

# Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE  
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

MAY 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
<b>9:00-9:45 G</b> Total Body Exercise (Intermediate/Advanced) <b>No class 5/27</b>	<b>CENTER CLOSED ON 5/7 NO MEALS OR ACTIVITIES</b>	<b>CENTER CLOSED ON 5/8 NO MEALS OR ACTIVITIES</b>	<b>9:00-9:50 G</b> SAIL Exercise Program	<b>8:00-9:30 D</b> Free Books at the Bookstore	<b>10:30-11:15 G</b> Total Body Exercise (Intermediate) <b>No class 5/25</b>	<b>9:00-10:00 V</b> Musical Enjoyment (in English and Chinese)
<b>9:15-10:00 S</b> 中国太极拳 Tai Chi in Chinese	<b>8:00-9:30 D</b> Free Books at the Bookstore	<b>9:00-9:45 G</b> Total Body Exercise	<b>9:00-10:00 S</b> Words and Ideas to Inspire <b>No class 5/30</b>	<b>9:30-10:30 G Yoga</b> (All levels)	<b>11:30-12:30 D</b> Sharing Our Traditions Lunchtime Discussion	<b>9:00-10:00 G</b> Fitness Fusion Aerobic Exercise
<b>10:00-10:45 S</b> Qi Gong in Chinese and English	<b>9:00-9:45 G</b> Total Body Exercise (Advanced) <b>No class 5/28</b>	<b>9:00-11:00 S</b> Road to the Runway: Fashion	<b>10:15-11:15 S</b> Chinese Folk Dance	<b>10:00-11:00 D Theater Desk</b> 5/3 & 5/10	<b>12:00-12:45 S</b> Sing-Along	<b>9:30-11:00 S</b> English Conversation for Chinese Speakers
<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>No class 5/28</b>	<b>9:15-10:15 V</b> Still Life Drawing <b>No class 5/1</b>	<b>10:30-11:15 G</b> Total Body Exercise (Intermed.)	<b>10:15-11:00 V</b> Stress Management & Mindfulness	<b>12:45-1:45 G (NEW)</b> Circles of Life Support Group <i>See description on other side</i>	<b>12:00-12:30 V</b> Silent Film Club
<b>12:45-1:45 D</b> Bingo	<b>10:00-11:00 D</b> Adult Coloring	<b>10:00-11:00 G</b> Dahn Yoga	<b>10:30-11:30 V</b> Art Appreciation	<b>10:45-11:45 1ST FL CONF 1A</b> Beginner French Level 2 <b>PRE-REGISTRATION REQUIRED</b>	<b>1:00-2:30 V</b> Group Piano Class (Beginner 2) <b>PRE-REGISTRATION REQUIRED</b>	<b>12:45-3:00 D</b> Bridge
<b>1:00-2:00 G (NEW)</b> Gentle Yoga and Meditation (All Levels)	<b>10:00-11:00 V</b> Laughing Yoga <b>5/14 &amp; 5/21 only</b>	<b>10:15-11:15 D</b> Blood Pressure Monitoring & Health Q & A with Medical Residents	<b>12:00-12:30 S</b> Sing-Along	<b>11:00-11:30 S</b> Silent Film Club	<b>1:00-2:30 S</b> Watercolor Painting	<b>1:00-2:00 V</b> American Pop Culture
<b>1:00-3:00 V (NEW ROOM)</b> Bridge	<b>10:15-11:00 S</b> Rusk Institute Horticultural Program (5/14 only)	<b>12:00-12:45 POOL</b> Arthritis Foundation Aquatics	<b>1:00-1:55 G</b> Body Toning (Beginner)	<b>11:10-12:15 V</b> Support Group: Strategies for Living w/Low Vision (5/17 only)	<b>1:00-2:30 S</b> Women in Film	<b>1:00-2:00 S</b> Ping Pong (Advanced)
<b>1:00-4:00 D</b> Mahjong Club	<b>12:00-12:30 S</b> Sing-Along	<b>12:00-1:30 ART</b> Foundations in 3D Art	<b>1:00-2:30 V</b> Beginner Digital Photography <b>PRE-REGISTRATION REQUIRED</b>	<b>12:00-12:30 S</b> Sing-Along	<b>1:00-3:00 D (NEW)</b> Individual Tech Help	<b>1:00-2:30 D</b> Individual Tech Help
<b>1:30-3:00 D</b> Individual Tech Help <b>Class on 5/6 &amp; 5/13 only</b>	<b>1:00-1:45 G</b> Pilates ( <b>No class 5/28</b> )	<b>12:15-1:00 D (NEW TIME)</b> Sing-Along	<b>1:00-3:00 S</b> Beading <b>Class on 5/9 &amp; 5/23 only</b>	<b>12:00-12:45 POOL</b> Watercize	<b>1:00-3:00 D (NEW)</b> Individual Tech Help	<b>1:15-2:15 G</b> Body Awareness/Learning Balance (Beginner)
<b>1:45-2:45 POOL</b> Free Swim	<b>1:00-3:00 V</b> Chinese Language Class	<b>12:45-2:15 V</b> Sound Off: Current Events	<b>1:00-3:30 S</b> Knitting Circle	<b>12:30-2:00 ART</b> Painting	<b>1:00-4:00 D</b> Mahjong Club	<b>1:45-2:45 POOL</b> Free Swim
<b>2:00-4:00 D</b> Scrabble	<b>1:15-3:00 D</b> Learn to Play Bridge (Intermediate)	<b>1:00-2:00 AUD</b> Tap Dance	<b>1:30-2:30 1st FL CONF A</b> German Beginner Level 2 <b>PRE-REGISTRATION REQUIRED</b>	<b>1:00-2:00 V (NEW TIME)</b> Women in Film	<b>1:00-4:00 D</b> Learn to Play Rummikub	<b>2:00-4:00 V</b> Asian Art-Making 亞洲美術課
<b>3:00-5:00 S</b> Sunday at the Movies 5/6: History Is Made at Night 5/13: The Southerner 5/20: The Front Page 5/27: The Stranger	<b>2:15-3:00 POOL</b> Free Swim <b>No class 5/28</b>	<b>1:00-2:00 4TH FL CONF ROOM</b> English Conversation Group	<b>2:05-3:05 G</b> Back Restore Yoga	<b>1:00-2:30 S</b> Intermediate French	<b>1:00-4:00 D</b> Knit and Crochet	<b>2:15 S</b> Movie Screenings 5/5: The Strange Love of Martha Ivers 5/12: That Hamilton Woman 5/19: Dallas Buyers Club 5/26: Cold Mountain
<b>3:15-4:00 G</b> Flex & Stretch	<b>3:00-3:45 V</b> Feldenkrais Method <b>No class 5/28</b>	<b>1:00-2:30 1ST FL CONF A</b> Intermediate Spanish	<b>2:15-3:00 POOL</b> Free Swim	<b>1:00-4:00 D</b> Leisure Rummikub	<b>1:30-3:00 1ST FL CONF 1B</b> Tech Workshops <b>PRE-REGISTRATION REQUIRED</b>	<b>2:15-3:00 POOL</b> Free Swim
<b>4:15-5:00 G</b> Dance Aerobics	<b>3:00-3:45 G</b> Total Body Exercise <b>No class 5/28</b>	<b>1:00-4:00 D</b> Mahjong Club	<b>2:45-3:45 1st FL CONF A</b> Intermediate German <b>PRE-REGISTRATION REQUIRED</b>	<b>1:00-4:00 D</b> Mahjong Club	<b>2:00-3:00 G</b> Advanced Tai Chi	<b>2:30-3:30 G</b> Beginner Tai Chi <b>No class 5/18</b>
<b>7:00-7:45 G</b> Shape Up NYC Dance Fitness with translation in Spanish	<b>3:00-5:00 S (NEW TIME)</b> Chinese Folk Singing	<b>1:30-3:00 D</b> Individual Tech Help	<b>2:45-4:15 V</b> Beginner Spanish	<b>1:30-3:00 D</b> Individual Tech Help	<b>2:45-4:45 D (NEW ROOM)</b> Mahjong Club	<b>3:00-4:15 V</b> Creative Writing
	<b>3:15-4:30 1st FL CONF B</b> Tech Lab	<b>2:00-3:00 G</b> Advanced Tai Chi	<b>3:00-4:30 D</b> Individual Tech Help	<b>3:00-4:30 D (NEW)</b> Intergenerational Crafts Project <i>See description on other side</i>	<b>3:00-3:45 G</b> Intermediate Tai Chi	<b>3:15-4:30 1st FL CONF B</b> Tech Lab
	<b>3:15-5:00 D (NEW ROOM)</b> Learn to Play Bridge (Advanced Intermediate)	<b>2:15-3:00 POOL</b> Free Swim	<b>3:00-4:15 D (NEW)</b> Intergenerational Crafts Project <i>See description on other side</i>	<b>3:30-5:00 S (NEW)</b> Landscapes (Real & Imagined) <b>PRE-REGISTRATION REQUIRED</b> <b>Class on 5/3, 5/10, &amp; 5/17 only</b> <i>See description on other side</i>	<b>3:00-5:00 S</b> Painting Studio	<b>3:00-5:00 S</b> Painting Studio
	<b>3:50-4:35 G</b> Zumba <b>No class 5/28</b>	<b>2:30-3:15 V</b> Decluttering Support Group	<b>4:00-4:45 S (NEW)</b> Songwriting Workshop <i>See description on other side</i> <b>No class 5/30</b>	<b>4:00-5:30 G (NEW)</b> Moving Onward <b>PRE-REGISTRATION REQUIRED</b> <i>See description on other side</i>	<b>4:00-5:00 G</b> Flamenco Dance	<b>4:00-5:00 G</b> Flamenco Dance
	<b>4:00-5:00 V</b> Beginning Origami	<b>2:30-4:00 1ST FL CONF A</b> Advanced Beginner Spanish	<b>4:00-5:00 G (NEW DAY)</b> Flamenco Dance	<b>4:00-5:30 G (NEW)</b> Moving Onward <b>PRE-REGISTRATION REQUIRED</b> <i>See description on other side</i>	<b>6:00-7:00 D</b> Individual Tech Help	<b>6:00-7:00 D</b> Individual Tech Help
	<b>6:30-7:30 G</b> Shape Up NYC: Introduction to Fitness ( <b>No class 5/28</b> )	<b>3:00-4:00 G</b> Intermediate Tai Chi	<b>6:30-7:45 D</b> Learn to Play Canasta (Begin.)	<b>4:15-5:15 V</b> Circles of Care! (5/17 only)	<b>6:00-7:45 V</b> Movie Night 5/4: The Truman Show 5/11: The Bucket List 5/18: Being Flynn 5/25: No Reservations	<b>6:00-7:45 V</b> Movie Night 5/4: The Truman Show 5/11: The Bucket List 5/18: Being Flynn 5/25: No Reservations
	<b>6:30-7:30 D</b> Individual Tech Help <b>No class 5/14 &amp; 5/28</b>	<b>3:15-4:30 1st FL CONF B</b> Drop-In Tech Class: Web Explore <i>See description on other side</i>	<b>6:45-7:30 V</b> Karaoke	<b>6:00-6:30 S</b> Sing-Along	<b>6:45-7:45 S</b> Ping Pong (Beginner)	<b>6:45-7:45 S</b> Ping Pong (Beginner)
	<b>6:45-7:45 S</b> Ping Pong	<b>3:30-4:30 V</b> Jazz Appreciation <b>No class 5/29</b>		<b>6:30-7:30 D</b> Individual Tech Help		
	<b>6:30-7:45 D</b> Current Events Discussion	<b>6:30-7:45 G</b> Learn to Play Bridge <b>PRE-REGISTRATION REQUIRED</b>		<b>6:45-7:45 G</b> Dance Club		



LENOX HILL  
NEIGHBORHOOD HOUSE  
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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  
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

MAY 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.

## TRIP LOTTERY

**Eleanor's Outing Trip: *Giselle*, American Ballet Theater at Lincoln Center, May 16, 2:00 (20 spots, no bus)**

Lottery for the Eleanor's Outings trip will take place **April 30, 8am to 8pm, and May 1, 8am to 4pm**. Results will be posted on the bulletin board by May 2. For all other trips, a live lottery will happen on the day of the trip 15 minutes before the bus departure time. Visit the Front Desk for more information.

**Tuesdays, 10:30:** Shopping Trips  
**Wednesdays, 12:30:** Cultural Trips  
**Thursdays, 11:30:** Shopping Trips

## CULTURAL EVENTS

**May 4, 4:30-5:00, V, Classical Piano Performance**, by Julianne Huang

**May 6, 2:00-3:00, AUD, Sundays at 2: Mannes School of Music**, with classical violin and piano students from the school's ESL program.

**May 10, 12:45-1:45, D, Center's Got Talent:** Pre-register at the Front Desk to perform!

**May 13, 2:00-3:00, AUD, Sundays at 2: Audrey Silver**, jazz vocalist.

**May 17, 2:00-4:00, Dining Room, Coffee and Canvas.** Paint a beautiful picture on canvas that you can take home.

**May 20, 2:00-3:00, AUD, Sundays at 2: Lucidus Ensemble**, celebrating National Chamber Music Month with violinists Pei-Wen Liao and Michelle Painter, clarinetist Yi-Chuan Chen, and pianist Jin-Ok Lee.

**May 25, 4:30-5:00, V, Classical Piano Performance**, by Julianne Huang

**May 27, 2:00-3:00, AUD, Sundays at 2: Harkness Dance Kids Troupe**

**May 29, 3:00-4:00, V, Guided Listening & Discussion: Stravinsky's The Rite of Spring**, with Rebecca Sullivan. On the 105th anniversary of its premiere, learn more about the orchestral piece that remains one of the most important in music and cultural history.

**May 31, 12:45, D, Monthly Birthday Celebration, Carnegie Ensemble Connect**, interactive classical music concert.

## ADULT EDUCATION

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

**Ambassador Program Training Workshop, May 3, 11:00-1:00, Vista Room.** The ambassador program empowers Center members to take on the important role of hosts, welcoming new members. This training will provide you with the skills to give an overview of the Center and its many programs and services, as well as help new members feel welcomed! Lunch served.

**Bracelet-Making Workshop, May 3, 10, and 17, 2:30-4:00, Vista Room**, with Aurora D'Aurora. Create your own bracelet with multicolored beads and memory wire. No experience necessary, all materials provided.

**Landscapes (Real and Imagined), May 3, 10, and 17, 3:30-5:00, Sun Room.** How do we relate to the places and spaces around us? In conjunction with exhibits at the Whitney Museum, explore the ways in which we look at landscapes in our everyday life. Through photography and drawing we will create views of spaces familiar to us. Visit the Front Desk for more information and to preregister.

**Moving Onward: Your Work, Your Money, Your Life, May 10, 17, 24, and 31, 4:00-5:30, Garden Room.** Leverage your talents, interests, and experience to create your next chapter to satisfying work and financial well-being. Visit the Front Desk for more information and to preregister.

**Mandala-Making Workshop, May 16, 4:30-5:30, Vista Room**, with Ariana Elezaj and students from Middle School 77.

**Songwriting Workshop, Wednesdays, 4:00-4:45, Sun Room.** Learn how to write, edit, and produce your own music in this class with singer-songwriter Arlenys Ceballos.

**Intergenerational Crafts Project, Wednesdays in May, 3:00-4:15, Dining Room**, with Ariana Elezaj. In this workshop series, you will interact with highschool students who will join you in creating hand-made crafts to decorate the Center.

**ESOL Tech Lab, Thursdays through June 17, 1ST FL CONF 1B.** Practice lab for students of Beginner and High Beginner ESOL.

**English Speaking/Pronunciation, Fridays through June 18, 3:00-4:00, 1st FL CONF 1A.** Speaking skills and pronunciation tips for English learners.

## 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, 10:30-11:15, 1ST FL CONF E**, with Lauren Gordon. This support group is for anyone who acts as a caregiver to others. **Sessions on 5/9 & 5/23.**

**Circles of Life Support Group, Fridays, 12:45-1:45, Garden Room**, with Jessica Balboni and Susan Graves. This is an open discussion forum to touch upon losses, grief, or challenging aspects of living. During the last session of each month, we will celebrate the lives of members of our community who may have passed away during that month.

## LEGAL SERVICES

**LEGAL WORKSHOP: Home Care: What Are Your Options?, May 10, 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**.

## HEALTH & WELLNESS

**Laughing Yoga, Mondays, May 14 and 21, 10:00-11:00, Vista Room**, with Jeannette Watson. This unique routine combines group laughter exercises with yoga breathing.

**Osteoporosis and Bone Health, May 15, 10:00-11:00, Sun Room**, with Joan Altman, BSN, RN, MPH, from Hospital for Special Surgery. What is osteoporosis? Learn about the developmental bone cycle as well as risks, prevention, and treatment.

**Essentrics Workshop, May 21, 2:00-2:45, Garden Room**, with Diane Jacobowitz from Dancewave. This full-body workout strengthens and lengthens the body, improving posture and increasing flexibility.

**Bite of Spring Cooking Demo, May 22, 10:00-11:00, Sun Room.** With Grow NYC and Rebecca Sullivan. Learn easy ways to prepare and enjoy local spring produce!

**The Practice of Presence, May 25, 2:00-3:30, Garden Room, with Patty de Llosa.** Is it really possible to get a fresh start in life? Yes, we can, starting wherever we are, and without changing our external conditions. Drawing from the great traditions of east and west, we will study ways to harmonize our thoughts, emotions, and bodies as we develop balance and calm centeredness.

## COMPUTERS & TECHNOLOGY

### SPRING CLASSES/WORKSHOPS

Spring iPhone/iPad workshops are Thursdays 1:30-3:00 in 1st FL CONF 1B. Pick up a tech catalog at the front desk for details. Contact Lauren Bernstein at 212-218-0477 or [adulthood.org](http://adulthood.org) to enroll.

We are also now offering TWO drop-in classes:

**Web Explore, Tuesdays, 3:15-4:30 (10 computers provided)**  
5/1 NYP Library, 5/8 Craigslist, 5/15 Facebook, 5/22 Meetup.com, 5/29 Streeteasy

**App Explore, Fridays 1:30-3:00 (10 tablets provided)**  
5/4 VSCO Camera, 5/11 NYC 311, 5/18 Pandora, 5/25 Twitter

NO registration for drop-in classes—check out fun and practical internet sites and apps! Contact Sara Woodson with questions: [swoodson@lenoxhill.org](mailto:swoodson@lenoxhill.org) or 212-218-0491.

## 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, May 30, 2:30-4:00, Sun Room.**

**GENERAL MEMBERSHIP MEETING, May 30 4:00-5:00, Sun Room.**

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

### TRANSPORTATION

Members may call Project CART at 212-956-0855 to arrange free individual and group trips.

### CENTER CLOSED MAY 7 AND MAY 8:

The Center will be closed on **Monday, May 7, and Tuesday, May 8**, for maintenance and deep cleaning. All meals and classes will be cancelled on those days.

343 East 70th Street  
New York, NY 10021  
(212) 218-0319  
[www.lenoxhill.org](http://www.lenoxhill.org)  
[center@lenoxhill.org](mailto:center@lenoxhill.org)

Open Everyday  
8 AM – 8 PM