

Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

MAY 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) No class 5/29	9:00-9:45 G Total Body Exercise	9:00-9:50 G SAIL Exercise Program PRE-REGISTRATION REQUIRED	9:00-11:00 D Bookstore	9:00-9:45 G SAIL Exercise Program PRE-REGISTRATION REQUIRED No class 5/26	9:00-10:00 G (NEW) Fitness Fusion Aerobic Exercise
9:00-10:00 CARE (NEW) Town Hall Meeting for Members <i>See description on other side</i>	9:00-11:00 D Bookstore	10:00-11:00 G Dahn Yoga	9:00-10:00 S Words and Ideas to Inspire	9:00-11:00 CARE (NEW ROOM) Beading 5/11 & 5/25 Sessions	10:00-11:00 CARE Gentle Yoga	9:00-10:00 CARE Beating the Blues No class 5/13
9:15-10:00 S 中国太极拳 Tai Chi in Chinese	10:00-11:00 G SAIL Exercise Program PRE-REGISTRATION REQUIRED No class 5/29	10:00-11:15 CARE Music Appreciation <i>See description on other side</i>	10:15-11:15 S Chinese Folk Dance	9:30-10:30 D Discusión Abierta	10:15-11:00 G Total Body Exercise (Intermediate)	9:30-11:00 S English Conversation for Chinese Speakers
10:15-11:00 G Super Fit (Advanced)	10:15-11:00 S Rusk Institute Horticultural Program 5/1 & 5/22 Sessions	10:00-12:00 AUD Acting & Improv Class <i>See description on other side</i> No class 5/9	10:45-11:30 1ST FL CONF E Emotional Wellness Disc. Group	9:30-10:30 G Yoga (All levels)	12:00-12:30 D Center Sing-Along!	10:00-11:00 D Office Hours with Staff (Ariana)
10-15-11:15 CARE The Art of the Jazz Balad	12:00-12:45 POOL Arthritis Foundation Aquatic Prog. No swim 5/29	10:30-11:30 D Blood Pressure Monitoring	12:00-12:45 POOL Watercize	10:00-11:00 D (NEW TIME) Theater Desk 5/4 & 5/25	12:00-12:45 POOL Arthritis Foundation Aquatic Program	12:45-1:45 CARE Some Like it Hot: Support Amongst Struggle No class 5/13
12:45-1:30 CARE Keeping Calm: Support Group for Anxiety No class 5/14 & 5/28	12:00-2:00 ART Studio Drawing (No class 5/29)	12:00-12:30 D Center Sing-Along!	12:30-2:30 CARE Visual Diaries PRE-REGISTRATION REQUIRED <i>See description on other side</i>	10:00-11:15 ART Art Appreciation <i>See description on other side</i>	12:30-2:00 1ST FL CONF A Opera Workshop <i>See description on other side</i>	12:45-3:00 D Bridge
12:45-1:45 D Bingo	1:00-3:00 CARE (NEW ROOM) Chinese Language Class	1:00-1:45 G Pilates (Mat)	12:30-2:00 1ST FL CONF A Opera Workshop <i>See description on other side</i>	10:00-12:00 AUD Page to Stage (No class 5/11)	1:00-2:00 G Back Restore Yoga No class 5/26	1:00-2:30 D Individual Tech Help
1:00-2:00 D Office Hours with Staff (Ariana)	1:00-4:00 D Mahjong Club	1:00-2:00 CARE Musical Theater	1:00-1:45 G Body Toning (Beginner)	12:00-12:30 D Folk Sing-Along! (No class 5/11)	1:00-4:00 D Mahjong Club	1:00-3:00 S Ping Pong
1:00-3:00 S Bridge	1:00-4:00 D Rummikub Club	1:00-2:30 S Sound Off!	1:00-3:30 S Knitting Circle	12:30-2:30 ART Creative Journaling & Mixed Media (Last class 5/4)	1:00-4:00 D Rummikub Club	1:00-4:00 D Mahjong Club
1:00-4:00 D Mahjong Club	1:15-3:00 D Bridge	1:00-2:30 1ST FL CONF A Intermediate Spanish	1:00-4:00 D Canasta & Poker	1:00-2:00 CARE Support Group: Strategies for Living w/Low Vision	1:00-4:00 D Rummikub Club	1:00-4:00 D Rummikub Club
1:00-4:00 D Rummikub Club	2:00-3:00 G Pilates (Mat) No class 5/29	1:00-3:00 D Canasta	1:00-4:00 D Mahjong Club	1:00-2:30 S French	1:00-5:00 4TH FL CONF Knit and Crochet	1:15-2:15 G Body Awareness/ Learning Balance (Beginner)
1:45-2:45 POOL Free Swim	2:15-3:00 POOL Free Swim No swim 5/29	1:00-4:00 D Rummikub Club	1:00-4:00 D Rummikub Club	1:00-4:00 D Rummikub Club	1:30-3:00 ART Attention & Expression: Mindful Arts Last class 5/5	1:45-2:45 POOL Free Swim
2:00-4:00 D Scrabble	3:00-3:45 CARE Awareness Through Movement No class 5/29	1:30-3:00 D Individual Tech Help	1:30-2:30 1ST FL CONF B Beginner German	2:00-3:00 G Tai-Chi (Intermediate)	2:15-3:00 POOL Free Swim	2:00 CARE Movie Screenings 5/6: To Catch a Thief 5/13: In Like Flint 5/20: The Hustler 5/27: Gentleman's Agreement
2:00-4:00 CARE & AUD Sunday at the Movies 5/7: Lindbergh Film (AUD) 5/14: On Golden Pond (CARE) 5/21: Midnight in Paris (CARE) 5/28: The Great Gilly Hopkins (CARE)	3:15-5:00 S Intermediate Bridge	2:00-3:00 G Tai-Chi (Intermediate)	2:00-4:00 D Scrabble	2:15-3:00 CARE (NEW TIME & ROOM) Re-Entering the Workforce Support Group <i>See description on other side</i>	3:00-4:15 CARE Creative Writing	6:30-7:45 D Leisure Games
3:15-4:00 G Flex & Stretch	3:45-4:30 G Total Body Exercise (Intermediate)	2:15-3:00 POOL Free Swim	2:15-3:15 4TH FL CONF RM Decluttering Group	2:15-3:00 POOL Free Swim	3:00-4:30 S (NEW TIME) Painting Studio <i>See description on other side</i>	
4:00-5:00 CARE Interpretive Cinema Class <i>See description on other side</i> No class 5/28	6:30-7:30 D Individual Tech Help No session 5/1	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	3:15-4:00 G Shape Up NYC: Advanced Zumba	
4:15-5:00 G Zumba	6:30-7:30 G Shape Up NYC: Introduction to Fitness No class 5/1 & 5/29	3:15-4:00 G Tai-Chi (Advanced Beginner)	3:15-4:00 G Tai-Chi (Advanced Beginner)	2:45-4:15 CARE Beginner Spanish	3:15-4:30 1ST FL CONF B Computer Practice Time	
6:30-7:45 D Leisure Games	6:30-7:30 D Individual Tech Help No session 5/1	4:00-5:00 G Flamenco Dance	4:00-5:00 G Flamenco Dance	3:00-4:30 D Individual Tech Help	4:00-5:00 G Flamenco Dance	
7:00-7:45 G Shape Up NYC Dance Fitness with translation in Spanish	6:30-7:45 S Ping Pong No session 5/1	6:30-7:30 CARE Opera Workshop <i>See description on other side</i>	6:30-7:30 CARE Opera Workshop <i>See description on other side</i>	3:15-4:00 G Total Body Exercise (Intermediate)	6:00-7:45 CARE Movie Night 5/5: Dutch 5/12: While You Were Sleeping 5/19: Trouble with the Curve 5/26: Mothers & Daughters	
	6:30-7:45 S Leisure Games	6:30-7:30 D Individual Tech Help	6:30-7:30 D Individual Tech Help	2:45-4:15 CARE Beginner Spanish	6:30-7:45 D Leisure Games	
	6:30-7:45 CARE (NEW ROOM) Leisure Games No games 5/1	6:30-7:45 D Leisure Games	6:30-7:45 D Leisure Games	3:00-4:30 D Individual Tech Help	6:30-7:45 S Ping Pong	
		6:30-7:45 D Leisure Games	6:45-7:30 CARE Karaoke	2:45-4:15 CARE Beginner Spanish		
				2:45-4:15 CARE Beginner Spanish		
				3:00-4:30 D Individual Tech Help		
				3:15-4:00 G Total Body Exercise (Intermediate)		
				4:00-4:45 G Zumba (Intermediate)		
				4:30-5:15 CARE Women's Discussion Group		
				6:30-7:30 D Individual Tech Help		
				6:30-7:45 D Leisure Games		
				6:45-7:30 CARE Karaoke		
				6:30-7:45 D Leisure Games		
				6:45-7:45 S Dance Club		
				6:30-7:45 D Leisure Games		



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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 **5/15, 8am to 8pm and 5/16, 8am to 4pm and 5/29 & 5/30, same times.** 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 or at lenoxhill.org.

THEATER DESK

Theater desk will take place on 5/4 & 5/25 from 10:00-11:00am. Please sign up on a first-come, first-served basis to receive tickets to a variety of cultural events.

CULTURAL EVENTS

May 1, 7:00-7:45pm, D, Concert with New York Session Symphony Orchestra: Barber Knoxville: Summer of 1915 and Mendelssohn, Symphony No.4.

May 6, 2:30-3:30pm, AUD: Firebirds Dance Performance.

May 7, 2:00, AUD, Film & Discussion: Lindbergh's Great Race with filmmaker and Center member, Cameron Richardson.

May 11, 12:45-1:45, D, Center's Got Talent Pre-register at the Front Desk and come share your talents with the community!

May 14, Second Sundays, 2:00, AUD, Tap City Youth Ensemble performs a variety of dance forms by dancers of all ages.

May 18, 10:30-11:30, G, Read Outloud of short stories with New York Public Library.

May 20, 2:00-3:00, AUD: Ensemble Connect performs Dvorak Piano Quintet

May 25, 12:45, D, Monthly Birthday Celebration with a jazz trio from Special Audiences and Musicians.

May 26, 1:00-1:30pm, D, Concert with New York Session Symphony Chamber Ensemble.

LEGAL SERVICES

LEGAL WORKSHOP, Thursday, May 4, 4:15-5:15, CARE: Landlord Buy-Out Offers.

SCRIE Assistance Clinic, Thursday, May 18, 9:15-11:00 Care Room: Receive help applying for and recertifying for SCRIE benefits. 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.**

ADULT EDUCATION

Technology Workshops in May:

Mondays, 1:30-3:00pm, 1st Floor, Conf. A, 331 E70th Street.

5/8: iPhone/iPad for Total Beginners

5/15: iPhone/iPad: Tips & Tricks

5/22: iPhone/iPad: Downloading Apps

Registration required, limited space, must bring own device. Contact Lauren Bernstein to register at 212-218-0477 or lbernstein@lenoxhill.org.

Tech Help from students from Stuyvesant High School Computer Club, May 6, 1:00-2:30pm, Dining Room.

Town Hall Meeting for Members:

Join a weekly forum for members to get to know one another, share ideas about ways to strengthen the Center community, and offer feedback. Sundays, 9:00-10:00am, Care Room.

Visual Diaries: Your Story at Home:

Explore observation and storytelling through photography. There will be a final exhibition, and cameras are provided for the duration of this class. Wednesdays, 12:30-2:30, CARE.

Opera Workshop:

Learn about Mozart's Marriage of Figaro opera by studying the music and lyrics with experts in this 12 week workshop. Tues, Wed & Fri.

Painting Studio:

This class enables members to explore a range of painting styles and techniques within the medium of acrylic paint. Fridays, 2:00-3:30, Sun Room.

Art Appreciation Class:

Look at different artists, movements, works of art, styles, and media to give members a better understanding of art throughout history and today. The class is a mix of lecture, discussion and art making. Thursdays, 10:00-11:15, ART Room.

Interpretive Cinema Class:

Recreate a favorite film! Use improv and other techniques to recreate a movie with members. Sundays, 4:00-5:00, CARE.

Music Appreciation Class:

An exploration and discussion of music from the Classical, Romantic, and Contemporary eras. Led by music teacher Jessica Leylavergne. Tuesdays, 10:00-11:15, CARE.

Acting & Improvisation Class:

Members will have the chance to learn basic acting techniques in this theater class led by drama teacher Patrick Robinson. Tuesdays, 10:00-12:00, AUD.

SOCIAL SERVICES

SOCIAL SERVICE SCREENINGS:

These 15 minute screenings are available on a first-come, first-served basis with Laura DiPaola who will meet with you to assess your needs and determine the immediate next steps. A follow-up appointment will be scheduled after this initial intake if applicable. Sign-in takes place at the front desk.

Tuesdays: 4:00-5:00

Thursdays: 1:00-2:00

Sundays: 2:00-3:00

APPOINTMENTS:

If you would like to make an appointment with a social worker, you must sign up for a screening noted above or call Laura DiPaola at **212-218-0317** and she will schedule one with you and a member of the Social Services team.

Keeping Calm: Support Group for Anxiety, Sundays, 12:45-1:30, CARE:

Do you struggle with worry or anxiety? Join Laura DiPaola in a supportive group discussion. We explore creative coping mechanisms for anxiety and begin and end our sessions with a meditation.

Beating the Blues, Saturdays, 9:00-10:00, CARE:

In this support group, we discuss our emotions while obtaining tools and techniques to beat the blues. Facilitator, Alicia Bloomer, LMSW.

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 and Lauren Gordon, Mental Health Therapist, SPOP.

Re-Entering the Workforce Support Group, Thursdays, 2:15-3:00, Care Room:

A group for those who want to re-enter the workforce but are not sure where to start! Register by contacting Lauren Bernstein at 212-218-0477 or lbernstein@lenoxhill.org.

HEALTH & WELLNESS

Individual Talk Therapy: Lauren Gordon, LCSW, from the organization SPOP, is offering private, one-on-one talk therapy for members. For more information, contact Lauren at **646-535-9279.**

Stroke Prevention and Symptom Recognition Lunch & Learn, May 1, 11:30-12:30, Care Room Join Dr. Halina White from NY Presbyterian Hospital who will discuss strategies to prevent stroke.

Common Eye Issues with Aging, May 2, 9:15-10:15am, Sun Room with guest lecturer from Hospital for Special Surgery.

Nutrition Talk, May 3, 10:00-11:00am, Care Room with intern from New York University.

Healthy Snacks Workshop, May 3, 3:30-4:30, Center Kitchen: Lynn Loflin, The Teaching Kitchen Chef will share tips on how to stabilize blood sugar through healthy eating.

Looking Back from the Gate: A Story of Love, Art and Dementia, May 8, 10:00-11:00am, Sun Room: Join this book reading with author Phyllis Chinlund.

Healthy Brain Aging, May 8, 1:00-2:00pm, Sun Room: Learn what we can do to keep our brain healthy as we age with Licet Valois, LMSW from the Alzheimer's Association. This presentation will be repeated in Spanish on May 22.

Laughing Yoga Workshop, May 8, 4:00-5:00, Green Roof: Join a unique exercise routine that combines group laughter exercises with yoga breathing. Taught by Jeannette Sanger.

Informational Talk on Osteoporosis, May 9, 2:30-3:30pm, Care Room: Learn about the risks, prevention strategies and treatment options with Mary Kiely, DNP, NYU Langone Medical Center.

Yoga for Digestive Health Workshop, May 10, 2:00-3:00pm, Garden Room, with Senior Master GumDawoon, lecture & interactive exercise.

La Salud del Cerebro, May 22, 2:00-3:00, Sun Room: Presentado por Licet Valois, LMSW, de la Asociacion de Alzheimer.

Safety Talk with Police Officers, 19th Precinct, May 24, 11:30am-12:30pm, Dining Room.

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. June 5, 2:30-4:00, Sun Room, followed by the GENERAL MEMBERSHIP MEETING, 4:00-5:00, Dining Room.

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