

Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

MARCH 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 (3/9 & 3/23)	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	10:00-11:00 G (NEW TIME) Dahn Yoga	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)
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	10:15-11:15 S Chinese Folk Dance	9:00-11:00 S Beading Classes 3/9 & 3/23 only	10:15-11:00 G Total Body Exercise (Intermediate)	10:00-11:00 CARE Beating the Winter Blues
10:15-11:15 CARE The Art of the Jazz Ballad PRE-REGISTRATION REQUIRED No class 3/26	10:15-11:00 S Rusk Institute Horticultural Program Session on 3/6 & 3/20	12:00-12:30 D Center Sing-Along!	10:45-11:30 1ST FL CONF E 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	12:00-12:45 POOL Arthritis Foundation Aquatic Prog.	12:30-1:45 ART Introduction to Digital Photography Only one class this month 3/14	12:00-12:45 POOL Watercize	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
12:45-1:45 D Bingo	12:00-2:00 ART Studio Drawing No class 3/20 <i>See description on other side</i>	12:45-1:30 D Bingo	12:00-2:00 ART Expressionist Painting No class 3/22 PRE-REGISTRATION REQUIRED <i>See description on other side</i>	10:00-11:15 ART 20th Century Art Appreciation No class 3/23 <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 G (NEW DAY & TIME) Fitness Fusion (Intermed./Adv)	1:00-3:00 4TH FL CONF RM (NEW LOCATION) Chinese Language Class	1:00-1:45 G Pilates (Mat)	1:00-1:45 G Body Toning (Beginner)	10:00-12:00 AUD Page to Stage No class 3/9	1:30-3:00 ART Attention & Expression: Mindful Arts	1:00-3:00 S Ping Pong
1:00-2:00 D Office Hours with Staff (Ariana) No session 3/12	1:00-4:00 D Rummikub Club	1:00-2:00 S Sound Off!	1:00-3:30 S Knitting Circle	12:00-12:30 D Folk Sing-Along! No class 3/9	1:00-4:00 D Rummikub Club	1:00-4:00 D Rummikub Club
1:00-3:00 S Bridge	1:15-3:00 D Bridge	1:00-2:30 1ST FL CONF A Intermediate Spanish	1:00-4:00 D Rummikub Club	12:30-2:30 ART Creative Journaling & Mixed Media	1:00-5:00 4TH FL CONF Knit and Crochet	1:15-2:15 G Body Awareness/ Learning Balance (Beginner)
1:00-4:00 D Rummikub Club	2:00-3:00 G Pilates (Mat)	1:00-3:00 D Canasta	1:00-4:00 D Rummikub Club	1:00-2:00 G Support Group: Strategies for Living w/Low Vision	2:15-3:00 POOL Free Swim	1:45-2:45 POOL Free Swim
1:45-2:45 POOL Free Swim	2:15-3:00 POOL Free Swim	1:30-3:00 D Individual Tech Help	1:30-3:00 D Individual Tech Help	1:00-2:30 S French	2:30-5:00 D (NEW) Mahjong Club	2:00 CARE Movie Screenings 3/4: An Unfinished Life 3/11: The Ghost Writer 3/18: Knowing 3/25: Flash of Genius
2:00-4:00 D Scrabble	3:00-3:45 CARE Awareness Through Movement	2:00-3:00 G Tai-Chi (Intermediate)	2:00-3:00 G Tai-Chi (Intermediate)	1:00-4:00 D Rummikub Club	3:00-4:15 CARE Creative Writing	2:30-5:00 D (NEW) Mahjong Club
2:00-4:00 CARE & AUD Sunday at the Movies 3/5: Dream Catcher (CARE) 3/12: The Other Sister (CARE) 3/19: The Impossible (CARE) 3/26: The Big Short (AUD)	3:15-4:30 1ST FL CONF B Computer Practice Time	2:15-3:00 POOL Free Swim	2:15-3:00 POOL Free Swim	2:00-3:00 G Tai-Chi (Intermediate)	3:15-4:00 G Shape Up NYC: Advanced Zumba	6:30-7:45 D Game Night
2:30-5:00 D (NEW) Mahjong Club	3:15-5:00 S Intermediate Bridge	2:15-3:15 4TH FL CONF RM Decluttering Group	2:30-3:45 ART Advanced Digital Photography Only one class this month 3/14	2:00-4:00 D Scrabble	3:15-4:00 G Mahjong Club	
3:15-4:00 G Flex & Stretch	3:45-4:30 G Total Body Exercise (Intermediate)	2:30-4:00 1ST FL CONF A Advanced Beginner Spanish	2:30-4:00 1ST FL CONF A Advanced Beginner Spanish	2:15-3:00 POOL Free Swim	3:00-4:15 CARE Creative Writing	
4:00-5:00 CARE (NEW) Interpretive Cinema Class <i>See description on other side</i>	6:30-7:30 D Individual Tech Help	2:45-3:45 CARE Musical Theater <i>See description on other side</i>	2:45-4:15 CARE Beginner Spanish	2:30-5:00 S Mahjong Club	3:15-4:30 S Out of the Box Musical Theater	
4:15-5:00 G Zumba	6:30-7:30 G Shape Up NYC: Introduction to Fitness	2:45-4:00 S NYU Speak Up Group No class 3/14 <i>See description on other side</i>	3:00-4:30 D Individual Tech Help	3:00-4:00 CARE Contemporary Hispanic/Latino Culture	3:15-4:30 S Out of the Box Musical Theater	
6:30-7:45 D Game Night	6:45-7:30 S Ping Pong	2:45-4:00 S NYU Speak Up Group No class 3/14 <i>See description on other side</i>	3:15-4:00 G Total Body Exercise (Intermediate)	3:15-4:00 G Tai-Chi (Advanced Beginner)	3:15-4:30 S Out of the Box Musical Theater	
7:00-7:45 G Shape Up NYC Dance Fitness with translation in Spanish	6:30-7:45 D Game Night	3:15-4:00 G Tai-Chi (Advanced Beginner)	4:00-4:45 G Zumba (Intermediate)	4:00-5:00 G Shape up NYC: Zumba (All levels)	3:15-4:30 S Out of the Box Musical Theater	
		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)	3:15-4:30 S Out of the Box Musical Theater	
		6:30-7:30 D Individual Tech Help	6:30-7:30 D Individual Tech Help No session 3/15 & 3/22	6:30-7:30 CARE Healing Meditation <i>See description on other side</i>	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 Individual Tech Help	3:15-4:30 1ST FL CONF B Computer Practice Time	
			6:45-7:30 CARE (NEW) Karaoke Starts 3/15	6:30-7:30 S Dance Club <i>See description on other side</i>	4:00-5:00 G Flamenco Dance	
				6:30-7:45 D Game Night	6:00-7:45 CARE Movie Night 3/3: Larry Crowne 3/10: The Switch 3/17: Dream House 3/24: The Invasion 3/31: Serendipity	



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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

Sign up for the lottery on **3/13, 8am to 8pm & 3/14, 8am to 4pm as well as on 3/27 & 3/28 during the same time period.** 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 front desk.

THEATER DESK

Theater desk will take place on 3/9 & 3/23 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

March 2, 12:45-1:45, D, Member Talent Show
Pre-register at the Front Desk and come share your talents with the community!

Sundays at Two, March 5, 2:00, AUD: Harkness Dance Company.

Second Sundays, March 12, 2:00, AUD
The New York Jazz Choreography Project is a celebration of jazz dance featuring original works by emerging and established choreographers. Come experience a variety of jazz styles, from swing to contemporary, and join in a Q & A following the performance.

March 13 & 20, 1:00-2:45, AUD, Orchid Images Presentation: Using an interactive wand to control the movement of beautiful orchid images, members will be able to experience the healing power of these images under the guidance of artist Sonia Li who specializes in creative technology.

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

Sundays at Two, March 19, 2:00, AUD: Classical music performance by Mannes students.

March 23, 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.

March 30, 12:45, D, Monthly Birthday Celebration with Vocal Ease

Interpretive Cinema Class: Come recreate a favorite film! We will use improv and other techniques to recreate a movie with members and film it for a public showing. **Sundays, 4:00-5:00, CARE, starting March 5.**

Karaoke Club, Wednesdays, 6:30-7:30, CARE: Belt out your favorite tunes as part of this fun and weekly singing club!

Dance Club, Thursdays, 6:30-7:30, S: Get on the dance floor for ballroom and more at this new and weekly 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.

4-Week Digital Photography Workshop: Starts March 28, Beginner Class from 12:30-1:45 and Intermediate Class from 2:30-3:45, ART Room, 331 E70th Street. Pre-registration required at Front Desk as of March 1st.

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.

Musical Theater Class is led by drama teacher Patrick Robinson and music teacher Jessica Leylavergne. 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
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

8-WEEK TECHNOLOGY CLASSES

Classes begin the week of April 10th. Please pick up a Course Catalog from the front desk and/or community board at the Center for more class details.

Registration will begin on March 29. You may call or email Lauren Bernstein to register at 212-218-0477 or lbernstein@lenoxhill.org.

If you have questions about the Technology Program, please contact Sara Woodson at 212-218-0491 or swoodson@lenoxhill.org.

LEGAL SERVICES

LEGAL WORKSHOP
Thursday, March 2, 4:15-5:15, CARE
Medicaid and Using Pooled Income Trusts

SCRIE Assistance Clinic
Thursday, March 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, March 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.

Nutritional Consultations, March 3, 9:30am-2:30pm, 1st FL CONF RM, 331 E70th Street: Sign up for an one-on-one consultation with a nutritionist from the Department for the Aging. Call 212-218-0315 or email rsullivan@lenoxhill.org to register.

Healthcare Decision Making Workshop, Friday, March 10, 2:30-4:30, D. Learn about Health Care Proxies, Living Wills, Do Not Resuscitate Orders, and more. Educational presentation is open to all members from 2:30-3:30, followed by individual appointments to execute Health Care Proxy and Living Will Documents at 3:30. You must pre-register for appointments by calling Jessica at 212-218-0316 and jbalboni@lenoxhill.org.

Laughing Yoga Workshop, March 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.

Healing Meditation, Thursdays, 6:30-7:30, CARE: Learn a variety of easy meditation and stress release techniques.

Passport through the Decades: Telling My Story Wednesdays, 1:00-2:15, 4TH FL CONF: 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 March 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

Alicia Bloomer
Supervising Social Worker

Kristina Bustos
Arts & Wellness Coordinator

Laura DiPaola
Assistant Director of
Social Services

Ariana Elezaj
Assistant Director of
Administration

Audrey Faison
Generalist

Arlene Rodriguez
Generalist

Rebecca Sullivan
Assistant Director, Arts & Wellness

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

Open Everyday
8 AM – 8 PM