

# Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE  
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

# JULY 2017

## Room Key

### CENTER

**D:** Dining  
**G:** Garden  
**I:** Interview Room  
**S:** Sun  
**V:** Vista (formerly CARE Room)

### 331 EAST 70TH

**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
<b>9:00-9:45 G</b> Total Body Exercise (Intermediate/Advanced) <b>No class 7/2</b>	<b>9:00-9:45 G</b> Total Body Exercise (Advanced)	<b>9:00-9:45 G</b> Total Body Exercise <b>No class 7/4</b>	<b>9:00-9:50 G</b> SAIL Exercise Program <b>PRE-REGISTRATION REQUIRED</b> <b>No class 7/5</b>	<b>9:00-11:00 D</b> Bookstore	<b>9:00-9:45 G</b> SAIL Exercise Program <b>PRE-REGISTRATION REQUIRED</b>	<b>9:00-10:00 G</b> Fitness Fusion Aerobic Exercise
<b>9:15-10:00 S</b> 中国太极拳 Tai Chi in Chinese	<b>9:00-11:00 S (New Day)</b> Beading <b>7/3 &amp; 7/24 Sessions</b>	<b>9:15-11:15 S (NEW)</b> The Moth: Storytelling Workshop <b>PRE-REGISTRATION REQUIRED</b> <i>See description on other side</i>	<b>9:00-10:00 S</b> Words and Ideas to Inspire <b>No class 7/5 &amp; 7/12</b>	<b>9:30-10:30 G</b> Yoga (All levels)	<b>10:15-11:00 G</b> Total Body Exercise (Intermediate)	<b>9:00-10:00 V</b> Building Happiness ( <b>No class 7/8</b> )
<b>10:15-11:00 G</b> Super Fit (Advanced) <b>No class 7/2</b>	<b>10:00-11:00 G</b> SAIL Exercise Program <b>PRE-REGISTRATION REQUIRED</b> <b>No class 7/3</b>	<b>10:00-11:00 G</b> Dahn Yoga <b>No class 7/4</b>	<b>10:15-11:15 S</b> Chinese Folk Dance	<b>9:30-11:00 S</b> Center Chorus <b>No class 7/27</b> <i>See description on other side</i>	<b>12:30-1:30 V (New time &amp; room)</b> Computer Practice Time <b>Class starts 7/7</b>	<b>9:30-11:00 S</b> English Conversation for Chinese Speakers
<b>10:30-11:30 V</b> Jazz Vocal Workshop <b>No class 7/2 &amp; 7/16</b> <i>See description on other side</i>	<b>10:00-11:30 V (New time &amp; room)</b> Computer Practice Time <b>Class starts 7/17</b>	<b>10:15-11:15 D</b> Blood Pressure Monitoring & Health Q & A with Medical Residents	<b>10:45-11:30 1ST FL CONF E</b> Emotional Wellness Disc. Group	<b>10:00-11:00 D</b> Theater Desk <b>7/6 &amp; 7/20</b>	<b>1:00-4:00 D</b> Mahjong Club	<b>12:45-1:45 V</b> Some Like it Hot: Support Amongst Struggle <b>No class 7/8</b>
<b>12:45-1:45 D</b> Bingo	<b>10:15-11:00 S</b> Rusk Institute Horticultural Program <b>On 7/10 Only</b>	<b>12:00-12:30 D</b> Center Sing-Along <b>No session 7/4</b>	<b>1:00-1:45 G</b> Body Toning (Beginner)	<b>12:00-12:30 D (NEW)</b> Center Sing-Along	<b>1:00-4:00 D</b> Rummikub Club	<b>12:45-3:00 D</b> Bridge
<b>1:00-3:00 G</b> Bridge	<b>12:00-12:30 D (NEW)</b> Folk Sing-Along	<b>12:00-12:45 POOL</b> Watercize ( <b>No class 7/4</b> )	<b>1:00-3:30 S</b> Knitting Circle	<b>12:00-12:45 POOL</b> Watercize	<b>1:00-5:00 4TH FL CONF</b> Knit and Crochet	<b>1:00-2:30 D</b> Individual Tech Help <b>No session 7/1</b>
<b>1:00-4:00 D</b> Mahjong Club	<b>1:00-3:00 D</b> Individual Tech Help <b>Starts 7/17</b>	<b>1:00-2:30 S</b> Sound Off!	<b>1:00-4:00 D</b> Canasta & Poker( <b>No class 7/26</b> )	<b>1:00-2:00 V</b> Support Group: Strategies for Living w/Low Vision	<b>1:00-3:00 S (New room)</b> Wellness in Art <i>See description on other side</i>	<b>1:00-3:00 S</b> Ping Pong (Advanced)
<b>1:00-4:00 D</b> Rummikub Club	<b>1:00-3:00 V</b> Chinese Language Class	<b>1:00-3:00 D</b> Canasta	<b>1:00-4:00 D</b> Mahjong Club ( <b>No class 7/26</b> )	<b>1:00-2:30 S</b> French	<b>3:00-4:15 V (New time)</b> Women's Activism in the U.S. <b>PRE-REGISTRATION REQUIRED</b> <i>See description on other side</i>	<b>1:00-4:00 D</b> Mahjong Club
<b>1:45-2:45 POOL</b> Free Swim	<b>1:00-4:00 D</b> Mahjong Club	<b>1:00-4:00 D</b> Rummikub Club	<b>1:00-4:00 D</b> Rummikub Club ( <b>No class 7/26</b> )	<b>1:00-4:00 D</b> Rummikub Club	<b>3:00-5:00 S (New time)</b> Painting Studio	<b>1:00-4:00 D</b> Rummikub Club
<b>2:00-4:00 D</b> Scrabble	<b>1:00-4:00 D</b> Rummikub Club	<b>1:15-1:45 G (NEW)</b> Beginner Tai-Chi <b>No class 7/4</b>	<b>1:30-2:30 D (New room)</b> Intermediate German <b>PRE-REGISTRATION REQUIRED</b> <b>On 7/12 &amp; 7/19 only</b>	<b>1:15-1:45 G (NEW)</b> Beginner Tai-Chi <b>No class 7/6 &amp; 7/20</b>	<b>3:15-4:15 V (New time)</b> Shape Up NYC: Advanced Zumba	<b>1:15-2:15 G</b> Body Awareness/Learning Balance ( <b>No class 7/22</b> )
<b>2:00-4:00 S</b> Sunday at the Movies 7/2: The Queen 7/9: Larry Crowne 7/16: Becoming Jane 7/23: Bedazzled 7/30: Promised Land	<b>1:00-4:00 D</b> Mahjong Club	<b>1:30-3:00 D</b> Individual Tech Help <b>No session 7/4</b>	<b>2:00-4:00 D</b> Scrabble ( <b>No class 7/26</b> )	<b>2:00-3:00 G</b> Advanced Tai-Chi <b>No class 7/20</b>	<b>3:30-4:45 1ST FL CONF RM C (New room)</b> Creative Writing	<b>1:45-2:45 POOL</b> Free Swim
<b>3:15-4:00 G</b> Flex & Stretch	<b>1:15-3:00 D</b> Bridge	<b>2:00-3:00 G</b> Advanced Tai-Chi <b>No class 7/4</b>	<b>2:45-3:45 D (New room)</b> Beginner German Level 2 <b>PRE-REGISTRATION REQUIRED</b> <b>On 7/12 &amp; 7/19 only</b>	<b>2:15-3:15 V (New Room)</b> Decluttering Group	<b>4:00-5:00 G</b> Flamenco Dance	<b>2:00 V</b> Movie Screenings 7/1: Forrest Gump 7/8: Bridget Jones Diary 7/15: Kate & Leopold 7/22: El Dorado 7/29: Jane Eyre
<b>4:15-5:00 G</b> Zumba	<b>3:00-3:45 V</b> Awareness Through Movement <b>No class 7/3</b>	<b>2:15-3:15 V (New Room)</b> Decluttering Group	<b>3:00-4:30 D (NEW)</b> Tablet Lab ( <b>starts 7/12</b> ) <i>See description on other side</i>	<b>2:45-4:00 S</b> NYU Speak Up Group <b>No class 7/4</b>	<b>4:15-5:00 POOL (New time)</b> Free Swim	<b>2:30-3:30 G (New day/time)</b> Shape Up NYC: Zumba <b>Starts on 7/15</b>
<b>6:30-7:45 D</b> Leisure Games	<b>3:15-5:00 S</b> Intermediate Bridge	<b>2:45-4:00 S</b> NYU Speak Up Group <b>No class 7/4</b>	<b>3:00-4:30 D</b> Individual Tech Help <b>No session 7/5 &amp; 7/26</b>	<b>3:15-4:00 G</b> Intermediate Tai-Chi <b>No class 7/4</b>	<b>4:15-5:00 POOL (New time)</b> Free Swim	<b>6:30-7:45 D</b> Leisure Games
<b>7:00-7:45 G</b> Shape Up NYC Dance Fitness with translation in Spanish	<b>3:45-4:30 G</b> Total Body Exercise <b>No class 7/3</b>	<b>3:15-4:00 G</b> Intermediate Tai-Chi <b>No class 7/4</b>	<b>3:10-3:55 G (New Time)</b> Total Body Exercise (Intermediate) <b>No class 7/26</b>	<b>3:30-4:45 V (NEW)</b> English Skills for Using Technology ( <b>Starts 7/11</b> ) <i>See description on other side</i>	<b>6:00-7:45 V</b> Movie Night 7/7: Young Frankenstein 7/14: In the Land of Women 7/21: The Switch 7/28: Bridget Jones' Baby	<b>6:30-7:45 S</b> Ping Pong (Beginner)
	<b>4:15-5:00 POOL (New Time)</b> Free Swim <b>No swim 7/3</b>	<b>3:30-4:45 V (NEW)</b> English Skills for Using Technology ( <b>Starts 7/11</b> ) <i>See description on other side</i>	<b>4:00-4:45 G</b> Zumba (Intermediate) <b>No class 7/26</b>	<b>4:15-5:00 POOL (New Time)</b> Free Swim	<b>6:30-7:45 D</b> Leisure Games	
	<b>6:30-7:30 D</b> Individual Tech Help <b>No session 7/3</b>	<b>4:15-5:00 POOL (New Time)</b> Free Swim <b>No swim 7/4</b>	<b>4:15-5:00 POOL (New Time)</b> Free Swim	<b>4:00-4:45 S</b> Mahjong Club		
	<b>6:30-7:30 G</b> Shape Up NYC: Introduction to Fitness <b>No class 7/3 &amp; 7/17</b>	<b>6:30-7:30 D</b> Individual Tech Help <b>No session 7/4</b>	<b>6:30-7:45 D</b> Leisure Games	<b>3:15-4:00 G</b> Intermediate Tai-Chi <b>No class 7/6 &amp; 7/20</b>		
	<b>6:30-7:45 S</b> Ping Pong	<b>6:30-7:30 D</b> Individual Tech Help <b>No session 7/4</b>		<b>4:15-5:00 POOL (New Time)</b> Free Swim		
	<b>6:30-7:45 V</b> Leisure Games	<b>6:30-7:30 D</b> Individual Tech Help <b>No session 7/4</b>		<b>6:30-7:30 V</b> Healing Meditation <b>PRE-REGISTRATION REQUIRED</b>		
		<b>6:30-7:45 D</b> Leisure Games		<b>6:30-7:30 D</b> Individual Tech Help		
				<b>6:30-7:45 D</b> Leisure Games		
				<b>6:45-7:45 S</b> Dance Club		



LENOX HILL  
NEIGHBORHOOD HOUSE  
CENTER @ LENOX HILL  
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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



LENOX HILL NEIGHBORHOOD HOUSE  
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JULY 2017

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## TRIP LOTTERY

Due to changes in our transportation program, there will be no trip lottery in July. Please see or call Jessica for further information about trips at 212-218-0316.

## THEATER DESK

**Theater desk will take place on 7/6 & 7/20 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

**July 13, 12:45-1:45, D, Center's Got Talent** Pre-register at the Front Desk and come share your talents with the community!

**July 20, 6:45-7:45, S, Live Jazz Trio with our Dance Club,** put your dancing shoes on!

**July 23, Sundays at Two, 2:00, AUD, Cabaret singer Anthony Santelmo.**

**International Cultural Fair, July 26, 3:00-5:00, Dining Room.** Come celebrate your culture and heritage through the arts, clothing and recipes. There will be **two planning sessions on July 12 & 19 from 4:00-5:00** in the Vista Room to plan this celebration and find out how you can contribute your talents!

**July 27, 12:45, D, Monthly Birthday Celebration with a jazz trio from Special Audiences and Musicians.**

## ADULT EDUCATION

**July Technology Workshops:** Registration required by contacting Lauren Bernstein at 212-218-0477 or lbernstein@lenoxhill.org. Workshops take place at the Center in the Vista Room, and include the following:

\* **7/11: Teach Yourself Tech Topics, 1:00-2:00:** Learn about various websites and online tutorials that will help make technology work for you.

\* **7/18: Problem-Solving Common Computer Problems, 1:00-2:00:** Learn tips to prevent and address common computer issues such as avoiding scams, increasing screen visibility, finding lost files, or recovering a password.

**8-Week Technology Classes:** Classes begin the week of July 10th and run through August. Registration required, register with Lauren Bernstein at 212-218-0477 or lbernstein@lenoxhill.org. Classes will take place at the Center, and you may pick up a course catalog at our front desk.

## ADULT EDUCATION CONTINUED

### Additional New Technology Classes in July:

**English Skills for Using Technology, Tuesdays, 3:30-4:45, V:** Each session will teach English vocabulary for specific functions, such as email and navigating the internet. This class is for High Beginner to Intermediate proficiency English speakers. Participants must bring their own mobile devices.

**Tablet Lab, Wednesdays, 3:00-4:30, Dining Room:** Stop by the dining room and practice using an Android touchscreen tablet. This session will not have instruction or curriculum - just come by to experiment and an instructor will help you. Six Android Tablets will be available to use, first come, first served.

**Telling Truth From Fiction Online, Thursdays, 2:30-4:00, Dining Room:** Fake news, alternative facts, and post-truth? What's going on? We'll discuss the popular theme of Fake News; who creates it and why, and examine online articles to determine their credibility. Materials will be presented on the TV screen via a computer.

**The Moth: A 6 Week Storytelling Workshop, Tuesdays, 9:15-11:15, Vista Room:** Learn how to identify, craft and share a personal story with an outside professional group of instructors from The Moth. Members do not have to have a story identified before the workshop begins. At the end of the residency, members will have the chance to tell their stories in front of a small, invited audience. **Pre-registration required at the front desk.**

**Center Chorus, Thursdays, 9:30-11:00, Sun Room:** Join our new choir and share the joy of group singing while learning the basics of music. We will sing show tunes, jazz standards, and more—no previous music experience required. Led by Ellen Ratner.

**Jazz Vocal Workshop, Sundays, 10:30-11:30, Vista Room:** In this 8-week course, you will improve your vocal and performance skills while working toward a final concert where you will perform two jazz standards with a live trio. Taught by staff member, Rebecca Sullivan. Pre-register at front desk.

**Women's Activism in the U.S., Fridays, 3:00-4:15, Vista Room:** Taught by Kristina Bustos, this course explores the recent conversations surrounding women's activism and highlights the ways women have been and are currently performing their activism. The course consists of group activities, lectures, and guest speakers to help enhance the learning experience for members. Pre-register at front desk.

**Wellness in Art, Fridays, 1:30-3:00, ART Room:** This group will explore the topics of self-care, mindfulness and personal expression through art making utilizing a variety of mediums. No previous art experience is necessary.

## 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.

**Building Happiness, Saturdays, 9:00-10:00, V:** In this support group, we discuss our emotions while obtaining tools and techniques to enhance well being. Facilitator, Alicia Bloomer, LMSW.

**Making Space for Positive Change: Decluttering Support Group, Tuesdays, 2:15-3:15, V:** 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, V:** A group for those who want to re-enter the workforce but are not sure where to start!

## LEGAL SERVICES

**SCRIE Assistance Clinic, Thursday, July 20, 9:15-11:00, Vista Room:** Receive help applying for and recertifying for SCRIE benefits. Please call **212-218-0503** to be screened for eligibility.

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

## HEALTH & WELLNESS

**Weill Cornell Medical College: A Partnership with Residents from its Geriatrics Division:** Each week, second-year internal medicine residents will come to the Center to meet with our members and answer their health-related questions. Members may also have their blood pressure taken by trained Center members during this period. **These sessions will take place every Tuesday from 10:15 to 11:15, Dining Room.**

**Yoga for Digestive Health Workshop, July 12, 2:00-3:00, Garden Room:** With Cob Dixon, lecture and interactive exercise.

**Nutritional Consultations, July 14 from 9:00-12:00, Vista Room:** Sign up at the front desk for 30 minute, one-on-one nutritional consultations with New York University nutrition intern, Abbey Riser.

**Nutrition for Healthy Aging, July 17, 1:00-2:00, Sun Room:** Join Christina Butigian, nutrition intern from Teacher's College Columbia University to learn helpful nutritional tips.

**Healthy Cooking Demonstration, July 19, 3:30-4:30, Center Kitchen** with nutrition interns from New York University and Columbia University.

**Heart Healthy Talk by guest speaker from Hospital for Special Surgery, July 21, 10:00-11:00, Sun Room:** Learn what you can do to have the healthiest heart, including what to eat, what not to eat, and how physical activity can help. We will cover blood pressure, cholesterol, sodium and much more.

**Carbs as Part of a Healthy Diet, July 31, 1:00-2:00, Sun Room:** Join Abbey Riser, nutrition intern from New York University, to learn about healthy carbs in your diet.

**Conversation Partners:** Partner with an English Learner from the ESOL Program to help them improve their English through casual conversation. Times depend on your availability and we are looking for those who can volunteer 45 minutes, once a week for 4 weeks. Please contact Sara Woodson to sign-up, 212-218-0491 or swoodson@lenoxhill.org.

## 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

Rebecca Sullivan  
Assistant Director, Arts & Wellness

## 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.

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

**Open Everyday**  
**8 AM – 8 PM**