

Weekly Activity Calendar



LENOX HILL NEIGHBORHOOD HOUSE
CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

JULY 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
9:00-9:45 G Total Body Exercise (Intermediate/Advanced) No class 7/1	8:00-9:30 D Free Books at the Bookstore	9:00-9:45 G Total Body Exercise	9:00-9:50 G SAIL Exercise Program PRE-REGISTRATION REQUIRED Begins 7/11	8:00-10:30 D Free Books at the Bookstore	10:00-12:00 V (NEW) Tech Lab	8:00-9:30 D Bookstore
9:15-10:00 S 中国太极拳 Tai Chi in Chinese	9:00-9:45 G Total Body Exercise (Advanced)	9:00-11:00 S Road to the Runway: Fashion	10:15-11:15 S Chinese Folk Dance	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
10:00-10:45 S Qi Gong in Chinese and English	10:00-11:00 G SAIL Exercise Program PRE-REGISTRATION REQUIRED Begins 7/9 <i>See description on other side</i>	10:00-11:00 G Dahn Yoga No class 7/3	10:30-11:15 1ST FL CONF D Caregiver Support Group 7/11 & 7/25 only	10:15-11:00 V Stress Management & Mindfulness	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) No class 7/1	10:00-12:00 V (NEW) Tech Lab Begins 7/9	10:15-11:15 D Blood Pressure Monitoring & Health Q & A with Medical Residents	10:30-11:15 G Total Body Exercise (Intermed.) No class 7/4	11:00-11:30 S Silent Film Club	1:00-2:00 G (NEW TIME) Aging Gracefully Support Group <i>See description on other side</i>	10:00-11:00 D (NEW) Summer Creative Crafting Workshop Last class 7/21
12:45-1:45 D Bingo	10:15-11:00 S Rusk Institute Horticultural Program (7/16 only)	12:00-12:45 POOL (NEW) Watercize	12:00-12:30 S Sing-Along No class 7/4	11:10-12:15 V Support Group: Strategies for Living w/Low Vision No class 7/12 & 7/19	1:00-2:30 V (NEW) Tech Workshops PRE-REGISTRATION REQUIRED	10:00-11:00 V Learn to Play Bridge (Intermed.) PRE-REGISTRATION REQUIRED
1:00-2:00 G Gentle Yoga and Meditation (All Levels) No class 7/8	12:00-12:30 S Sing-Along	12:15-1:00 D Sing-Along	1:00-1:55 G Body Toning (Beginner)	12:00-12:30 S Sing-Along	1:00-3:00 S (NEW) Wellness in Art	12:00-12:30 V Silent Film Club
1:00-3:00 V Bridge	1:00-3:00 S Multicultural Chorus	12:45-2:15 V Sound Off: Current Events	1:00-3:00 S Beading 7/18 only	12:00-12:45 POOL Watercize	1:00-4:00 D Mahjong Club	12:45-3:00 D Bridge
1:00-4:00 D Mahjong Club	1:00-3:00 V Chinese Language Class	1:00-2:00 4TH FL CONF ROOM English Conversation Group Begins 7/10	1:00-3:30 S Knitting Circle	1:00-2:00 4TH FL CONF ROOM English Conversation Group Begins 7/12	1:00-4:00 D Learn to Play Rummikub	1:00-2:00 V American Pop Culture
1:45-2:45 POOL Free Swim	1:00-3:00 D Bridge Pickup Game (Intermediate)	1:00-4:00 D Leisure Rummikub	1:00-3:30 S Knitting Circle	1:00-2:30 S Intermediate French	1:00-4:00 D Knit and Crochet	1:00-2:00 S Ping Pong (Advanced)
2:00-4:00 D Scrabble	3:00-3:45 V Feldenkrais Method No class 7/30	1:00-4:00 D Mahjong Club	1:30-2:30 4TH FL CONF German Beginner Level 2 PRE-REGISTRATION REQUIRED Begins 7/18	1:00-4:00 D Leisure Rummikub	1:00-4:00 4TH FL CONF Knit and Crochet	1:00-2:30 D Individual Tech Help No class 7/7
3:00-5:00 S Sunday at the Movies 7/1: Mothers and Daughters 7/8: Of Human Bondage 7/15: A Farewell to Arms 7/22: Life Is Beautiful 7/29: Modern Times	3:00-3:45 G Total Body Exercise	2:30-3:15 V Decluttering Support Group	2:45-3:45 4TH FL CONF Intermediate German PRE-REGISTRATION REQUIRED Begins 7/18	2:45-4:45 D Mahjong Club	2:30-3:30 G Beginner Tai Chi No class 7/20	1:15-2:15 G Body Awareness/Learning Balance (Beginner)
3:15-4:00 G Flex & Stretch No class 7/15 & 7/22	3:15-5:00 D Bridge Pickup Game (Advanced Intermediate)	3:30-4:30 V Jazz Appreciation No class 7/3 & 7/17	3:00-4:30 D (NEW TIME) Intergenerational Crafts Project	3:15-4:30 V (NEW) Drop-In Tech Class: Web Explore	3:00-4:15 V Creative Writing	1:45-2:45 POOL Free Swim
4:15-5:00 G Dance Aerobics No class 7/15 & 7/22	3:50-4:35 G Zumba	4:15-5:00 POOL (NEW TIME) Free Swim	3:15-4:30 V (NEW) Drop-In Tech Class: App Explore	4:15-5:15 V Circles of Care! (7/19 only)	3:00-5:00 S Painting Studio	2:15 S Movie Screenings 7/7: Charade 7/14: The Quiet Man 7/21: Funny Face 7/28: Cinema Paradiso
6:45-7:45 S Ping Pong (Beginner)	4:15-5:00 POOL (NEW TIME) Free Swim	6:30-7:45 G Learn to Play Bridge (Beginner) PRE-REGISTRATION REQUIRED	4:15-5:00 POOL (NEW TIME) Free Swim No class 7/4	4:15-5:00 POOL (NEW TIME) Free Swim	4:00-5:00 G Flamenco Dance	6:30-7:45 D Game Night
7:00-7:45 G Shape Up NYC Dance Fitness with translation in Spanish	6:30-7:30 G Shape Up NYC: Introduction to Fitness		6:30-7:30 D Individual Tech Help 7/18 only	5:30-6:00 S Sing-Along	4:15-5:00 POOL (NEW TIME) Free Swim	
	6:45-7:45 S Ping Pong		4:15-5:00 POOL (NEW TIME) Free Swim No class 7/4	6:30-7:30 D Individual Tech Help	6:00-7:45 V Movie Night 7/6: The Wrecking Crew 7/13: It Might Get Loud 7/20: Joe Cocker (MadDog with Soul) 7/27: Nat King Cole (Afraid of the Dark)	
	6:30-7:45 D Current Events Discussion		6:30-7:45 D Learn to Play Canasta (Begin.)	6:45-7:45 G Dance Club	6:45-7:45 S Ping Pong (Beginner)	



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



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INTERCULTURAL FESTIVAL

Please join us during this celebration of cultures from July 22 to 28, open to all members. For a full list of all activities, inquire at the front desk.

TRIP LOTTERY

Eleanor's Outing Trip: Hello, Dolly!, on Broadway, July 14, 2:00 (20 spots, no bus)

Lottery for the Eleanor's Outings trip will take place **July 2, 8am to 8pm, and July 3, 8am to 4pm**. Results will be posted on the bulletin board by 8 pm on July 3. 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

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

July 15, 2:00-3:00, AUD, Sundays at 2: Cabaret Singer Anthony Santelmo.

July 22, 2:00-3:00, AUD, Sundays at 2: Jazz Singer Audrey Silver.

July 24 10:30-11:00, D, Special Music and Dance Performance with YMCA Kids Troupe.

July 26, 12:45, D, Monthly Birthday Celebration, Intercultural music and dance performance by Center members and volunteers, including Flamenco, Tai Chi, Balinese dance, and more!

ADULT EDUCATION

New Classes Info Session, July 3, 11:30-12:30 Dining Room. Learn about new classes in this info session with staff member Kristina Bustos.

One-on-One Resume Critique, July 18, 9:00-11:30, Vista Room, and July 31, 2:30-5:00, Sun Room, with Sherry Natkow. Preregister at the front desk for your 15-minute one-on-one session. Please bring a printed copy of your resume to your appointment.

Ambassador Program Training Workshop, July 25, 5:30-7:00, 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! Dinner served.

Pupusa-Making Workshop, July 26, 2:30-4:30, Sun Room and Dining Room, with Teaching Kitchen Chef Evelyn Garcia. Learn how to make pupusas, a delicious Salvadoran snack, in this hands-on workshop.

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 7/11 & 7/25.**

Ageing Gracefully Support Group, Fridays, 1:00-2:00, 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

How to Get Your End of Life Wishes Respected and Receive Good Quality Care, July 9, 1:00-2:00, Garden Room, with Aydasara Ortega, MA, from End of Life Choices New York. In English and Spanish.

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. Receive a free gift for your participation!

Nutrition in the Kitchen, July 12, 3:30-4:30, Center Kitchen, with NYU dietetic intern Lauren Kremer. Learn tips for healthy eating in this cooking demonstration.

Vaccines Health Talk, July 17, 10:00-11:00, Sun Room, with Joan Altman, BSN, RN, MPH, Hospital for Special Surgery. Come learn how a vaccine works, reasons to be vaccinated, and when. The focus is on adult vaccines such as shingles, influenza, pneumococcal, and Tdap.

Nutrition Screenings, July 19, 10:00-12:00, 1ST FL CONF 1D, with NYU dietetic intern Lauren Kremer. Preregister at the front desk for your free 30-minute consultation.

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: Memory Screenings, August 14, 2:30-4:30, with NYU. Preregister at the front desk for a 15-minute memory screening.

COMPUTERS & TECHNOLOGY

New summer classes and workshops begin the week of July 9 and last 8 weeks. Please pick up a tech catalog at the Center and contact Lauren Bernstein to enroll: adulted@lenoxhill.org or 212-218-0477.

DROP-IN TECH CLASSES

There is no registration for Explore Classes on Wednesdays and Thursdays, 3:15-4:30. Visit any week to learn about a new app or website. Apps and websites will include wellness, help for low vision, finding a job, online deals and discounts, selling items online, and more. Tablets and computers provided. Pick up a tech catalog at the Center for 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.

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

Open Everyday
8 AM – 8 PM