

# Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE  
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

JUNE 2018

## Room Key

CENTER

**D:** Dining  
**G:** Garden  
**I:** Interview Room  
**S:** Sun  
**V:** Vista

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 9:15-12:30 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   |
|---|---|--|--|--|--|---|
| <p><b>9:00-9:45 G</b><br/>Total Body Exercise (Intermediate/Advanced)</p> <p><b>9:15-10:00 S</b><br/>中国太极拳<br/>Tai Chi in Chinese</p> <p><b>10:00-10:45 S</b><br/>Qi Gong in Chinese and English</p> <p><b>10:15-11:00 G</b><br/>Super Fit (Advanced)</p> <p><b>12:45-1:45 D</b><br/>Bingo</p> <p><b>1:00-2:00 G</b><br/>Gentle Yoga and Meditation (All Levels)</p> <p><b>1:00-3:00 V</b><br/>Bridge</p> <p><b>1:00-4:00 D</b><br/>Mahjong Club</p> <p><b>1:45-2:45 POOL</b><br/>Free Swim</p> <p><b>2:00-4:00 D</b><br/>Scrabble</p> <p><b>3:00-5:00 S</b><br/>Sunday at the Movies<br/>6/3: My Left Foot<br/>6/10: Like Water for Chocolate<br/>6/17: Easy Virtue<br/>6/24: Summertime</p> <p><b>3:15-4:00 G</b><br/>Flex &amp; Stretch</p> <p><b>4:15-5:00 G</b><br/>Dance Aerobics<br/><b>No class 6/3</b></p> <p><b>6:45-7:45 S (NEW)</b><br/>Ping Pong (Beginner)</p> <p><b>7:00-7:45 G</b><br/>Shape Up NYC Dance Fitness with translation in Spanish</p> | <p><b>8:00-9:30 D</b><br/>Free Books at the Bookstore</p> <p><b>9:00-9:45 G</b><br/>Total Body Exercise (Advanced)</p> <p><b>10:00-11:00 G</b><br/>SAIL Exercise Program<br/><b>PRE-REGISTRATION REQUIRED</b></p> <p><b>10:00-11:00 V</b><br/>Laughing Yoga<br/><b>6/4, 6/11, &amp; 6/18</b></p> <p><b>10:15-11:00 S</b><br/>Rusk Institute Horticultural Program (<b>6/4 only</b>)</p> <p><b>12:00-12:30 S</b><br/>Sing-Along</p> <p><b>1:00-1:45 G</b><br/>Pilates<br/><b>Last class 6/18</b></p> <p><b>1:00-3:00 S (NEW TIME)</b><br/>Chinese Folk Singing</p> <p><b>1:00-3:00 V</b><br/>Chinese Language Class</p> <p><b>1:15-3:00 D</b><br/>Learn to Play Bridge (Intermediate)</p> <p><b>2:15-3:00 POOL</b><br/>Free Swim</p> <p><b>3:00-3:45 V</b><br/>Feldenkrais Method</p> <p><b>3:00-3:45 G</b><br/>Total Body Exercise</p> <p><b>3:15-4:30 1st FL CONF B</b><br/>Tech Lab</p> <p><b>3:15-5:00 D</b><br/>Learn to Play Bridge (Advanced Intermediate)</p> <p><b>3:50-4:35 G</b><br/>Zumba</p> <p><b>4:00-5:00 V</b><br/>Origami</p> <p><b>6:30-7:30 G</b><br/>Shape Up NYC: Introduction to Fitness</p> <p><b>6:30-7:30 D</b><br/>Individual Tech Help</p> <p><b>6:45-7:45 S</b><br/>Ping Pong</p> <p><b>6:30-7:45 D</b><br/>Current Events Discussion</p> | <p><b>CENTER CLOSED ON 6/26<br/>NO MEALS OR ACTIVITIES</b></p> <p><b>9:00-9:45 G</b><br/>Total Body Exercise</p> <p><b>9:00-11:00 S</b><br/>Road to the Runway: Fashion</p> <p><b>10:00-11:00 G</b><br/>Dahn Yoga</p> <p><b>10:15-11:15 D</b><br/>Blood Pressure Monitoring &amp; Health Q &amp; A with Medical Residents</p> <p><b>12:00-12:45 POOL</b><br/>Arthritis Foundation Aquatics</p> <p><b>12:00-1:30 ART</b><br/>Foundations in 3D Art<br/><b>Last class 6/19</b></p> <p><b>12:15-1:00 D</b><br/>Sing-Along</p> <p><b>12:45-2:15 V</b><br/>Sound Off: Current Events</p> <p><b>1:00-2:00 AUD</b><br/>Tap Dance (<b>Last class 6/19</b>)</p> <p><b>1:00-2:00 4TH FL CONF ROOM</b><br/>English Conversation Group</p> <p><b>1:00-2:30 1ST FL CONF A</b><br/>Intermediate Spanish<br/><b>Last class 6/19</b></p> <p><b>1:00-3:00 S</b><br/>Art of the Word: Language as Art<br/><b>PRE-REGISTRATION REQUIRED</b><br/><b>Last class 6/19</b></p> <p><b>1:00-4:00 D</b><br/>Leisure Rummikub</p> <p><b>1:00-4:00 D Mahjong Club</b></p> <p><b>2:00-3:00 G</b> Advanced Tai Chi<br/><b>No class 6/19</b></p> <p><b>2:15-3:00 POOL</b><br/>Free Swim</p> <p><b>2:30-3:15 V</b><br/>Decluttering Support Group</p> <p><b>2:30-4:00 1ST FL CONF A</b><br/>Advanced Beginner Spanish<br/><b>Last class 6/19</b></p> <p><b>3:00-4:00 G</b> Intermediate Tai Chi<br/><b>No class 6/19</b></p> <p><b>3:30-4:30 V</b><br/>Jazz Appreciation</p> <p><b>6:30-7:45 G</b><br/>Learn to Play Bridge<br/><b>PRE-REGISTRATION REQUIRED</b></p> | <p><b>9:00-9:50 G</b><br/>SAIL Exercise Program</p> <p><b>10:15-11:15 S</b><br/>Chinese Folk Dance</p> <p><b>10:30-11:15 G</b><br/>Total Body Exercise (Intermed.)</p> <p><b>10:30-11:30 V</b><br/>Art Appreciation</p> <p><b>12:00-12:30 S</b><br/>Sing-Along</p> <p><b>1:00-1:55 G</b><br/>Body Toning (Beginner)</p> <p><b>1:00-3:00 S</b><br/>Beading<br/><b>6/6 &amp; 6/20 only</b></p> <p><b>1:00-3:30 S</b><br/>Knitting Circle</p> <p><b>1:30-2:30 1st FL CONF A</b><br/>German Beginner Level 2<br/><b>PRE-REGISTRATION REQUIRED</b></p> <p><b>2:05-3:05 G</b><br/>Back Restore Yoga<br/><b>Last class 6/27</b></p> <p><b>2:15-3:00 POOL</b><br/>Free Swim</p> <p><b>2:45-3:45 1st FL CONF A</b><br/>Intermediate German<br/><b>PRE-REGISTRATION REQUIRED</b></p> <p><b>2:45-3:45 D</b><br/>Intergenerational Crafts Project</p> <p><b>2:45-4:15 V</b><br/>Beginner Spanish<br/><b>Last class 6/27</b></p> <p><b>4:00-4:45 S</b><br/>Songwriting Workshop</p> <p><b>4:00-5:00 G</b><br/>Flamenco Dance</p> <p><b>6:30-7:30 D (NEW)</b><br/>Individual Tech Help<br/><b>6/6 &amp; 6/20 only</b></p> <p><b>6:30-7:45 D</b><br/>Learn to Play Canasta (Begin.)</p> <p><b>6:45-7:30 V</b><br/>Karaoke</p> | <p><b>8:00-10:30 D (NEW TIME)</b><br/>Free Books at the Bookstore</p> <p><b>9:30-10:30 G</b><br/>Yoga (All levels)</p> <p><b>10:15-11:00 V</b> Stress Management &amp; Mindfulness</p> <p><b>10:45-11:45 1ST FL CONF 1A</b><br/>Beginner French Level 2<br/><b>PRE-REGISTRATION REQUIRED</b><br/><b>Last class 6/14</b></p> <p><b>11:00-11:30 S</b><br/>Silent Film Club</p> <p><b>11:10-12:15 V</b><br/>Support Group: Strategies for Living w/Low Vision</p> <p><b>12:00-12:30 S</b><br/>Sing-Along</p> <p><b>12:00-12:45 POOL</b><br/>Watercize</p> <p><b>12:30-2:00 ART</b><br/>Painting<br/><b>Last class 6/21</b></p> <p><b>1:00-2:30 S</b><br/>Intermediate French</p> <p><b>1:00-4:00 D</b><br/>Leisure Rummikub</p> <p><b>2:00-3:00 G</b><br/>Advanced Tai Chi<br/><b>No class 6/21</b></p> <p><b>2:00-3:00 AUD</b><br/>Ballet for Balance &amp; Strength<br/><b>Last class 6/14</b></p> <p><b>2:15-3:00 POOL</b><br/>Free Swim</p> <p><b>2:45-4:45 D</b><br/>Mahjong Club</p> <p><b>3:00-3:45 G</b><br/>Intermediate Tai Chi<br/><b>No class 6/21</b></p> <p><b>4:15-5:15 V</b><br/>Circles of Care! (<b>6/21 only</b>)</p> <p><b>5:30-6:00 S (NEW TIME)</b><br/>Sing-Along</p> <p><b>6:30-7:30 D</b><br/>Individual Tech Help<br/><b>No class 6/14 &amp; 6/21</b></p> <p><b>6:30-7:30 V</b><br/>Healing Meditation</p> <p><b>6:45-7:45 G</b><br/>Dance Club</p> | <p><b>10:30-11:15 G</b><br/>Total Body Exercise (Intermediate)</p> <p><b>11:30-12:30 D</b><br/>Sharing Our Traditions<br/>Lunchtime Discussion</p> <p><b>12:00-12:45 S</b><br/>Sing-Along<br/><b>Last class 6/15</b></p> <p><b>12:45-1:45 G</b><br/>Circles of Life Support Group<br/><i>See description on other side</i></p> <p><b>1:00-2:30 V</b><br/>Group Piano Class (Beginner 2)<br/><b>PRE-REGISTRATION REQUIRED</b><br/><b>Last class 6/15</b></p> <p><b>1:00-2:30 S</b><br/>Watercolor Painting</p> <p><b>1:00-4:00 D</b><br/>Mahjong Club</p> <p><b>1:00-4:00 D</b><br/>Learn to Play Rummikub</p> <p><b>1:00-4:00 4TH FL CONF</b><br/>Knit and Crochet</p> <p><b>2:15-3:00 POOL</b><br/>Free Swim</p> <p><b>2:30-3:30 G</b><br/>Beginner Tai Chi</p> <p><b>3:00-4:15 V</b><br/>Creative Writing</p> <p><b>3:15-4:30 1st FL CONF B</b><br/>Tech Lab</p> <p><b>3:00-5:00 S</b><br/>Painting Studio</p> <p><b>4:00-5:00 G</b><br/>Flamenco Dance</p> <p><b>6:00-7:45 V</b><br/>Movie Night<br/>6/1: Moon<br/>6/8: The Water Boy<br/>6/15: Must Love Dogs<br/>6/22: Next<br/>6/29: License to Wed</p> <p><b>6:45-7:45 S</b><br/>Ping Pong (Beginner)</p> | <p><b>9:00-10:00 G</b><br/>Fitness Fusion Aerobic Exercise</p> <p><b>9:30-11:00 S</b><br/>English Conversation for Chinese Speakers</p> <p><b>10:00-11:00 V(NEW)</b><br/>Intermediate Bridge<br/><b>PRE-REGISTRATION REQUIRED</b><br/><i>See description on other side</i></p> <p><b>12:00-12:30 V</b><br/>Silent Film Club<br/><b>No class 6/2</b></p> <p><b>12:45-3:00 D</b> Bridge</p> <p><b>1:00-2:00 V</b><br/>American Pop Culture<br/><b>No class 6/2</b></p> <p><b>1:00-2:00 S</b><br/>Ping Pong (Advanced)</p> <p><b>1:00-2:30 D</b><br/>Individual Tech Help</p> <p><b>1:15-2:15 G</b><br/>Body Awareness/Learning Balance (Beginner)</p> <p><b>1:45-2:45 POOL</b><br/>Free Swim</p> <p><b>2:00-4:00 V</b><br/>Asian Art-Making 亞洲美術課<br/><b>Last class 6/30</b></p> <p><b>2:15 S</b> Movie Screenings<br/>6/2: The Strange Love of Martha Ivers<br/>6/9: The Duchess<br/>6/16: Tinker Taylor Soldier Spy<br/>6/23: People Like Us<br/>6/30: Mama Mia!</p> <p><b>6:30-7:45 D</b><br/>Game Night</p> |



LENOX HILL  
NEIGHBORHOOD HOUSE  
CENTER @ LENOX HILL  
NEIGHBORHOOD HOUSE

*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

JUNE 2018

## Room Key

CENTER

**D:** Dining  
**G:** Garden  
**I:** Interview Room  
**S:** Sun  
**V:** Vista

331 EAST 70<sup>TH</sup>

**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: *Romeo and Juliet*, American Ballet Theater at Lincoln Center, June 13, 2:00 (20 spots, no bus)**

Lottery for the Eleanor's Outings trip will take place **June 4, 8am to 8pm, and June 5, 8am to 4pm**. Results will be posted on the bulletin board by June 6. 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

**June 1, 4:30-5:00, V, Classical Piano Performance**, by Julianne Huang

**June 3, 2:00-3:00, AUD, Sundays at 2: Performance with Center Members and Hunter High School Students.** Join a joyous celebration of the Center community as they sing, dance, give a fashion show and perform tai chi together! Students from Hunter High School Choir will be performing with members.

**June 10, 2:00-3:00, AUD, Sundays at 2: Music and Dance at 5th Dimension**, dance and music performance by young performers.

**June 14, 12:45-1:45, D, Center's Got Talent:** Pre-register at the Front Desk to perform!

**June 15, 1:00-2:15, D, Special Concert with students from Hunter College High School.**

**June 19, 2:00-3:00, S, Art of the Word Final Art Show and Reception.** View works by members of the visual arts class Art of the Word: Language as Art. Refreshments served.

**June 21, 2:00-3:00, AUD, Spring Dance Showcase.** Members of the Center's Flamenco, Tap, Tai Chi, Ballet, and Chinese Folk Dance will perform in this showcase.

**June 23, 2:45, D, Nick Cave Art Show at Park Avenue Armory.** Meet at the Center as a group and walk to this nearby gallery to view Nick Cave's innovative art exhibition. Complimentary tickets are available for up to 20 people. Preregister at the front desk, first come, first served.

**June 28, 12:45, D, Monthly Birthday Celebration**, music by a jazz trio from Special Audiences and Musicians.

## ADULT EDUCATION

**New Classes Info Session, June 5, 11:30-12:30 Dining Room.** Learn about new classes in this info session with staff member Kristina Bustos.

**How to Get a Job: Resume, Cover Letter, and Interview Prep, June 11, 10:00-11:00, Sun Room**, with Dr. Joan Rodman Smoller, PhD, Columbia University. Hear a presentation on how to write a targeted resume, an attention-getting cover letter, and how to interview successfully. A Q&A session will follow.

**Intermediate Bridge, Saturdays, 10:00-11:00, Vista Room**, with Joanne Theil. Preregister at the front desk to learn intermediate techniques and strategies in bridge.

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

## 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**.

## 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 6/6 & 6/20.**

**A Surprising Bullying Battlefield: Senior Centers, June 14, 3:30-4:30, Vista Room**, with Susan Graves. Get a better understanding of how bullying and aspects of bullying may show up in our community. Let's brainstorm on identification, prevention, and coping strategies to create more safe, harmonious, and peaceful communities in our lives.

**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.

## HEALTH & WELLNESS

**Healthy Eating Talk, June 1, 10:30-11:30, Vista Room**, with Meghan Reed, registered dietician, Northwell.

**Nutrition in the Kitchen, June 7, 3:30-4:30, Center Kitchen**, with Teaching Kitchen Chefs Evelyn Garcia and Lynn Loflin. We will prepare a summer salad with cucumbers, green peas, and wheatberries with a lemon basil vinaigrette and we'll discuss the nutrients in summer vegetables.

**Laughing Yoga, Mondays, June 4, 11 and 18, 10:00-11:00, Vista Room**, with Jeannette Watson. This unique routine combines group laughter exercises with yoga breathing.

**SAIL preregistration is now open.** Join the next 3-month session of evidence-based fitness program SAIL: Stay Active and Independent for Life. Class meets on Monday and Wednesday mornings starting July 9. See the front desk for additional information and to preregister.

**Save the Date: Free Health Screenings with NYU.** July 10, 3:00 to 5:00pm, and July 12, 9:30-11:30am. Preregister at the front desk for free memory, hearing, and swallowing screenings.

## COMPUTERS & TECHNOLOGY

**Final Spring Drop-In Class: App Explore, June 1, 1:30-3:00, 1ST FL CONF 1B.** Learn how to use the Kindle App for book reading on mobile devices. 10 tablets provided, no registration necessary.

**Tech Program Info Session, June 26, 12:45pm-1pm, Garden Room.** Discover which classes will fit your needs in this short information session.

### SUMMER CLASSES/WORKSHOPS

Classes begin the week of July 9 and last 8 weeks. Register starting June 27 at 9:00 am by phone or email only. Contact Lauren Bernstein at 212-218-0477 or [adulted@lenoxhill.org](mailto:adulted@lenoxhill.org) to enroll.

Classes will include: Beyond Basics, Internet Safety, Intro to Tablets.

Workshops will include: LinkedIn, Android Tips, iPhone Texting, and more.

Pick up a tech catalog at the Center for summer details!

## 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.

### TRANSPORTATION

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

### CENTER CLOSED TUESDAY, JUNE 26:

The Center will be closed on, **Tuesday, June 26**, for federal primary elections. All meals and classes will be cancelled on this day.

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