SPECIAL PROGRAMS + EVENTS!

ARTS & EDUCATION
Presentation: Year of the Tiger
Wednesday 2/2, 12:30-1:30pm
with Enjiu on Zoom
Learn about the Year of the Tiger and go on a virtual tour of the most charming cities in China. You will experience the traditions and stories behind Chinese festivals, and learn and practice a few Chinese words. Share your own traditions and join us to ring in the New Year!

Cross-Cultural Discussion: Lunar Practices
Tuesday 2/8, 1-2:00 pm
Center Dining Room
Facilitated by Rose and Genevieve, we will discuss how lunar cycles are celebrated across cultures. Learn more about one another and share how you honor our moon.

Sharing Experiences about Black Heritage with April Dinwoodie
Friday 2/18, 2:30-3:30pm
with guest speaker on Zoom
Nationally recognized thought leader and transracially-adopted person, April Dinwoodie, will candidly share her adoption experience transracially-adopted person, April Dinwoodie, will candidly share her adoption experience in celebration of African American History Month. We will discuss her experiences of navigating differences of race, culture, and class. This talk will be followed by a Q and A.

GENERAL MEMBERSHIP MEETING & SOCIAL HOUR
General Membership Meeting
Monday 2/14, 4-5pm
with Center staff on Zoom
Join us on the Second Monday of each month for a staff-facilitated General Membership Meeting. We will discuss remote programs and available social services, provide updates about reopening guidance, and allot time to connect with each other. Open to all Members via phone or Zoom!

Senior Center Social Hour
Monday 2/28, 4-5pm
with Center staff on Zoom
On the Fourth Monday of each month, tune in for a Senior Center Social Hour. Connect with other members, hear community news, and share stories and opinions. We hope to see you there!

HEALTH & WELLNESS
Lunar Salutation with Amanda
Wednesday 2/9, 11am-12pm (All Levels)
Thursday 2/24, 11am-12pm (Chair Yoga)
with Amanda on Zoom
Join Amanda for a Lunar Yoga event in celebration of the Chinese New Year, the year of the Tiger. Together we will perform moon salutations for relaxation and rejuvenation, and practice poses to welcome the power of the tiger.

In-Person Calligraphy Activity
Friday 2/18, 11am-12pm
Center Dining Room
Learn Chinese calligraphy with Enjiu in the Center Dining Room. You don’t have to be a calligrapher! Come on, let’s share the joy of writing calligraphy together.

Assistance programs and services for older adults:
• Benefits: SNAP, HEAP, Acess-A-Ride, Lifeline, EPIC, and more
• Housing: Eviction Prevention, Housing Applications, SCRIE, and more
• Healthcare: Medicaid and Medicare applications

TECHNOLOGY EDUCATION
The Technology Education Program will offer three classes via Zoom through the end of March: Internet Security & Privacy; Today in Tech Workshop Series; and iPhone/iPad Skills. We are also welcoming a guest instructor from Teens Teach Technology to guide members through three essential Google services Tuesdays at 5pm Febr 1 – Feb 15: Google Drive, Google Calendar & Meet, and Google Photos. Please note that two in-person Tech classes will be offered starting the third week of February.

For more class details and dates or to schedule a 1-on-1 Tech Help session, contact us at 212-218-0477 or adusted@lenoxhill.org.

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February 2022 Remote Class Calendar

MONDAY
10:00-10:45 (NO CLASS 2/21)
Senior Fit Online (All Levels)
with Don on Zoom

11:00-12:30 (NO CLASS 2/14, 2/21)
Photography and Wellness
with Jamie on Zoom

1:00-2:00 (NO CLASS 2/21)
Open Art Studio
with Jenard and Musah on Zoom

1:00-1:30 (NO CLASS 2/21)
Weekly Drawing Techniques Assignment
By email: jhopkins@lenoxhill.org

1:00-1:45 (NO CLASS 2/21)
Shape-Up NYC Dance Fitness
with Char on Zoom

1:00-2:00 (NO CLASS 2/21)
English Conversation Group
with Allison on Zoom

2:00-3:00
Stretch & Floor Exercise
with Miki on Zoom

4:00-5:00 (RETURNING, NO CLASS 2/21)
Creative Writing Workshop with Samira
with Samira on Zoom

4:00-6:00 (NO CLASS 2/21)
Opera Appreciation
with Simón on Zoom
*1st, 3rd, and 5th Mon of each month ONLY
See class emails for connection info

TUESDAY
10:00-10:45
Senior Fit Online (All Levels)
with Don on Zoom

10:00-11:00
Chinese Language and Culture for Beginners
with Jennifer on Zoom

11:00-12:15
Acting Improv (Group A)
with Kerri on Zoom

11:00-12:00
Tech Class: Security and Privacy
with Sara on Zoom

11:00-12:15 (NO CLASS 2/16)
Acting – Section A
with Kerri on Zoom

2:00-3:00
Basic Exercise
with Miki on Zoom

2:00-3:30
Art Therapy: Stress Management through Creativity
with Eliana on Zoom

2:30-3:30
Breaking Into Commercial Acting
with Linda on Zoom

3:00-4:00 (NEW)
Greatest New Yorkers
with Ana on Zoom

WEDNESDAY
10:00-10:45
Senior Fit Online (Advanced)
with Don on Zoom

11:00-12:00
Tech Class: Today in Tech Workshop Series
with Sara on Zoom

11:00-12:15 (NO CLASS 2/20)
Acting – Section B
with Kerri on Zoom

1:00-2:00
Visual Art Class
with Musah on Zoom

1:00-2:15
Ballet
with Hannah on Zoom

1:00-2:00
Music Appreciation
with Kelsey on Zoom

1:00-1:30
Artistic Interpretation
By email: jhopkins@lenoxhill.org

4:00-6:00
Opera Appreciation
with Simón on Zoom
*1st, 3rd, and 5th Weds of each month ONLY
See class emails for connection info

THURSDAY
10:00-1:00
ESOL Writing Class
with Allison on Zoom
*Preregistration required
Email ahorwitz@lenoxhill.org

11:00-12:15 (NO CLASS 1/20)
Acting – Section B
with Kerri on Zoom

11:00-12:00
Musical Theater Appreciation
with Kelsey on Zoom

11:00-1:00
Tech Class: iPhone/iPad Skills
with Sara on Zoom

12:00-2:00
Intermediate French (St. Peter’s)
with Renate on Zoom
*Preregistration Closed

12:00-2:00
Drumstick Fitness
with Miki on Zoom

1:00-2:00
Singin’ Seniors
with Deborah on Zoom

1:00-2:15
Beginning Tap Dance
with Hannah on Zoom

1:00-1:00
“What’s on Your Mind?” with Ariana
with Ariana on Zoom

1:00-2:00
Music Appreciation
with Kelsey on Zoom

1:00-1:30
Artistic Interpretation
By email: jhopkins@lenoxhill.org

2:00-3:00
Growth and Healing in Challenging Times
with Phillip on Zoom
*Preregistration Closed

2:00-3:00
Basic Exercise
with Miki on Zoom

3:00-4:00
Script Analysis
with Rose on Zoom

FRIDAY
10:00-11:00
Intermediate French (Center)
with Dean on Zoom
*Preregistration closed

10:30-11:45
Simonsen Technique
with Hannah on Zoom

10:45-11:45
Beginner English for Chinese Speakers
with Carolyn on Zoom
*Preregistration required
Email czhong@lenoxhill.org

11:00-12:15
Acting Improv (Group B)
with Kerri on Zoom

12:00-1:00
“Who’s on Your Mind?” with Ariana
with Ariana on Zoom

1:00-2:00
Musical Theater Appreciation
with Kelsey on Zoom

1:00-1:30
Artistic Interpretation
By email: jhopkins@lenoxhill.org

2:00-3:00
Growth and Healing in Challenging Times
with Phillip on Zoom
*Preregistration Closed

2:00-3:00
Basic Exercise
with Miki on Zoom

3:00-4:00
Art Therapy: Stress Management through Creativity
with Kate on Zoom

3:30-4:30
Script Analysis
with Rose on Zoom

Please Note: To join any Zoom class by phone, call 646-558-8656 and enter the Meeting ID.

*Preregistration Closed

*1st, 3rd, and 5th Wed of each month ONLY

See class emails for connection info

Please Note: To join any Zoom class by phone, call 646-558-8656 and enter the Meeting ID.
NEW & RETURNING CLASSES!

**Project Give-Back**
Mondays, 2:15-3:45pm, Center Sun Room
Facilitated by candidates Katie and Fabiola in Columbia University’s Occupational Therapy Program, this 10-session course offers members the chance to participate in community outreach activities encompassing social participation, empowerment, and creativity. Join this course to work toward community well-being!

**Creative Writing Workshop with Samira**
Mondays, 4-5pm
with Samira on Zoom
The Creative Writing Workshop with Samira is made possible by the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature. This activity is made possible by a grant provided by the National Assembly of State Arts Agencies in partnership with Aroha Philanthropies and supported by Lifetime Arts.

**Sociably Healthy**
Wednesdays, 10-11am, Center Sun Room
Facilitated by Daniel in SUNY Downstate’s Occupational Therapy Program, these 7 sessions will focus on health and wellness through group exercise and games! There are also educational tips and tricks on joint protection, pain management, fall prevention, and more!

**Multicultural Chorus**
Thursdays, 9:45-11:45am, Center Garden Room
Facilitated by Center member Jin, learn to sing traditional Chinese songs as well as English songs.

**Greatest New Yorkers**
Thursday, 3-4pm
with Ana on Zoom
This class will discuss some of the most influential and famous New Yorkers who have shaped and impacted New York City and fellow New Yorkers.

**Chinese Folk Dance in Chinese**
Fridays, 10:30am-12pm, Center Sun Room
Chinese dance gives older adult friends physical and mental health exercise through cheerful music and easy dance steps. The group participates in performances during festivals and celebrations to increase the festive atmosphere and enhance the confidence of older adult friends.

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**February 2022 In-Person Class Calendar**

**MONDAY**

10:00-12:00 (STARTS 2/7, NO CLASS 2/21)
Road to the Runway: Fashion
Garden Room

1:30-3:30 (STARTS 2/7, NO SESSIONS 2/21)
One-on-One Tech Help
Dining Room
*By appointment only

2:00-3:00 (STARTS 2/7, NO CLASS 2/21)
Body Awareness/Learning Balance
Garden Room

2:15-3:45 (NOW IN-PERSON, NO CLASS 2/21)
Project Give-Back
Sun Room

**TUESDAY**

1:30-3:00 (STARTS 2/15)
Tech Class: iPhone for Beginners
Sun Room
*Preregistration required
Call 212-218-0477 or email adulted@lenoxhill.org

1:30-3:30 (STARTS 2/8)
One-on-One Tech Help
Dining Room
*By appointment only

**WEDNESDAY**

10:00-11:00 (STARTS 2/23)
Sociably Healthy
Sun Room

11:00-12:00 (STARTS 2/9)
Tai Chi in Chinese with Fans
Garden Room

1:00-3:00 (STARTS 2/9)
One-on-One Tech Help
Dining Room
*By appointment only

2:00-3:45 (STARTS 2/9)
Movie Matinee
Sun Room
2/16: Something Borrowed (2011)

**THURSDAY**

9:45-11:45 (RETURNING, STARTS 2/10)
Multicultural Chorus
Garden Room

12:30-1:30 (NOW IN-PERSON)
Low-Vision Support Group
Garden Room
*Third Thurs of each month ONLY

2:00-3:30 (STARTS 2/10)
Knitting Group
Garden Room

**FRIDAY**

10:30-12:00 (NEW, STARTS 2/11)
Chinese Folk Dance in Chinese
Sun Room

2:15-3:45 (STARTS 2/18)
Tech Class: Android for Beginners
Garden Room
*Preregistration required
Call 212-218-0477 or email adulted@lenoxhill.org

**GRAB-AND-GO MEALS**

Center @ Lenox Hill Neighborhood House: Monday-Friday, 12-1:30pm
Senior Center at Saint Peter’s Church: Wednesdays 12-12:30pm
Grab-and-Go meals are currently available at the Center Mon-Fri, 12-1:30pm, as well as at the Senior Center at Saint Peter’s Church every Wednesday, 12-12:30pm. Meals are chilled and come with reheating instructions. See the February Menu for details.