

Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

JANUARY 2018

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
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 – 9:00 AM

Check in from 8:00-9:00.

LUNCH

11:30 AM – 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. Please arrive before 5:30. Members with a dinner ticket must be present before 6:00 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
9:00-9:45 G Total Body Exercise (Intermediate/Advanced)	NO CLASSES ON JANUARY 1, SEE FRONT DESK FOR SPECIAL PROGRAMS	8:00-8:30 D (NEW) Morning Inspiration <i>See description on other side</i>	9:00-9:50 G (NEW) SAIL Exercise Program PRE-REGISTRATION REQUIRED <i>See description on other side</i>	9:00-11:00 D Free Books at the Bookstore	10:00-11:15 V Gentle Yoga	9:00-10:00 G Fitness Fusion Aerobic Exercise
9:15-10:00 S 中国太极拳 Tai Chi in Chinese	9:00-9:45 G Total Body Exercise (Advanced)	9:00-9:45 G Total Body Exercise	9:00-10:00 S Words and Ideas to Inspire No class 1/10	9:30-10:30 G Yoga (All levels)	10:30-11:15 G (NEW TIME) Total Body Exercise (Intermediate)	9:30-11:00 S English Conversation for Chinese Speakers
10:15-11:00 G Super Fit (Advanced)	9:00-11:00 S Beading 1/15 & 1/29 only	10:00-11:00 G Dahn Yoga No class 1/30	10:00-11:00 V (NEW) Art Appreciation (Starts 1/31) <i>See description on other side</i>	10:00-11:00 D Theater Desk 1/11 & 1/25	11:30-12:30 D (NEW) Sharing Our Traditions Lunchtime Discussion <i>See description on other side</i>	12:45-3:00 D Bridge
10:00-11:30 V (NEW) Jazz Vocal Workshop PRE-REGISTRATION REQUIRED <i>See description on other side</i>	9:00-11:00 D Free Books at the Bookstore	10:15-11:15 D Blood Pressure Monitoring & Health Q & A with Medical Residents	10:00-11:30 V (NEW) Decoupage Workshop PRE-REGISTRATION REQUIRED <i>See description on other side</i> Class on 1/10, 1/17, & 1/24	10:30-11:15 V Coming To Our Senses	12:00-12:45 S Sing-Along	1:00-2:00 V American Pop Culture
12:45-1:45 D Bingo	10:00-11:00 G (NEW) SAIL Exercise Program PRE-REGISTRATION REQUIRED <i>See description on other side</i>	11:30-12:30 V (NEW) Lunchtime Book Club: Jane Austen's Emma <i>See description on other side</i>	10:00-11:30 V (NEW) Decoupage Workshop PRE-REGISTRATION REQUIRED <i>See description on other side</i> Class on 1/10, 1/17, & 1/24	12:00-12:30 S Sing-Along	1:00-2:00 V (NEW) Group Piano Class (Beginner) PRE-REGISTRATION REQUIRED	1:00-2:00 S Ping Pong (Advanced)
1:00-3:00 G Bridge	10:00-11:00 D (NEW) Adult Coloring <i>See description on other side</i>	12:00-12:30 D Sing-Along	10:15-11:15 S Chinese Folk Dance	12:00-12:45 POOL Watercize	1:00-2:30 D (NEW) Individual Tech Help	1:00-2:30 D Individual Tech Help
1:00-4:00 D Mahjong Club	10:15-11:00 S Rusk Institute Horticultural Program (1/8 Only)	12:00-12:45 POOL Arthritis Foundation Aquatics	10:30-11:15 G (NEW TIME) Total Body Exercise (Intermed.)	12:30-2:00 ART Painting	1:00-4:00 D Mahjong Club	1:00-4:00 D Rummikub
1:30-3:00 D (NEW) Individual Tech Help 1/7 & 1/14 only	12:00-12:30 S (NEW) Sing-Along	1:00-1:45 G Pilates (No class 1/30)	10:30-11:30 1ST FL CONF C Emotional Wellness Disc. Group Class on 1/10 only	1:00-2:00 V Support Group: Strategies for Living w/Low Vision No class 1/25	1:00-4:00 D (NEW) Learn to Play Rummikub	1:15-2:15 G Body Awareness/Learning Balance (Beginner)
1:45-2:45 POOL Free Swim	12:30-2:00 ART Mixed Media Art No class 1/15 & 1/22	1:00-2:30 S Sound Off: Current Events Discussion	11:30-12:30 D (NEW) Discusión Abierta <i>See description on other side</i>	1:00-2:30 S Intermediate French	1:00-5:00 4TH FL CONF Knit and Crochet	1:45-2:45 POOL Free Swim
2:00-4:00 D Scrabble	1:00-2:00 AUD (NEW DAY) Tap Dance No class 1/15 & 1/29	1:00-2:00 4TH FL CONF ROOM English Conversation Group Starts 1/9	12:00-12:30 S (NEW) Sing-Along	1:00-4:00 D Leisure Rummikub	1:30-3:00 1st FL CONF B (NEW) Tech Workshop PRE-REGISTRATION REQUIRED	2:15 S Movie Screenings 1/6: August Rush 1/13: Sunset Boulevard 1/20: Atonement 1/27: Emma
3:00-5:00 S Sunday at the Movies 1/7: On Golden Pond 1/14: History Is Made at Night 1/21: Woman on the Run 1/28: Lured	1:00-3:00 S Chinese Folk Singing	1:00-2:30 1ST FL CONF A Intermediate Spanish	1:00-1:55 G (NEW TIME) Body Toning (Beginner)	1:30-3:00 1st FL CONF A (NEW) Tech Workshop PRE-REGISTRATION REQUIRED	1:30-3:00 ART Wellness in Art No class 1/5	6:30-7:45 D Game Night
3:15-4:00 G Flex & Stretch	1:00-3:00 V Chinese Language Class	1:00-3:00 S Learn to Play Canasta	1:00-3:30 S Knitting Circle	2:00-3:00 G (NEW TIME AND DAY) Advanced Tai Chi Starts 1/11	2:15-3:00 POOL Free Swim	
4:15-5:00 G Dance Aerobics	1:15-3:00 D (NEW) Learn to Play Bridge (Intermediate)	1:00-4:00 D Leisure Rummikub	1:00-4:00 D Mahjong Club	2:00-3:00 AUD Ballet for Balance & Strength	2:30-3:30 G Beginner Tai Chi	
6:30-7:45 D Game Night	1:30-3:00 D (NEW) Tech Workshop PRE-REGISTRATION REQUIRED	1:30-3:00 D Individual Tech Help	1:30-2:30 V (NEW ROOM) German Beginner Level 2 PRE-REGISTRATION REQUIRED Starts 1/24	2:15-3:00 POOL Free Swim	3:00-4:15 V Creative Writing	
7:00-7:45 G Shape Up NYC Dance Fitness with translation in Spanish	3:00-3:45 V Feldenkrais Method	1:30-3:00 1st FL CONF B (NEW) Tech Workshop PRE-REGISTRATION REQUIRED	1:30-3:00 ART Art & Creative Coping Skills No class 1/3	2:30-4:00 V (NEW) Shakespeare's Sonnets PRE-REGISTRATION REQUIRED <i>See description on other side</i> Starts 1/18	3:15-4:30 1st FL CONF B Tech Lab	
	3:15-4:30 1st FL CONF B Tech Lab (No class 1/15)	2:00-3:00 G Advanced Tai Chi Starts 1/16	2:00-3:00 G Back Restore Yoga No class 1/3	2:45-4:45 S Mahjong Club	3:00-5:00 S Painting Studio	
	3:00-3:45 G (NEW TIME) Total Body Exercise	2:15-3:00 POOL Free Swim	2:15-3:00 POOL Free Swim	3:00-3:45 G Intermediate Tai Chi Starts 1/11	4:00-5:00 G Flamenco Dance	
	3:15-5:00 S (NEW) Learn to Play Bridge (Advanced Intermediate)	2:15-3:15 V Decluttering Support Group	2:45-3:45 1st FL CONF A Intermediate German PRE-REGISTRATION REQUIRED Starts 1/24	4:00-5:00 G Flamenco Dance	6:00-7:00 D Individual Tech Help	
	4:00-4:45 (NEW DAY) Zumba	2:30-4:00 1ST FL CONF A Advanced Beginner Spanish	2:45-4:15 V Beginner Spanish	6:00-6:30 S (NEW) Sing-Along	6:00-7:45 V Movie Night 1/5: Rumor Has It 1/12: Dressed to Kill 1/19: Leap Year 1/26: The Great Gilly Hopkins	
	6:30-7:30 D Individual Tech Help	3:00-4:00 G Intermediate Tai Chi Starts 1/16	3:00-4:30 D Individual Tech Help	6:30-7:30 D Individual Tech Help	6:45-8:00 S (NEW TIME) Ping Pong (Beginner)	
	6:30-7:30 G Shape Up NYC: Introduction to Fitness	3:30-4:30 V (NEW TIME & DAY) Jazz Appreciation (Starts 1/16)	6:30-7:45 D Learn to Play Canasta & Poker	6:45-7:45 G Dance Club		
	6:45-8:00 S (NEW TIME) Ping Pong	6:30-7:30 D (NEW) Current Events Discussion	6:45-7:30 V Karaoke and Discussion			



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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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CULTURAL EVENTS

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

January 14, 2:00-3:00, AUD, Second Sundays: East Winds Ensemble. East Winds Ensemble presents a unique concert by two amazing masters of Japanese music: Masayo Ishigure and Marco Lienhard. Join us for an afternoon of Koto and Shakuhachi music that will dazzle your senses. This Japanese music concert will celebrate the release of a new CD of music by Japanese composer Rando Fukuda.

January 25, 12:45, D, Monthly Birthday Celebration: with jazz singer Audrey Silver

NEW ARTS EDUCATION CLASSES

Jazz Vocal Workshop, Sundays, 10:00-11:30, Vista Room, with Rebecca Sullivan. In this course, you will improve your vocal and performance skills while working toward a final live concert in the auditorium. Pre-register at the front desk.

Lunchtime Book Club, Tuesdays, 11:30-12:30, Vista Room, with Mary MacDonald. In this new group, members will talk about a new book each month over lunch. January's book of the month is *Emma*, by Jane Austen. Visit the public library to check out a copy.

Decoupage Workshop, Wednesdays, 1/10, 1/17, & 1/24, 10:00-11:30, Vista Room, with Sharon Rogers. Make a beautiful box covered in paper cutouts in this 3-week decoupage class. Pre-register at the front desk.

Art Appreciation, Wednesdays, starting 1/31, 10:00-11:00, Vista Room, with Laura Feisel. This class will look at different artworks from the Modern, Post-Modern, and Contemporary art periods. We will learn about different styles, artists, and periods by observing an array of images each week.

Shakespeare's Sonnets, Thursdays, starting 1/18, 2:30-4:00, Vista Room. This 10-week course will provide an overview of the sonnet form and how Shakespeare used it in his sonnets, which have received high praise for their exquisite wording and imagery. Pre-register at the front desk.

Group Piano Class, Fridays, 1:00-2:00, Vista Room, with Jessica Leylavergne. Group Piano is for beginning piano students aiming to develop music literacy and keyboard skills through the exploration of classic music. For beginner students and those with 1-2 years experience. Pre-register at the front desk.

ADULT EDUCATION

NEW COMPUTER WORKSHOPS

January Technology Workshops: Classes begin the week of January 22 and last for 8 weeks. Registration is required and takes place by phone or email only on January 10 at 9 am. Please contact Lauren Bernstein at 212-218-0477 or adulthood@lenoxhill.org to enroll.

Classes include the following:
Intro to Tablets
Intro to Microsoft Office
Social Media Sampler
App Explore
Beyond Basics
Google Apps
+New Workshops

Pick up a flyer on the Tech Program bulletin board or front desk for details!

TECH PROGRAM INFO SESSION

Visit the Center Dining Room on **Monday 1/8 at 12:30** to learn what the technology program can offer you. What classes are right for your level? What is the difference between Tech Help and Tech Lab? Find answers here.

THE WELCOMING PROJECT

Join your fellow members in helping to create a more inclusive and welcoming environment for all at the Center! This self-directed group meets the last Thursday of each month from 11:30 to 12:30 in the Vista Room. For more information, please contact Jessica Balboni at 212-218-0316.

Adult Coloring, Mondays, 10:00-11:00, Dining Room, with Noemi Tineo. Fill in intricate patterns using colored pencils in this calming and fun activity.

Morning Inspiration, Tuesdays, 8:00-8:30, Dining Room, with Jessica Balboni. Start off your day with poetry, inspirational quotes, and discussion.

Discusión Abierta, Wednesdays, 11:30-12:30, Dining Room, with Arlenys Ceballos. This Spanish conversation group is open to all levels, as well as native speakers.

Sharing Our Traditions Lunchtime Discussion, Fridays 11:30-12:30, Dining Room, with Kristina Bustos. Share your cultural traditions in this new discussion group. Topics vary from week to week and include food, holidays, home life and more.

New Classes Information Session, January 2, 11:30-12:15, D: Pick up a course catalog and let Arts and Wellness Coordinator Kristina Bustos answer your questions about new classes at the Center.

ADULT EDUCATION CONTINUED

New Year Intentions Workshop, January 4, 3:00-4:00, V: Join Rebecca Sullivan to set personal and community goals and resolutions for the New Year and to reflect on our triumphs and challenges in 2017!

Introduction to Astrology and the Zodiac Workshop, January 23, 1:00-2:00, Vista Room, with Lynne Conant. Learn more about your personality and how to connect with your higher self in this introductory workshop led by astrologer Lynne Conant.

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: 1:00-2:00

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.

Caregiver Support Group, Wednesdays, 10:30-11:30, 1ST FL CONF E. This support group is for anyone who acts as a caregiver to others. **Sessions on 1/3 & 1/17.**

Coming to Our Senses, Thursdays, 10:30-11:15, Vista Room, with Susan Graves, LMSW, Assistant Director of Social Services at the Center. This class is based on the scientifically researched Mindfulness Based Stress Reduction (MBSR) program created by Jon Zabab Zinn. Learn practical coping skills to handle stress, foster patience and respect for self and others, face change with greater ease, and feel more alive.

HEALTH & WELLNESS

Diabetes Health Talk, January 3, 10:00-11:00, Vista Room, with Neha Naik from Weill Cornell.

You Are One of a Million: Precision Medicine and the Future of Healthcare, January 5, 10:00-11:00, Sun Room, with Kelly Williams, Director, All of Us Research Program, NYC Precision Medicine Consortium. Kelly will speak about Precision Medicine, what is done, and how it is used, and examples of how precision medicine has changed medicine and "cures."

Laughing Yoga, January 8, 10:00-11:00, Vista Room, with Jeannette Watson.

Winter Weather Preparedness Talk, January 9, 10:00-11:00, Sun Room, with Joan Altman, BSN, RN, MPH, Hospital for Special Surgery. Learn the difference between Winter Storm Advisory/Warning and Blizzard Warning. Learn to create a plan before an emergency and the best actions to take for safety during bad and dangerous weather.

Anxiety and Depression Health Talk, January 10, 1:00-2:00, Vista Room, with Eleni Footman from Weill Cornell.

What Screenings Do I Need? Health Talk, January 12, 1:00-2:00, Vista Room, with Eleni Footman from Weill Cornell.

Prostate and Breast Cancer Awareness Health Talk, January 26, 1:00-2:00, Vista Room, with oncologist Dr. Lio Yu.

Healthy Cooking Demonstration, January 31, 3:30-4:30, Center Kitchen, with NYU Nutrition Intern Tory Stroker.

SAIL Exercise Program, Mondays, 10:00-11:00, Wednesdays, 9:00-9:50, starting 1/8, with Don Blanford. SAIL stands for Staying Active and Independent for Life. Pre-register for this evidence-based fitness program at the front desk.

LEGAL SERVICES

LEGAL WORKSHOP: Navigating Housing Court, January 11, 4:15-5:00, Vista Room.

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**.

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, January 17, 2:30-4:00, Sun Room.

GENERAL MEMBERSHIP MEETING, January 17, 4:00-5:00, Sun Room.

All members are encouraged to join our monthly Membership meetings to share your ideas about how to strengthen our community.

TRIPS UPDATE: There will be no trips in January. We will have trips in February, stay tuned for listings. Members may call Project CART at 212-956-0855 to arrange free individual and group trips.

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

Open Everyday
8 AM – 8 PM