	3:15-4:00 G Tai-Chi (Beginner) No class 2/16		
		4:00-5:00 S Flamenco Dance	4:30-5:15 CARE Women's Discussion Group	4:00-5:00 G Shape up NYC: Zumba (All levels) No class 2/16 & 2/23		
		6:30-7:30 D Individual Tech Help	6:30-7:30 G Shape Up NYC: Full Body Fitness	6:30-7:30 CARE (NEW) Healing Meditation PRE-REGISTRATION REQUIRED <i>See description on other side</i>		
		6:30-7:30 S (NEW) Dance Club <i>See description on other side</i>	6:30-7:45 D Game Night	6:30-7:30 D Individual Tech Help		
		6:30-7:45 D Game Night		6:30-7:45 D Game Night		



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The Center @ Lenox Hill Neighborhood House is funded by the New York City Department for the Aging and private support and contributions.

Special Events Calendar



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TRIP LOTTERY

You can sign up for the lottery on **2/13 from 8am to 8pm & on 2/14 from 8am to 4pm.** Results from the lottery will be posted by 11am the morning after each trip lottery closes. For a list of our more than 20 trips, please see Trip Descriptions at the front desk or at lenoxhill.org.

THEATER DESK

Theater desk will take place on 2/9 & 2/23 from 9:00 to 10:00am. Please sign up on a first-come, first-served basis to receive tickets to a variety of cultural events.

CULTURAL EVENTS

Saturday, February 4, 2:00-3:00, AUD Chinese New Year Performance with the Manhattan Sirovich Chinese Chorus & Dancing Group: Enjoy 12 different acts in which members sing in English and Chinese and perform modern and traditional dances in beautiful costumes.

Second Sundays, February 12, 2:00, AUD Singer Cilla Owens performs classic songs by masters such as Cole Porter, Duke Ellington, The Gershwins, Jerome Kern and Irving Berlin.

February 14, 6:30, D, Valentine's Day Jazz Performance: Rebecca Sullivan, the Center's Assistant Director, Arts & Wellness, sings romantic classics from the Great American Songbook.

February 16, 10:30-11:30, G, Read Outloud with New York Public Library

February 16, 2:00-4:00, D, Coffee & Canvas Workshop: Paint a beautiful picture on canvas that you can take home with step-by-step instructions. Pre-registration at Front Desk.

Sundays at Two, February 19, 2:00, AUD: Vocal and piano cabaret concert with singer **Shana Farr** from the Edythe Kenner Foundation.

February 23, 12:45, D, Monthly Birthday Celebration with jazz singer Audrey Silver

Saturday, February 25, 3:00-4:00, D, YMCA Student Dance and Music Performance: Talented young students from the YMCA's performance program have put together a show of singing and dancing!

Sundays at Two, February 26, 2:00, AUD Haiyun Chorus introduces audiences to Chinese vocal music with the goal of promoting Chinese culture, arts and tradition.

February 27, 7:00-7:45, D: New York Session Symphony presents a special concert with full orchestra!

New Dance Club, Tuesdays, 6:30-7:30, S: Get on the dance floor for ballroom and more at this new informal dance gathering!

ARTS EDUCATION CLASSES

Contemporary Hispanic/Latino Culture: This 8-week cultural studies class spotlights Hispanic/Latinos who are raising their community's profile in America today through art, music, activism and preserving their history. Class will be in English and Spanish with staff members Kristina Bustos & Arlene Rodriguez. Thursdays, 3:00-4:00, CARE.

Expressionist Painting Class: Examine different artists from the Expressionist movement, and have the opportunity to develop your own acrylic paintings. Wednesdays, 12:00-2:00, ART.

20th Century Art Appreciation Class: Explore movements and artists who contributed to Modern Art by engaging in lectures, discussions, and art making. Thursdays, 10:00-11:15, ART Room.

Studio Drawing Class: Explore drawing using pencil, charcoal, and conte crayon and work on different still life drawings and figures on paper. Mondays, 12:00-2:00, ART.

Everyone's a Critic: In this theater appreciation class led by drama teacher Patrick Robinson, members watch filmed versions of classic plays and engage in critical dialogue about the production and cast. Tuesdays, 10:00-12:00, AUD.

Musical Theater Class is led by drama teacher Patrick Robinson and music teacher Jessica Leylaverigne. Members explore songs and scenes from classic musicals, and create their own. Tuesdays, 2:45-3:45, CARE.

SOCIAL SERVICE HOURS & PROGRAMS

Same-day social worker appointments are available on a first-come, first-served basis. Sign-in takes place at the front desk.

Mondays: 12:00-2:00
Tuesdays: 9:00-11:00, 12:00-2:00
Wednesdays: 9:00-11:00, 12:00-2:00
Thursdays: 9:00-11:00, 12:00-2:00
Fridays: 9:30-11:30

If you're unable to sign up for an appointment and would like to speak with someone in social services, please contact us by phone at **212-218-0317** to request an appointment.

Keeping Calm: Support Group for Anxiety, Sundays, 12:45-1:30, CARE: Do you struggle with worry or anxiety? Join Laura DiPaola, Assistant Director, Social Services in a supportive group discussion. We explore creative coping mechanisms for anxiety and begin and end our sessions with a meditation.

Beating the Winter Blues, Saturdays, 10:00-11:00, CARE: The long, cold winter months may bring on the blues or be stressful. In this support group, we discuss our emotions while obtaining tools and techniques to beat the winter blues. Facilitator, Alicia Bloomer, LMSW.

SOCIAL SERVICE HOURS & PROGRAMS

Making Space for Positive Change: Decluttering Support Group Tuesdays, 2:15-3:15, 4TH FL CONF RM
This is an open support group for members to share tips and resources on how to declutter and organize. Facilitators, Alicia Bloomer, Supervising Social Worker, Laura DiPaola, Assistant Director of Social Services and Lauren Gordon, Mental Health Therapist, SPOP.

COMPUTER CLASSES

TECHNOLOGY WORKSHOP SERIES
The following workshops will take place from 2:30 to 3:30 in the 1st Floor Conference Room B at 331 E70th Street:

2/2: Using Smartphones for Transit
2/7 & 2/9: iPhone/iPad Tips
2/14: iPhone/iPad Apps
2/21: How to Use Android
2/28: Intro to LinkedIn

Registration is required for each workshop. You may call or email Lauren Bernstein to register at 212-218-0477 or lberstein@lenoxhill.org. For workshop descriptions, please ask for a flyer at the Center's Front Desk.

LEGAL SERVICES

LEGAL WORKSHOP
Thursday, February 2, 4:15-5:15, CARE Navigating Housing Court

SCRIE Assistance Clinic
Thursday, February 16, 9:15-11:00 Sun Room: Receive help applying for and recertifying for SCRIE benefits. Appointment required. Please call **212-218-0503** to be screened for eligibility.

GENERAL QUESTIONS
If you have questions about eviction prevention, SNAP, SCRIE, health insurance enrollment, and/or end of life planning, please call our legal advocacy department at **212-218-0503.**

HEALTH & WELLNESS

Individual Talk Therapy: Lauren Gordon, LCSW, from the organization SPOP, will be offering private, one-on-one talk therapy for members. You can explore and discuss emotions or life circumstances that you may be experiencing in a confidential setting. For more information, please contact Lauren at 646-535-9279.

Senior Chef Series
February 1 & 15, 3:30-4:30, Center Kitchen
Center members share a recipe from their culinary tradition in this new series with Lynn Loflin, The Teaching Kitchen Chef.

Eating Better for a Healthy Heart
February 6, 12:45-1:45, D: This one hour session will be taught by Northwell Health's Lenox Hill Hospital registered dietitian, Antonella Apicella.

Laughing Yoga Workshop
February 13, 4:00-5:00, CARE: Join a unique exercise routine that combines group laughter exercises with yoga breathing. Workshop taught by guest teacher, Jeannette Sanger.

NYU Speak Up Group
Tuesdays, 2:45-4:00, S: Join our NYU Student Speech Therapists for talk and fun activities to work on your communication skills. We offer strategies to improve memory, speech, voice, language and hearing, for people with any or many communication challenges including Aphasia, TB, Parkinsons, Dysarthria, Accent, Language and Hearing.

Healing Meditation, Thursdays, 6:30-7:30, CARE: Learn a variety of easy meditation and stress release techniques to silence the chatter in your brain so you can bring positive thoughts and emotions into your life and improve your overall health and well being. This 8-week session led by Jayne Wiprovnick, R.D., will involve some light chair yoga and movement as well as meditation, discussion, and breathing work. Pre-registration is required at Front Desk.

Passport through the Decades: Telling My Story
Wednesdays, 1:00-2:15, 4TH FL CONF ROOM: Tell your unique story in the context of history by traveling through the decades and discussing movies, songs, fashion, books, and more!

Announcements

DAILY CENTER INFORMATION

You may call the Center's main number, **212-218-0319** after 8:00pm each evening in order to hear about any changes or class cancellations for the next day, as well as the next day's menu.

ADVISORY COUNCIL MEETING February 27, 2:30-4:00, Sun Room, followed by the GENERAL MEMBERSHIP MEETING, 4:00-5:00.

TRANSPORTATION HOTLINE

You can request a ride on our bus by calling **212-218-0505.** Leave a message specifying the date and time you would like transportation. Please call the day before you need a ride, and a staff member will get back to you within 24 hours.

Members can be picked up/dropped off anywhere on the East Side between 14th Street and 96th Street.

You can also sign up at the front desk for a ride home after dinner. Sign-up happens daily. The bus leaves the Center at 6:15.

STAFF DIRECTORY

Jessica Balboni
Director

Laura DiPaola
Assistant Director of
Social Services

Arlene Rodriguez
Generalist

Alicia Bloomer
Supervising Social Worker

Ariana Elezaj
Assistant Director of
Administration

Rebecca Sullivan
Assistant Director, Arts & Wellness

Kristina Bustos
Arts & Wellness Coordinator

Audrey Faison
Generalist

343 East 70th Street
New York, NY 10021
(212) 218-0319
www.lenoxhill.org
center@lenoxhill.org

Open Everyday
8 AM – 8 PM