

# Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE  
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

# AUGUST 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>9:00-9:45 G</b> Total Body Exercise (Advanced)	<b>9:15-11:15 V (New Room)</b> The Moth: Storytelling Workshop <b>Last class 8/22</b> <b>PRE-REGISTRATION REQUIRED</b> <i>See description on other side</i>	<b>9:00-9:50 G</b> SAIL Exercise Program <b>PRE-REGISTRATION REQUIRED</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</b> Beading <b>8/14 &amp; 8/28 Sessions</b>	<b>10:00-11:00 G</b> Dahn Yoga <b>No class 8/1</b>	<b>9:00-10:00 S</b> Words and Ideas to Inspire <b>No class 8/9</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>Class only on 8/12</b>
<b>10:15-11:00 G</b> Super Fit (Advanced)	<b>10:00-11:00 G</b> SAIL Exercise Program <b>PRE-REGISTRATION REQUIRED</b>	<b>10:15-11:15 D</b> Blood Pressure Monitoring & Health Q & A with Medical Residents	<b>10:15-11:15 S</b> Chinese Folk Dance	<b>12:00-12:30 D</b> Center Sing-Along	<b>12:30-1:30 V</b> Computer Practice Time <b>No session 8/4</b>	<b>9:30-11:00 S</b> English Conversation for Chinese Speakers
<b>10:30-11:30 V</b> Jazz Vocal Workshop <i>See description on other side</i>	<b>10:00-11:30 V</b> Computer Practice Time	<b>12:00-12:30 D</b> Center Sing-Along	<b>10:45-11:30 1ST FL CONF E</b> Emotional Wellness Disc. Group	<b>12:00-12:45 POOL</b> Watercize	<b>1:00-4:00 D</b> Mahjong Club	<b>12:45-1:45 V</b> Some Like it Hot: Support Amongst Struggle <b>Class only on 8/12</b>
<b>12:45-1:45 D</b> Bingo	<b>10:15-11:00 S</b> Rusk Institute Horticultural Program <b>8/7 Only</b>	<b>12:00-12:45 POOL</b> Watercize	<b>1:00-1:45 G</b> Body Toning (Beginner)	<b>1:00-2:00 V</b> Support Group: Strategies for Living w/Low Vision	<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>12:30-1:00 S (New Time)</b> Folk Sing-Along	<b>1:00-2:00, V (NEW)</b> Technology Workshops <i>See description on other side</i> <b>Starts 8/8</b>	<b>1:00-3:30 S</b> Knitting Circle	<b>1:00-2:30 S</b> French	<b>1:00-4:00 D</b> Rummikub Club	<b>1:00-2:30 D</b> Individual Tech Help <b>No session 8/5</b>
<b>1:00-4:00 D</b> Mahjong Club	<b>1:00-3:00 S (NEW)</b> Chinese Folk Singing <i>See description on other side</i>	<b>1:00-2:30 S</b> Sound Off: Current Events Discussion	<b>1:00-4:00 D</b> Mahjong Club	<b>1:00-4:00 D</b> Rummikub Club	<b>1:00-5:00 4TH FL CONF</b> Knit and Crochet	<b>1:00-2:00 S (New Time)</b> Ping Pong (Advanced)
<b>1:00-4:00 D</b> Rummikub Club	<b>1:00-3:00 S</b> Individual Tech Help <b>No session 8/7</b>	<b>1:00-3:00 D</b> Canasta	<b>1:00-4:00 D</b> Mahjong Club	<b>1:30-2:30 D</b> Intermediate German <b>PRE-REGISTRATION REQUIRED</b> <b>No class 8/2</b>	<b>1:30-3:00 S</b> Wellness in Art <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>1:00-3:00 D</b> Chinese Language Class	<b>1:00-3:00 D</b> Canasta	<b>1:00-4:00 D</b> Rummikub Club	<b>2:00-4:00 D</b> Scrabble	<b>3:00-5:00 S</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> Mahjong Club	<b>1:00-4:00 D</b> Rummikub Club	<b>1:30-3:00 D</b> Individual Tech Help	<b>2:15-3:15 V</b> Re-Entering the Workforce Support Group <i>See description on other side</i>	<b>3:15-4:00 G</b> Shape Up NYC: Advanced Zumba	<b>1:00-4:00 D</b> Rummikub Club
<b>2:00-4:00 S</b> Sunday at the Movies 8/6: The Sixth Sense 8/13: Rounders 8/20: How to Make an American Quilt 8/27: Atonement	<b>1:00-4:00 D</b> Rummikub Club	<b>1:00-4:00 D</b> Rummikub Club	<b>3:30-4:45 V</b> English Skills for Using Technology <i>See description on other side</i>	<b>2:30-4:00 D</b> Telling Fact From Fiction Online <i>See description on other side</i>	<b>3:30-4:45 1ST FL CONF RM C</b> Creative Writing	<b>1:15-2:15 G</b> Body Awareness/Learning Balance (Beginner)
<b>3:15-4:00 G</b> Flex & Stretch	<b>1:15-3:00 D</b> Bridge	<b>1:30-3:00 D</b> Individual Tech Help	<b>2:45-3:45 V</b> Beginner German Level 2 <b>PRE-REGISTRATION REQUIRED</b> <b>No class 8/2</b>	<b>2:45-4:45 S</b> Mahjong Club	<b>4:00-5:00 G</b> Flamenco Dance	<b>1:45-2:45 POOL</b> Free Swim
<b>4:15-5:00 G</b> Zumba	<b>3:00-3:45 V</b> Awareness Through Movement <b>No class 8/14</b>	<b>3:30-4:45 V</b> English Skills for Using Technology <i>See description on other side</i>	<b>3:00-4:30 D</b> Tablet Lab <i>See description on other side</i>	<b>4:15-5:00 POOL</b> Free Swim	<b>4:15-5:00 POOL</b> Free Swim	<b>2:15 S (New time &amp; room)</b> Movie Screenings 8/5: How to Lose a Guy in 10 Days 8/12: The Heart Break Kid 8/19: Phenomenon 8/26: Enemy of the State
<b>6:30-7:45 D</b> Leisure Games	<b>3:15-5:00 S</b> Intermediate Bridge	<b>4:15-5:00 POOL</b> Free Swim	<b>3:00-4:30 D</b> Individual Tech Help	<b>6:30-7:30 D</b> Individual Tech Help	<b>6:00-7:45 V</b> Movie Night 8/4: School for Scoundrels 8/11: Next 8/18: Shelter 8/25: Eyewitness	<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>4:15-5:00 POOL</b> Free Swim	<b>3:10-3:55 G</b> Total Body Exercise (Intermediate)	<b>6:30-7:30 D</b> Individual Tech Help	<b>6:30-7:45 S</b> Ping Pong (Beginner)	
	<b>4:15-5:00 POOL</b> Free Swim	<b>6:30-7:30 D</b> Individual Tech Help	<b>4:00-4:45 G</b> Zumba (Intermediate)	<b>6:30-7:45 D</b> Canasta & Poker	<b>6:30-7:45 D</b> Leisure Games	
		<b>6:30-7:45 D</b> Leisure Games	<b>4:15-5:00 POOL</b> Free Swim	<b>6:30-7:45 D</b> Leisure Games		
			<b>6:30-7:45 D</b> Canasta & Poker	<b>6:45-7:30 V</b> Karaoke		



LENOX HILL  
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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



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## TRIP LOTTERY

**Trip lottery is back! Sign up for the lottery on July 31, 8am to 8pm, and August 1, 8am to 4pm.** Results from the lottery will be posted by 11am the morning after each trip lottery closes. For a list of our trips, please see front desk or at lenoxhill.org.

## CULTURAL EVENTS

**August 6, Sundays at Two, 2:00, AUD, with jazz singer Audrey Silver.**

**August 10, 12:45-1:45, D, Center's Got Talent** Pre-register at the Front Desk and come share your talents with the community!

**August 17, 10:30-11:30, V, Read Outloud with New York Public Library.**

**August 22, 1:00-3:00, AUD, The Moth Community Performance:** Come hear members share their personal stories that were crafted in a 6-week residency with professional instructors from the organization, The Moth, an acclaimed nonprofit that works to promote the art and craft of storytelling.

**August 24, 2:00-4:00, D, Coffee & Canvas Workshop:** Paint a beautiful picture on canvas that you can take home with step-by-step instructions.

**August 31, 12:45, D, Monthly Birthday, Musical Favorites and a Sing-a-Long with member Nancy Moore Simpson.**

## ADULT EDUCATION

**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:

\* **8/8: How to Use LinkedIn, 1:00-2:00:** This workshop offers an introduction to LinkedIn, the professional networking website. No devices needed; registration required.

\* **8/15: iPhone/iPad for Beginners, 1:00-2:00:** Never touched your Apple phone or tablet before? Get started here! Must bring your own iPhone/iPad; registration required.

\* **8/22: iPhone/iPad Tips, 1:00-2:00:** If you are a current iPhone/iPad user who would like to be more savvy, this is the workshop for you. Must bring your own iPhone/iPad; registration required.

**8/29: iPhone/iPad Apps, 1:00-2:00:** This workshop will help you add fun and useful apps to your iPhone or iPad. Must bring your own iPhone/iPad; registration required.

## ADULT EDUCATION CONTINUED

### Technology Classes:

**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.

### Other Classes & Workshops:

**Chinese Folk Singing, Mondays, 1:00-3:00, Sun Room:** Come join this new class to sing traditional folk songs in Chinese and learn new American songs as well!

**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.**

**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.

**Wellness in Art, Fridays, 1:30-3:00, Sun Room:** This group explores 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 APPOINTMENTS

If you would like to make an appointment to speak with a social worker, you must call **212-218-0317** and we will schedule an appointment with you and a member of the Social Services team. If you are unable to call to schedule an appointment, you may come in person to sign up for an appointment with a social worker on the following days:

**Thursdays: 1:00-2:00**  
**Sundays: 2:00-3:00**

Please note: sign up appointments are available day-of only and are limited to first-come, first-served. Sign-in takes place at the front desk.

**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. **On August 12th only.**

**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

### 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

**Free Farmers' Market Coupons, distributed Tuesday, August 15 at 8:00am, Sun Room.**

Coupons will be distributed on a first-come, first-served basis!

**Save the Date: SAIL Exercise Program (with Don Blanford) begins Wednesday, September 6.** SAIL stands for Staying Active and Independent for Life. In this three-month evidence-based fitness program, you will do a fitness test at the beginning of the class and then again after three months so you can see the progress you made during the class. Pre-register at the front desk—all levels welcome!

**Diabetes Talk by guest speaker from Hospital for Special Surgery, August 1, 10:00-11:00, Garden Room.**

**Seasonal Grain Bowls with Lynn Loflin, August 2, 2:00-3:00, Center Kitchen.** Learn how to prepare seasonal grain bowls and hear about the nutritional value of five different grains.

**Nutritional Consultations, August 4 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.

**Yoga for Digestive Health Workshop, August 9, 2:00-3:00, Garden Room:** With Cob Dixon, lecture and interactive exercise.

**Substance Misuse Prevention Talk with Dr. Olga Hilas from St. John's University, August 24, 11:00am-12:00pm, Vista Room.** Managing multiple prescription drugs can be a difficult task. Come get your questions answered during this presentation and learn how you can safely manage your medications.

## 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.

## STAFF DIRECTORY

Jessica Balboni  
Director

Laura DiPaola  
Assistant Director of  
Social Services

Jocelyn Rodman  
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**