

Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

SEPTEMBER 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. Check in from 4:30 to 5:15 for veggie burgers.

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
<p>9:00-9:45 G Total Body Exercise (Intermediate/Advanced) No class 9/3</p> <p>9:15-10:00 S 中国太极拳 Tai Chi in Chinese</p> <p>10:00-11:30 V (New time) Jazz Vocal Workshop Last class 9/10</p> <p>10:15-11:00 G Super Fit (Advanced) No class 9/3</p> <p>12:45-1:45 D Bingo</p> <p>1:00-3:00 G Bridge</p> <p>1:00-4:00 D Mahjong Club</p> <p>1:00-4:00 D Rummikub Club</p> <p>1:45-2:45 POOL Free Swim</p> <p>2:00-4:00 D Scrabble</p> <p>2:00-4:00 S Sunday at the Movies 9/3: Million Dollar Baby 9/10: Trouble with the Curve 9/17: Wild, Wild West 9/24: The Curse of the Jade Scorpion</p> <p>3:15-4:00 G Flex & Stretch No class 9/10 & 9/24</p> <p>4:15-5:00 G (New title) Dance Aerobics No class 9/10 & 9/24</p> <p>6:30-7:45 D Leisure Games</p> <p>7:00-7:45 G Shape Up NYC Dance Fitness with translation in Spanish</p>	<p>9:00-9:45 G Total Body Exercise (Advanced) No class 9/4</p> <p>9:00-11:00 S Beading 9/4 & 9/18 Sessions</p> <p>9:00-11:00 D Bookstore</p> <p>10:00-11:00 G SAIL Exercise Program PRE-REGISTRATION REQUIRED No class 9/4</p> <p>10:15-11:00 S Rusk Institute Horticultural Program (9/11 Only)</p> <p>12:30-2:00 ART (NEW) Mixed Media Art (Starts 9/11) <i>See description on other side</i></p> <p>1:00-1:45 G (NEW) Pilates (Starts 9/18)</p> <p>1:00-3:00 S Chinese Folk Singing</p> <p>1:00-3:00 V Chinese Language Class</p> <p>1:00-4:00 D Mahjong Club</p> <p>1:00-4:00 D Rummikub Club</p> <p>1:15-3:00 D Bridge</p> <p>2:15-3:00 POOL (New time) Free Swim (No swim 9/4)</p> <p>3:00-3:45 V Awareness Through Movement No class 9/4</p> <p>3:15-4:30 1st FL CONF B Computer Practice Time New time & room No class 9/4</p> <p>3:15-5:00 S Intermediate Bridge</p> <p>3:45-4:30 G Total Body Exercise No class 9/4</p> <p>6:30-7:30 D Individual Tech Help No session 9/4</p> <p>6:30-7:30 G Shape Up NYC: Introduction to Fitness No class 9/4</p> <p>6:30-7:45 S Ping Pong</p> <p>6:30-7:45 D (NEW) Current Events Discussion</p>	<p>THE CENTER WILL BE CLOSED ON SEPTEMBER 12 FOR PRIMARY ELECTIONS. THERE ARE NO MEALS OR CLASSES ON THIS DAY.</p> <p>10:00-11:00 G Dahn Yoga</p> <p>10:15-11:15 D Blood Pressure Monitoring & Health Q & A with Medical Residents</p> <p>12:00-12:30 D Center Sing-Along</p> <p>12:00-12:45 POOL (NEW) Arthritis Foundation Aquatics</p> <p>12:30-2:00 AUD (NEW) Tap Dance (Starts 9/19)</p> <p>12:30-1:30 V (NEW) Learn to Play Piano <i>Class taught in Chinese</i></p> <p>1:00-2:30 S Sound Off: Current Events Discussion</p> <p>1:00-3:00 D Canasta</p> <p>1:00-4:00 D Rummikub Club</p> <p>1:30-3:00 D Individual Tech Help</p> <p>2:00-3:00 G (NEW) Advanced Tai Chi</p> <p>2:00-3:30 V (NEW) The Poetry of John Donne <i>See description on other side</i> PRE-REGISTRATION REQUIRED Starts 9/19</p> <p>2:15-3:00 POOL (New time) Free Swim</p> <p>2:15-3:15 4th FL CONF ROOM Decluttering Support Group <i>See description on other side</i></p> <p>2:45-4:00 S (NEW) NYU Speak Up Group Starts 9/19</p> <p>3:00-4:30 D (NEW) Beginner Bridge (Starts 9/19) PRE-REGISTRATION REQUIRED</p> <p>3:15-4:30 G (NEW) Advanced Beginner Spanish New time & location Starts 9/19</p> <p>6:30-7:30 D Individual Tech Help</p> <p>6:30-7:45 D (NEW) Current Events Discussion</p>	<p>9:00-9:50 G SAIL Exercise Program PRE-REGISTRATION REQUIRED</p> <p>9:00-10:00 S Words and Ideas to Inspire</p> <p>10:15-11:15 S Chinese Folk Dance</p> <p>10:45-11:30 1ST FL CONF E Emotional Wellness Disc. Group</p> <p>1:00-2:30 V (NEW) Intermediate Spanish Starts 9/13</p> <p>1:00-1:45 G Body Toning (Beginner)</p> <p>1:00-3:30 S Knitting Circle</p> <p>1:00-4:00 D Mahjong Club</p> <p>1:00-4:00 D Rummikub Club</p> <p>1:30-2:30 1st FL CONF A German Beginner Level 2 PRE-REGISTRATION REQUIRED Class starts 9/27, new room</p> <p>2:00-3:00 G (NEW) Back Restore Yoga Starts 9/20</p> <p>2:00-4:00 D Scrabble</p> <p>2:15-3:00 POOL (New time) Free Swim</p> <p>2:45-4:15 V (NEW) Beginner Spanish Starts 9/13</p> <p>2:45-3:45 1st FL CONF A Intermediate German PRE-REGISTRATION REQUIRED Class starts 9/27, new room</p> <p>3:00-4:30 D Individual Tech Help</p> <p>3:10-3:55 G Total Body Exercise (Intermediate)</p> <p>4:00-4:45 G Zumba (Intermediate)</p> <p>6:30-7:45 D Canasta & Poker</p> <p>6:30-7:45 D (NEW) Current Events Discussion</p> <p>6:45-7:30 V Karaoke</p>	<p>9:00-11:00 D Bookstore</p> <p>9:30-10:30 G Yoga (All levels)</p> <p>10:00-11:00 (NEW) Theater Desk 9/14 & 9/28</p> <p>12:00-12:30 D Center Sing-Along</p> <p>12:00-12:45 POOL Watercize</p> <p>12:30-2:30 ART (NEW) Painting Class starts 9/21</p> <p>1:00-2:00 V Support Group: Strategies for Living w/Low Vision</p> <p>1:00-2:30 S French</p> <p>1:00-4:00 D Rummikub Club</p> <p>1:30-3:00 1st FL CONF B Technology Workshops <i>See description on other side</i> PRE-REGISTRATION REQUIRED</p> <p>2:00-2:45 G (NEW) Beginner Tai Chi</p> <p>2:00-3:00 AUD (NEW) Ballet for Balance & Strength <i>See description on other side</i> Starts 9/21</p> <p>2:15-3:00 POOL (New time) Free Swim</p> <p>2:45-4:45 S Mahjong Club</p> <p>3:00-3:45 G (NEW) Intermediate Tai Chi</p> <p>4:00-5:00 G (NEW) Flamenco Dance</p> <p>6:30-7:30 V (NEW) Healing Meditation PRE-REGISTRATION REQUIRED No class 9/21</p> <p>6:30-7:30 D Individual Tech Help</p> <p>6:30-7:45 D Leisure Games</p> <p>6:45-7:45 S Dance Club</p>	<p>9:00-9:50 G SAIL Exercise Program PRE-REGISTRATION REQUIRED</p> <p>10:00-11:15 V (NEW) Gentle Yoga Starts 9/15</p> <p>10:15-11:00 G Total Body Exercise (Intermediate)</p> <p>12:00-12:45 S (NEW) Sing-Along (Starts 9/15)</p> <p>1:00-3:00 D (NEW) Scrabble</p> <p>1:00-4:00 D Mahjong Club</p> <p>1:00-4:00 D Rummikub Club</p> <p>1:00-5:00 4TH FL CONF Knit and Crochet</p> <p>1:30-2:30 V (NEW) Musical Theater Appreciation <i>See description on other side</i> Starts 9/15</p> <p>1:30-3:00 ART (New room) Wellness in Art No class 9/1 & 9/8</p> <p>2:15-3:00 POOL (New time) Free Swim</p> <p>3:00-4:15 V (New time & room) Creative Writing</p> <p>3:00-5:00 S Painting Studio</p> <p>3:15-4:30 1st FL CONF B Computer Practice Time New time & room No session 9/1</p> <p>4:00-5:00 G Flamenco Dance</p> <p>6:00-7:45 V Movie Night 9/1: The Money Pit 9/8: Extraction 9/15: Honey 3 9/22: Desert Fox: The Story of Rommel 9/29: Laura</p> <p>6:30-7:45 S Ping Pong (Beginner)</p> <p>6:30-7:45 D Leisure Games</p>	<p>9:00-10:00 G Fitness Fusion Aerobic Exercise</p> <p>9:30-11:00 S English Conversation for Chinese Speakers</p> <p>12:45-3:00 D Bridge</p> <p>1:00-2:00 V (NEW) American Pop Culture <i>See description on other side</i> No class 9/2</p> <p>1:00-2:30 D Individual Tech Help No session 9/2</p> <p>1:00-2:00 S Ping Pong (Advanced)</p> <p>1:00-4:00 D Mahjong Club</p> <p>1:00-4:00 D Rummikub Club</p> <p>1:15-2:15 G Body Awareness/Learning Balance (Beginner)</p> <p>1:45-2:45 POOL Free Swim</p> <p>2:15 S Movie Screenings 9/2: The Omen 9/9: I Married A Witch 9/16: The Shining 9/23: The Number 23 9/30: The Fury</p> <p>6:30-7:45 D Leisure Games</p>



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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 September 25, 8am to 8pm, and September 26, 8am to 4pm. Results from the lottery will be posted by 12pm the day after each trip lottery closes. For a list of our trips, please see front desk or lenoxhill.org.

CULTURAL EVENTS

Jazz Vocal Workshop Showcase Performance, September 10, 2:00-3:30, AUD: Hear members of the Jazz Vocal Class in their culminating performance, singing with a jazz trio from Special Audiences and Musicians!

September 14, 12:45-1:45, D, Center's Got Talent: Pre-register at the Front Desk and come share your talents with the community!

Painting Studio Showcase, September 15, 3:00-4:00, Sun Room: Come see artwork from members in our Friday's Painting Studio class. After the showcase, members are welcome to create their own art, supplies provided.

Sundays at Two, September 17, 2:00, AUD, with the popular Vocal Ease group!

Sundays at Two, September 24, 2:00, AUD, Opera Italian Style with Andrew Costello, baritone, and Pamela Lloyd, soprano. Opera Dolce will explore the beloved Italian repertoire in an entertaining afternoon of duets and arias.

September 28, 12:45, D, Monthly Birthday Celebration with Special Audiences and Musicians.

ADULT EDUCATION

NEW COMPUTER CLASSES & WORKSHOPS

Technology Program Info Session, September 8, 1:00, Dining Room: Join staff in learning how we can serve your tech needs!

Technology Workshops: Registration required by contacting Lauren Bernstein at 212-218-0477 or lbernstein@lenoxhill.org. **Workshops take place in 1st FL Conf Room B** at 331 E70th St.

*** 9/7: Introduction to WhatsApp, 1:30-3:00:** Discover how to make free video & audio calls and send messages to friends and family on your smartphone. Bring your own smartphone or tablet; registration required.

*** 9/14: internet Safety 101, 1:30-3:00:** Learn how to protect yourself and your device from viruses, scams, and hackers. No device needed, tutorial only; registration required.

ADULT EDUCATION CONTINUED

*** 9/21: Stream Movies for Free with Kanopy, 1:30-3:00:** Learn how to make an account to watch movies for free with access to streaming service Kanopy via the NYPL. 10 laptops provided, must bring NYC library card; registration required.

8-Week Technology Classes & Fall Workshops, September to November:

Please pick up a technology program catalog from the Center Front Desk. Registration required for classes and workshops and begins on **Sept 13th at 9am.** To register please contact **Lauren Bernstein** at 212-218-0477 or lbernstein@lenoxhill.org. **Classes and workshops begin the week of September 25th and include:** Excel, Computer Basics, Intro to Tablets, Microsoft Word & Google Docs, Online Photo Management, Intro to Facebook, iPhone/iPad, Google Photos, and Using Your Smartphone for Transit.

NEW ADULT EDUCATION CLASSES:

Arts & Wellness Overview of the Center's New Fall Classes, September 5, 11:30-12:30, Dining Room: Stop by our information table during lunch to learn more about our new fall classes, meet our staff instructors, and get your questions answered.

Mixed Media Art, Mondays, 12:30-2:00, ART: Join a new class with art teacher Laura Feisel and learn a variety of painting and drawing techniques.

The Poetry of John Donne, Tuesdays, 2:00-3:30, Vista Room. Carol Walters will introduce members to the lyric poetry and prose of one of the leading poets of the 17th century.

Learn to Play Piano, Tuesdays, 12:45-1:45, Vista Room: Join Center member Penny Scarpetti to learn how to play in this very informal and fun group class. No experience necessary! In Chinese.

Ballet for Balance & Strength, Thursdays, 2:00-3:00, AUD. Join dance teacher Diane Skerbec in this new class that teaches classical ballet forms with a focus on core strength and balance. No prior background in dance required.

Musical Theater Appreciation, Fridays, 1:30-2:30, Vista Room: Join music teacher Jessica Leylavergne in a new class that offers a combination of musical theater history and music appreciation of American performers.

American Pop Culture, Saturdays, 1:00-2:00, Vista Room: Bring your love and knowledge of pop culture to this class taught by Kristina Bustos. We will cover movies, music, sports, art and the famous people that have made pop culture entertaining.

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.

Decluttering Support Group, Tuesdays, 2:15-3:15, 4th FL Con. Room: This is an open support group for members to share tips and resources on how to declutter and organize. Facilitators Lauren Gordon, Mental Health Therapist, SPOP and Patricia Tu, Assistant Director, Social Services.

LEGAL SERVICES

LEGAL WORKSHOP: Medicare Overview and Part D, September 14, 4:15-5:00, Vista Room. You can only change Medicare Part D or Medicare Advantage Plan coverage between October 15 and December 7, 2017. Please come to this workshop to learn important information to help you meet these deadlines.

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

Falls Prevention Talk with Joan Altman, RN from Hospital for Special Surgery, September 5, 10:00-11:00, Sun Room. Learn more about risks of falling and strategies to be safer including simple changes you can make to prevent falls.

Culinary and Medicinal Uses of Herbs with Lynn Loflin, September 6, 3:30-4:30, Green Roof. Rain location, Center Kitchen.

Menu Meeting with Chef Bobby Dziekowski, September 11, 9:00-10:00, Sun Room. Come share your feedback and thoughts about the Center's meals!

Getting Enough Fiber in Your Diet with Seasonal Produce, September 11, 1:00-2:00, Garden Room. Barbara O'Brien from Northwell will teach you how to navigate the seasonal markets in your area and optimize your health with available NYC resources.

Yoga for Digestive Health Workshop, September 13, 2:00-3:00, Garden Room: With Cob Dixon, lecture and interactive exercise.

Healthy Habits for Aging Well, September 15, 10:00-11:00, Sun Room. Our habits have a huge effect on our overall wellness. Learn tips to optimize your health by developing a healthy routine with Dr. Eugenia Siegler from Weill Cornell.

FLU SHOT CLINIC with CVS, September 18, 10:00-12:00, Vista Room. Bring your ID and insurance card to receive your free flu vaccine.

Falls Prevention Workshop, September 27, 10:00-11:00, with Screenings from 11:00 to 1:00, Vista Room. Join the Columbia University Occupational Therapy Department to learn tips about how to prevent falls followed by one-on-one appointments with a therapist about assessing your personal and home risk factors.

Support Group: Strategies for Living with Low Vision, Thursdays, 1:00-2:00, Vista Room: Join a supportive group and discuss individual issues that you are dealing with along with strategies for addressing them. Alice Massa, facilitator.

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, September 20, 2:30-4:00, Sun Room.

GENERAL MEMBERSHIP MEETING, September 27, 4:00-5:00, Dining Room. All members are encouraged to join our monthly Membership meetings to share your ideas about how to strengthen our wonderful community.

TRANSPORTATION HOTLINE

You may reserve an individual ride by calling 212-956-0855 Monday through Friday between the hours of 9:00am to 5:00pm. This service is provided by New York Foundation for Senior Citizens, Project CART.

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

**Open Everyday
 8 AM – 8 PM**

STAFF DIRECTORY

Jessica Balboni
Director

Kristina Bustos
Arts & Wellness Coordinator

Ariana Elezaj
Assistant Director, Administration

Audrey Faison
Generalist

Jocelyn Rodman
Generalist

Rebecca Sullivan
Assistant Director, Arts & Wellness

Patricia Tu
Assistant Director, Social Services