ARTS & EDUCATION
In-Person Gallery Visit: Hauser & Wirth
Tuesday 3/15, 11:00am-12pm
Center Dining Room
*Pre-registration required
Join a field trip to Hauser & Wirth Gallery. We’ll walk together from the Center to enjoy the “Max Bill & Georges Vantongerloo Crossover” show. Pre-register at the Front Desk, over the phone (212-218-0334), or by emailing gdeleon@lenoxhill.org.

In-Person Talent Show and St. Patty’s Day Celebration
Thursday 3/17, 2:30-3:30pm
Center Dining Room
*Pre-registration suggested
Doubling as a St. Patty’s Day Celebration, share a song, read a poem, or offer a performance at our Talent Show. Sign-up at the Front Desk, over the phone (212-218-0334), or by emailing gdeleon@lenoxhill.org.

In-Person Craft Event: Paper Flowers
Friday 3/25, 11am-12pm
Center Dining Room
*Pre-registration suggested
Welcome in spring by crafting delicate flowers out of tissue paper and wire stems. Pre-register at the Front Desk, over the phone (212-218-0334), or by emailing gdeleon@lenoxhill.org.

TECHNOLOGY EDUCATION
We are excited to welcome a new staff member to the Technology Education team, Jake Newman, the Technology Education Coordinator. You can meet Jake and ask quick, tech-related questions Tuesdays 10:30-12 in the Dining Room during Tech Office Hours with Jake. We will continue to offer 3 remote and 2 in-person classes through the end of March including Internet Security & Privacy, iPhone for Beginners, Android for Beginners, and more.

For class information or to schedule an hour-long 1-on-1 Tech Help session, please contact 212-218-0477 or adulted@lenoxhill.org. Please note that Tech Help is now available in Spanish and Chinese.

HEALTH & WELLNESS
In-Person Purim Presentation
Wednesday 3/16, 11:15am-12pm
Center Sun Room
Purim is one of the most joyous festivals in the Jewish calendar. Come learn about its history and celebrate with Center Director Rose!

Virtual Vaccine Presentation
Friday 3/11, 2-3pm
with guest speakers on Zoom
Join LIU Brooklyn pharmacy students and Operation Immunization Committee members for a virtual presentation of what a vaccine is, various types of vaccines, and their impact on health.

Beautify the Center Club
Wednesday 3/30, 11:15am-12:15pm
Center Sun Room
Amanda is excited to welcome creative minds to this monthly club! Together, let’s Livin up our home with collected artwork, crafts, and decorations at the end of each month!

GENERAL MEMBERSHIP
MEETING & SOCIAL HOUR
General Membership Meeting
Monday 3/14, 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 3/28, 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!

SPECIAL PROGRAMS + EVENTS!

To our Members:

The Center @ Lenox Hill Neighborhood House and the Older Adult Center @ Saint Peter’s Church are now both open in a limited capacity! The Center @ Lenox Hill Neighborhood House is currently open Monday-Friday, 9am-4pm. Grab-and-Go meals are available daily, 12-1:30pm, and in-person activities have resumed as of Monday, February 7. Please call 212-218-0319 for more details.

The Older Adult Center @ Saint Peter’s Church is currently open two days a week, Wednesdays and Thursdays, 9am-3pm. Members can make individual appointments for new memberships, social services assistance, or technology help. Grab-and-Go meals are available 12-12:30pm. Group classes and activities will restart on March 23-24! Please call 212-308-1959 for more details.

All Members and Staff at both sites are required to complete a health screening upon entering the building, wear a mask or face covering while present, and maintain social distance. As soon as we are able to increase capacity at either or both sites, we will reach out with more information.

COVID-19 Vaccines: All New Yorkers over 18 years old are eligible for a COVID-19 vaccination and booster shot. You can make an at-home vaccination appointment or find a walk-in site by calling 1-877-829-4692. A list of vaccination sites is available online at https://vaccinefinder.nyc.gov.

SOCIAL SERVICE APPOINTMENTS
Are you experiencing any challenges, feeling down, anxious, or overwhelmed? If you would like a space to discuss your thoughts and feelings and receive emotional support, please contact Social Services to request Individual Supportive Counseling. The social services team can also help with services and benefits for older adults:

- Healthcare: Medicaid and Medicare applications
- Housing: Eviction Prevention, Housing Applications, SCRIE, and more
- Benefits: SNAP, HEAP, Access-A-Ride, Lifeline, EPIC, and more

If you need assistance, call our social service line at 212-218-0569, leave a message, and a Social Services team member will get back to you to schedule a telephone appointment.

GENERAL INFORMATION
- For reopening updates, in-person class information, and the following day’s menu, please call our recorded phone lines, 212-218-0319 or 212-308-1959, or check our website at lenoxhill.org.
- For information on remote or in-person programs, please call Linda Kuriloff at 212-218-0333, Genevieve DeLeon at 212-218-0334, or Amanda Adamczyk at 212-218-0335 and leave your name, number, and a brief message.

STAFF
Rose Ginsberg, Director
Jennifer Castillo, SNAP Advocate
Ariana Elezaj, Deputy Director
Amanda Adamczyk, Health and Wellness Assistant
Alexis Davis, Assistant Director of Social Services
Genevieve DeLeon, Arts and Education Assistant
Audrey Faison, Program Assistant
Phillip Goldman, Social Worker
Linda Kuriloff, Assistant Director
Ana Quinones, Program Assistant
Quiling Ren, Mental Health Counseling Intern

Enju Yibulayi, Program Assistant
Carolyn Zhong, Assistant Director

The Center @ Lenox Hill Neighborhood House: 343 East 70th Street (at 1st Avenue), New York, NY 10021 | 212-218-0319
Senior Center at Saint Peter’s Church: 619 Lexington Avenue (at 54th Street), New York, NY 10022 | 212-308-1959 | www.lenoxhill.org

Funded in part by the New York City Department for the Aging and private support and contributions.
10:00-10:45
Senior Fit Online (All Levels)
with Don on Zoom

11:00-12:00 (RETURNING)
Awakening Body Consciousness Through Tai Chi, Qigong, & Alexander Technique
with Patty on Zoom

11:00-12:30
Photography and Wellness
with Jamie on Zoom

1:00-1:30
Weekly Drawing Techniques Assignment
By email: jhopkins@lenoxhill.org

1:00-1:45
Shape-Up NYC Dance Fitness
with Char on Zoom

1:00-2:00
Open Art Studio
with Jenard and Musah on Zoom

1:00-2:00
English Conversation Group
with Allison on Zoom

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

4:00-5:00
Creative Writing Workshop with Samira
with Samira on Zoom

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

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

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

12:00-1:15
(NO CLASS 3/15)
Write Your Heart Out: Writing Workshop
with Bonnie on Zoom

1:00-2:00
Creating Portraits with Musah
with Musah on Zoom

2:00-3:00
English Speaking and Pronunciation
with Allison on Zoom
*Preregistration required
Email ahorwitz@lenoxhill.org

4:00-5:00
Creative Writing Workshop with Samira
with Samira on Zoom

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

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

11:00-12:00
Acting – Section A
with Kerri on Zoom

12:00-1:00
Intermediate French (Center)
with Dean on Zoom
*Preregistration closed

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

11:00-12:15
(NO CLASS 3/4)
Acting Improv (Group B)
with Kerri on Zoom

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

3:30-4:30
Script Analysis
with Rose on Zoom
March 2022 In-Person Class Calendar: center @ lenox hill neighborhood house

MONDAY

10:00-10:45 (NOW IN-PERSON, STARTS 3/7)
Greatest New Yorkers
Sun Room

10:00-12:00
Road to the Runway: Fashion
Garden Room

1:00-2:15
Acting and Scene Work
Sun Room

1:30-2:30
Body Awareness/Learning Balance
Garden Room

1:30-3:30
One-on-One Tech Help
Dining Room
*By appointment only

2:30-3:30 (NO CLASS 3/14)
Project Give-Back
Sun Room

TUESDAY

10:30-12:00
Tech Office Hours with Jake
Dining Room
*No appointment needed

11:00-12:00
Dancercise
Garden Room

11:00-12:15
Acting Improv (Group A)
Sun Room

1:30-3:00
Tech Class: iPhone for Beginners
Sun Room
*Pre-registration required
Call 212-218-0477 or email adulted@lenoxhill.org

1:30-3:00
One-on-One Tech Help
Dining Room
*By appointment only

2:00-3:45
Movie Matinee
Sun Room
3/16: Get on Up (2014)

WEDNESDAY

10:00-11:00
Sociably Healthy
Sun Room

11:00-12:00
Tai Chi in Chinese with Fans
Garden Room

12:30-1:45
Visual Art Class
Sun Room

1:00-2:15
Ballet
Garden Room

1:00-3:30
One-on-One Tech Help
Dining Room
*By appointment only

THURSDAY

9:45-11:45
Multicultural Chorus
Garden Room

10:45-11:45 (NEW)
World Folk Dance Appreciation
Sun Room

12:30-1:30
Low-Vision Support Group
Garden Room
*Third Thurs of each month ONLY

1:30-3:00
Wellness in Art
Sun Room

2:00-3:30 (NO CLASS 3/17)
Knitting Group
Garden Room
*Pre-registration required
Call 212-218-0477 or email adulted@lenoxhill.org

FRIDAY

10:30-11:45
Simonson Technique
Garden Room

10:30-12:00
Chinese Folk Dance in Chinese
Sun Room

1:00-2:00 (NO CLASS 3/4)
Music Appreciation
Garden Room

2:00-3:30 (NO CLASS 3/25)
Art Therapy: Stress Management through Creativity
Sun Room

2:15-3:45
Tech Class: Android for Beginners
Garden Room
*Pre-registration required
Call 212-218-0477 or email adulted@lenoxhill.org

NEW & RETURNING CLASSES!

Awakening Body Consciousness Through Tai Chi, Qigong, & Alexander Technique
Mondays, 11am-12pm
with Patty on Zoom
This class, led by instructor Patty de Llosa, will help you activate your body, brain, and balance through Tai Chi and Qigong movements. All levels of experience are welcome.

Greatest New Yorkers
Mondays, 9:45-10:45am, Center Sun Room
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.

GRAB-AND-GO MEALS
Center @ Lenox Hill Neighborhood House: Monday-Friday, 12-1:30pm
Grab-and-Go meals are currently available at the Center Mon-Fri, 12-1:30pm. Meals are chilled and come with reheating instructions. See the March Menu for details.

World Folk Dance Appreciation
Thursdays, 10:45-11:45am, Center Sun Room
Facilitated by staff member Enjiu, this class roams the world map to share different folk dance videos and includes discussion and a little performance and practice of some of the typical movements.
# March 2022 In-Person Class Calendar: older adult center @ St. Peter’s Church

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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| **9:30-11:30**<sup> (STARTS 3/23) </sup>  
One-on-One Tech Help  
Living Room  
*By appointment only  
Contact 212-218-0477 or adulted@lenoxhill.org to sign up  
| **10:30-11:30**<sup> (STARTS 3/24) </sup>  
Musical Theater Appreciation  
Living Room  
|
| **10:30-12:00**<sup> (STARTS 3/23) </sup>  
Artistic Interpretation  
Living Room  
|  
|
| **1:30-2:30**<sup> (NEW, STARTS 3/23) </sup>  
Body Toning  
Living Room  
|  
|
| **1:45-2:45**<sup> (NEW, STARTS 3/23) </sup>  
Practical Technology Workshop Series  
Sion Center  
*No registration required  
|  
|

## Artistic Interpretation  
**Wednesdays, 10:30am-12pm, Living Room**  
In this class we will be looking at other forms of art like Literature, Music, and Dance for example, and create visual art pieces inspired by our interpretation of them. There will be an emailed version of this class that will provide the same media that we will be viewing during class as well as submitted artwork from fellow classmates.

## Body Toning  
**Wednesdays, 1:30-2:30pm, Living Room**  
This class is great for people new to exercise. Experience a low-impact, strength-training aerobic work-out with an experienced instructor.

### NEW & RETURNING CLASSES!

- **NEW**  
  - **Practical Technology Workshop Series**  
  **Wednesdays, 1:45-2:45pm, Sion Center**  
  This workshop series will teach you about apps and features of mobile devices for everyday life, such as medical alerts, knowing when MTA buses are arriving, how to connect to wireless headphones with Bluetooth, sell things online and more.
  
- **Musical Theater Appreciation**  
  **Thursdays, 10:30-11:30am, Sion Center**  
  Each week, we will move through musical theater history chronologically, beginning with the early inception of musical theater towards modern day. We will discuss different musicals and watch performance videos.

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Lenox Hill Neighborhood House is delighted to announce a new name for our site on East 54th Street and Lexington Avenue: the Older Adult Center @ Saint Peter’s Church! And along with our new name, we have a new schedule: beginning March 2022, we will be present on-site two days per week, Wednesdays and Thursdays, 9am-3pm. Members can make individual appointments for new memberships, information about programs and services, social services assistance, or technology help. Grab-and-Go meals are available 12-12:30pm. Please call **212-308-1959** for more details.

Unfortunately, individual appointments will be put on pause for the weeks of March 7 and March 14. Grab-and-Go meals will continue during those weeks, on their usual days and time - and then, beginning the week of March 21, we are happy to reintroduce on-site group classes and activities! We will start with just a few offerings each day, but we look forward to scaling up and adding more activities in the coming weeks and months.

As a reminder, all Members and Staff at the Older Adult Center @ Saint Peter’s Church are required to complete a health screening upon entering the building, wear a mask or face covering while present, and maintain social distance. As we are able to increase capacity for attendance, group activities, and appointments, we will reach out with updates.

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**GRAB-AND-GO MEALS**

**Older Adult Center @ Saint Peter’s Church: Wednesdays and Thursdays, 12-12:30pm**  
Grab-and-Go meals are currently available at the Older Adult Center @ Saint Peter’s Church every Wednesday and Thursday, 12-12:30pm. Meals are chilled and come with reheating instructions. See the March Menu for details.