

Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

MARCH 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)	9:00-9:45 G Total Body Exercise (Advanced)	8:30-9:00 D Morning Inspiration	9:00-9:50 G SAIL Exercise Program	9:00-11:00 D Free Books at the Bookstore	10:00-11:15 V Gentle Yoga No class 3/30	9:00-10:00 V (NEW) Contemporary Art and Culture (in English and Chinese) <i>See description on other side</i>
9:15-10:00 S 中国太极拳 Tai Chi in Chinese	9:00-11:00 D Free Books at the Bookstore	9:00-9:45 G Total Body Exercise	9:00-10:00 S Words and Ideas to Inspire	9:30-10:30 G Yoga (All levels)	10:30-11:15 G Total Body Exercise (Intermediate)	9:00-10:00 G Fitness Fusion Aerobic Exercise
10:00-11:30 V Jazz Vocal Workshop PRE-REGISTRATION REQUIRED No class on 3/11	10:00-11:00 G SAIL Exercise Program PRE-REGISTRATION REQUIRED	10:00-11:00 G Dahn Yoga	10:00-11:00 V Art Appreciation	10:00-11:00 D Theater Desk 3/8 & 3/22	11:30-12:30 D Sharing Our Traditions Lunchtime Discussion	9:30-11:00 S English Conversation for Chinese Speakers
10:15-11:00 G Super Fit (Advanced)	10:00-11:00 D Adult Coloring	10:15-11:15 D Blood Pressure Monitoring & Health Q & A with Medical Residents	10:15-11:15 S Chinese Folk Dance	10:15-11:00 V Stress Management & Mindfulness	12:00-12:45 S Sing-Along	12:00-12:30 V Silent Film Club
12:45-1:45 D Bingo	10:15-11:00 S Rusk Institute Horticultural Program (3/5 only)	12:00-12:30 D Sing-Along	10:30-11:15 G Total Body Exercise (Intermed.)	10:45-11:45 1ST FL CONF 1A Beginner French Level 2 PRE-REGISTRATION REQUIRED	1:00-2:00 V Group Piano Class (Beginner) PRE-REGISTRATION REQUIRED	12:30-2:30 AUD (NEW TIME & ROOM) Road to the Runway: Fashion
1:00-3:00 G Bridge	12:00-12:30 S Sing-Along No class on 3/12	12:00-12:45 POOL Arthritis Foundation Aquatics	10:30-11:30 1ST FL CONF C Emotional Wellness Disc. Group Class on March 7 only	11:00-11:30 S Silent Film Club	1:00-2:30 D Individual Tech Help	12:45-3:00 D Bridge
1:00-4:00 D Mahjong Club	12:30-2:00 ART Mixed Media Art	1:00-1:45 G Pilates	12:00-12:30 S Sing-Along No class on 3/14	11:10-12:15 V Support Group: Strategies for Living w/Low Vision	1:00-4:00 D Mahjong Club	1:00-2:00 V American Pop Culture No class 3/3 & 3/24
1:30-3:00 D Individual Tech Help Class on 3/4 & 3/11 only	1:00-2:00 AUD Tap Dance	1:00-2:00 4TH FL CONF ROOM English Conversation Group	1:00-1:55 G Body Toning (Beginner)	12:00-12:30 S Sing-Along No class 3/15	1:00-4:00 D Learn to Play Rummikub	1:00-2:00 S Ping Pong (Advanced)
1:45-2:45 POOL Free Swim	1:00-3:00 S Chinese Folk Singing	12:45-2:15 V Sound Off: Current Events Discussion	1:00-3:00 D Learn to Play Canasta (Interm.)	12:00-12:45 POOL Watercize	1:00-4:00 D Knit and Crochet	1:00-2:30 D Individual Tech Help
2:00-4:00 D Scrabble	1:00-3:00 V Chinese Language Class	1:00-2:30 1ST FL CONF A Intermediate Spanish	1:00-3:30 S Knitting Circle	12:30-2:00 ART Painting	1:30-3:00 1ST FI CONF 1B Drop-In Technology Class: App Explore <i>See description on other side</i>	1:15-2:15 G Body Awareness/Learning Balance (Beginner)
3:00-5:00 S Sunday at the Movies 3/4: Man with the Golden Arm 3/11: Meet the Parents 3/18: Meet the Fockers 3/25: Definitely, Maybe	1:15-3:00 D Learn to Play Bridge (Intermediate)	1:00-3:00 S Art of the Word: Language as Art PRE-REGISTRATION REQUIRED	1:30-2:30 V German Beginner Level 2 PRE-REGISTRATION REQUIRED Last class 3/21	1:00-2:30 1ST FL CONF 1B Tech Workshops PRE-REGISTRATION REQUIRED	1:30-3:00 ART Wellness in Art	1:45-2:45 POOL Free Swim
3:15-4:00 G Flex & Stretch	2:15-3:00 POOL Free Swim	1:00-4:00 D Leisure Rummikub	1:30-3:00 ART Art & Creative Coping Skills	1:00-2:30 S Intermediate French	2:15-3:00 POOL Free Swim	2:00-4:00 V (NEW) Asian Art-Making 亞洲美術課 <i>See description on other side</i>
4:15-5:00 G Dance Aerobics	3:00-3:45 V Feldenkrais Method	1:00-4:00 D Mahjong Club	2:00-3:00 G Back Restore Yoga	1:00-4:00 D Leisure Rummikub	2:30-3:30 G Beginner Tai Chi	2:15 S Movie Screenings 3/3: Cinema Paradiso 3/10: Howard's End 3/17: Marie Antoinette 3/24: Anna Karenina 3/31: Special Program: 16mm Shorts (<i>description on other side</i>)
7:00-7:45 G Shape Up NYC Dance Fitness with translation in Spanish	3:15-4:30 1st FL CONF B Tech Lab	1:30-3:00 D Individual Tech Help	2:00-3:00 D (NEW) Adult Coloring	2:00-3:00 D Adult Coloring	3:00-4:15 V Creative Writing	6:30-7:45 D Game Night
	3:15-5:00 S Learn to Play Bridge (Advanced Intermediate)	2:00-3:00 G Advanced Tai Chi	2:15-3:00 POOL Free Swim	2:15-3:00 POOL Free Swim	3:15-4:30 1st FL CONF B Tech Lab	
	3:50-4:35 G Zumba	2:15-3:00 POOL Free Swim	2:45-3:45 1st FL CONF A Intermediate German PRE-REGISTRATION REQUIRED Last class 3/21	2:45-3:45 1st FL CONF A Intermediate German PRE-REGISTRATION REQUIRED Last class 3/22	3:00-5:00 S Painting Studio	
	4:00-5:00 V Intermediate Origami PRE-REGISTRATION REQUIRED	2:30-3:15 V Decluttering Support Group	2:45-4:15 V Beginner Spanish	2:45-4:45 S Mahjong Club	4:00-5:00 G Flamenco Dance	
	6:30-7:30 G Shape Up NYC: Introduction to Fitness Class on 3/19 & 3/26 only	2:30-4:00 1ST FL CONF A Advanced Beginner Spanish	3:00-4:30 4th FL CONF Music Trivia: Mind Body Soul No class 3/14	3:00-3:45 G Intermediate Tai Chi	6:00-7:00 D Individual Tech Help	
	6:45-7:45 S Ping Pong	3:00-4:00 G Intermediate Tai Chi	3:00-4:30 D Individual Tech Help	4:00-5:00 G Flamenco Dance	6:00-7:45 V Movie Night 3/2: CaddyShack 3/9: Willy Wonka & the Chocolate Factory 3/16: Suddenly 3/23: The Young Victoria 3/30: Bowie: The Man Who Changed the World	
	6:30-7:45 D Current Events Discussion	3:30-4:30 V Jazz Appreciation No class on 3/13	3:15-4:15 1st FL CONF 1B ESOL Tech Lab PRE-REGISTRATION REQUIRED	4:15-5:15 V (NEW) Circles of Care! Class on 3/1 & 3/15 only <i>See description on other side</i>	6:45-7:45 S Ping Pong (Beginner)	
		6:30-7:30 D Individual Tech Help	6:30-7:45 D Learn to Play Canasta (Begin.)	6:00-6:30 S Sing-Along No class 3/15		
		6:30-7:45 G Learn to Play Bridge PRE-REGISTRATION REQUIRED	6:45-7:30 V Karaoke	6:30-7:30 D Individual Tech Help No class 3/1		
				6:30-7:30 V Healing Meditation		



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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

MARCH TRIPS UPDATE: Members are selected by live lottery, which will happen on the day of the trip, 15 minutes before the bus departure time. For more information, ask for a flyer at the front desk.

Tuesdays, 10:30: Shopping Trips
Wednesdays, 12:30: Cultural Trips
Thursdays, 11:30: Shopping Trips
Fridays & Saturdays: Cultural Walking Trips (time varies, see flyer for details)

CULTURAL EVENTS

March 1, 6:30-7:30, D, Mannes School of Music: Students from the school's ESL program perform music for classical voice and violin.

March 4, 2:00-3:00, AUD, Sundays at 2: TWNY Teens Group: This group of talented local musicians plays classical music masterpieces.

March 11, 2:00-3:00, AUD, Second Sundays: Chris Ferris & Dancers: Chris Ferris & Dancers is known for its fearless action and elegant design. Fists pound the floor, bodies spiral with tactile awareness and the planes of raw space are rearranged again and again.

March 15, 2:00-4:00, D, Coffee & Canvas: Paint a beautiful picture on canvas that you can take home with step-by-step instructions.

March 18, 2:00-3:00, AUD, Sundays at 2: Mannes School of Music: Students from the school's ESL program perform music from the classical repertoire.

Dancing through the Decades, March 22, 10:00-11:00, Sun Room. This one-hour program invites you to show off your moves as we dance our way through popular songs of yesteryear. All mobility levels welcome! The program includes a brief educational piece on the cognitive benefits of dance. Between songs, test your knowledge with pop trivia and reminisce about the past!

March 25, 2:00-3:00, AUD, Sundays at 2: Lucidus Ensemble: This classical music ensemble features piano, clarinet, and more.

March 29, 12:45, D, Monthly Birthday Celebration, with Vocal Ease. This cabaret group returns to the Center to sing audience favorites and popular hits.

March 31, 2:00, S, 16mm Film Shorts, with John Froats. Learn about 16mm film and uncover hidden gems of cinema in this presentation and screening.

LEGAL SERVICES

LEGAL WORKSHOP: Landlord Buyouts, March 8, 4:15-5:00, Vista Room.

Healthcare Decision Making Workshop: Document Your Healthcare Wishes, March 23, 9:00 to 11:30, Sun Room. Meet one-on-one with volunteer attorneys from Dechert LLP to learn about healthcare decision documents including Health Care Proxies; Living Wills; Do Not Resuscitate (DNR) Orders; and Medical Orders for Life Sustaining Treatment (MOLST). There will be a presentation at 9:00. Individual appointments to execute Health Care Proxy and Living Will Documents will start at 10:00. Pre-registration is required for an individual appointment. For more information or to register for an appointment, please call Jessica Balboni at 212-218-0316.

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

AMBASSADOR PROGRAM WORKSHOP Join your fellow members in helping to create a more inclusive and welcoming environment for all at the Center! This self-directed group will meet on **March 15** from 11:00 to 1:00 in the Vista Room for a special training session. For more information, please contact Jessica Balboni at 212-218-0316.

New Classes Info Session, March 1, 11:30-12:30 Dining Room. Learn about new classes in this info session with staff member Kristina Bustos.

Discovering Your Wisdom through Life Review, March 9, 10:00-11:30, Sun Room Join this workshop led by Jessica Balboni to learn about Life Review—a powerful way for a person to reflect on the many stages of her or his life, and to achieve greater self-understanding. Jessica will provide an overview of Life Review, and invite those who are interested to participate in one-on-one sessions with Jessica. There will be a culminating activity where members share stories from their lives with an audience.

Contemporary Art and Culture (in English and Chinese), Saturdays, 9:00-10:00, Vista Room. In this interactive class led by Ariana Elezaj, we will discuss topics in contemporary art and culture.

Asian Art-Making, 亞洲美術課 Saturdays, 2:00-4:00, Vista Room. Explore Asian arts and crafts in this new class led by Alice Yang from the Asian American Writers' Workshop. Projects include studying the zodiac, making tarot cards, calligraphy, jewelry-making, and more! Class will be in English and Chinese.

ADULT EDUCATION CONTINUED

Getting into the Act: Community Engagement Programs, Information Session, March 14, 1:00-2:00, Sun Room. Share your creative talents with the community outside of the Center. We are looking for singers, dancers, actors, poets, writers, and more! We will be reaching out to schools, hospitals, libraries, assisted living homes, etc. to organize performances by our members at these different venues. Come learn how you can become involved in this exciting new community engagement initiative.

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, with Lauren Gordon. This support group is for anyone who acts as a caregiver to others. **Sessions on 3/14 & 3/28.**

Circles of Care! Thursdays, 4:15-5:15, Vista Room This new class, led by Susan Graves, LMSW, focuses on the importance of nurturing and building circles of care. How do we build support during life's transitions and navigate them with grace and ease? Exercises provide tips for more vibrant and secure aging. **Sessions on 3/1 & 3/15.**

HEALTH & WELLNESS

Individual Nutritional Consultations, March 5, 9:30-11:30, Vista Room, with registered dietician Vivian Wang. Pre-register at the front desk for a 30-minute individual nutritional consultation.

How to Communicate with Your Doctor, March 6, 10:00-11:00, Sun Room, with Joan Altman, BSN, RN, MPH, from Hospital for Special Surgery.

Nutrition Workshop: Limiting Sugar & Salt, March 12, 10:00-11:00, Vista Room, with Samantha Gitlin, registered dietician, Lenox Hill Hospital.

Nutrition in the Kitchen: Healthy Cooking Demonstration, March 14, 3:30-4:30, Center Kitchen, with Teaching Kitchen Chef Lynn Loflin.

Laughing Yoga, March 19 & 26, 10:00-11:00, Vista Room, with Jeannette Watson.

COMPUTERS & TECHNOLOGY

Tech Info Session: Monday, 3/26, 12:30-12:45, Vista Room. Find out what the computer and technology program offers and how it can help you with your computer interests or smartphone/tablet needs.

March Technology Workshops: Thursdays, 1:00-2:30 in First Floor Conference Room 1B. Registration is required. Please contact Lauren Bernstein at 212-218-0477 or adulthood@lenoxhill.org to enroll.

3/1 Accessibility Settings: iOS: Adapt your iPhone/iPad to your seeing/hearing needs.

3/8 Chrome Tips: Tips for using the very popular web browser, Google Chrome.

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

SPRING CLASSES/WORKSHOPS

Pick up a copy of the Spring Tech Catalog at the Center available early March. Registration begins Weds, 3/28, at 9:00am. Contact Lauren Bernstein at 212-218-0477 or adulthood@lenoxhill.org on 3/28 to enroll.

Drop-In Technology Class: App Explore, Fridays, 1:30-3:00, 1st Floor Conference Room 1B. Come try out a variety of mobile apps to enrich your daily life; see workshop catalog at front desk for weekly topics. Samsung tablets provided. Ends 3/16.

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, March 28, 2:30-4:00, Sun Room.

GENERAL MEMBERSHIP MEETING, March 28, 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.

TRANSPORTATION: 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