ACTIVITY CALENDAR
DECEMBER 2022: THE CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

SUNDAY

8:00-8:30 (NO CLASS 12/25)
Start Your Day the Right Way
Dining Room
12:45-1:15 (NO CLASS 12/25)
Ping Pong
Sun Room
12:45-2:45 (NEW ROOM; NO CLASS 12/25)
Mahjong Practice Time
331 - 1st Floor, Room A

**CLOSED DEC 25**

MONDAY

9:30-11:00 (NO CLASS 12/26)
Multicultural Chorus - Sun Room
9:30-11:00 (NO CLASS 12/26)
Tech Office Hours with Jake
Dining Room
10:00-11:00 (ENDS 12/12)
Beating the Holiday Blues - 331 - 4C

**CLOSED DEC 26**

TUESDAY

8:00-8:30
Start Your Day the Right Way
Dining Room
9:00-10:00 (ENDS 12/20)
Walk with Ease
331 - Fitness Center
*Preregistration closed
9:15-10:30
German for Beginners - Sun Room
*Preregistration closed
10:00-11:00 (NEW; ENDS 12/13)
Tablet Lab - Dining Room
10:15-11:15
Dance Circle - Garden Room
10:30-11:40 (NO CLASS 12/27)
Creating Collage
331 - 4th Floor, Art Room

**DEC 13, 12:30-1:30**
Stress Management, an Introduction, with Marc
331 - 1st Floor, Room A

1:00-2:00 (NEW ROOM)
Challenge Your Brain with Rummikub
Dining Room
1:00-2:00
Preregistration to Script - 331 - Auditorium
*Preregistration required. Contact Kerri at KEvans@lenoxhill.org.

2:00-3:15 (NO CLASS 12/26)
Road to the Runway: Fashion (in Chinese)
- Garden Room
1:00-2:00: (NO CLASS 12/26)
Advanced Acting with Kerri
331 - Auditorium
*Preregistration required. Contact Kerri at KEvans@lenoxhill.org
1:00-2:00: (NO CLASS 12/26)
Challenge Your Brain with Rummikub
Dining Room
1:00-2:30: (NEW; 12/5, 12/19 ONLY)
Accessibility Series for Android
Sun Room
*Preregistration required via 212-218-0477 or adulted@lenoxhill.org
1:00-2:30: (NEW; NO CLASS 12/26)
Book Exchange & Discussion
Dining Room
1:30-3:30: (NEW; NO CLASS 12/25)
Challenge Your Brain with Rummikub
Dining Room
1:00-2:45: (NEW; NO CLASS 12/25)
Learn How to Play Rummikub
Dining Room

TRIPS

Sign up in-person or at the Trips Sign-Up Desk on the 1st Wednesday at the Center & 1st Friday at Saint Peter’s.

From the Center:
Sat, Dec 10, 11:45-2:30: “Moving Chains” Exhibition on Governor’s Island
Thurs, Dec 15, 11-23: Explore the Bronx’s Arthur Avenue (aka the “Real Little Italy”)
Sun, Dec 17, 11-1: Docent Tour Museum of Art & Design
Wed, Dec 21, 11-13: Target-Costco

From Saint Peter’s:
Mon, Dec 12, 11-13: “The House on Henry St” guided tour at Henry St Settlement
Tues, Dec 13, 11-1: ShopRite of 20th Ave
Wed, Dec 14, 11-13: Self-guided tour at American Museum of Natural History
Tues, Dec 20, 11-13: Shop for holiday deals at Dollar Tree

SOCIAL SERVICES

If you are interested in meeting with a Social Worker, please call 212-218-0569 and leave your name, phone number and a brief message.
You will receive a call back to schedule an appointment.

TECH ED

Join us for December Special Workshops: Low Vision & Mobility Help, Intro to Social Media, Declutter Your Phone, and Tablet Lab. See calendar or pick up flyer at Center for details. Winter class brochure available mid-December.

Tech Help
1-on-1 sessions by appointment in-person. Limited remote appointments also available.
Contact 212-218-0477 or adulted@lenoxhill.org to schedule an appointment or sign up for workshops.

CENTER STAFF

Amanda Adamczyk, Health & Wellness Assistant
Samantha Agin, Social Work Intern
Jewel Barth, Director of Social Services
Jennifer Castillo, Benefits Advocate
Alexis Davis, Assistant Director of Social Services
Yameini Delomonte, Benefits Advocate
Ella Elezaj, Deputy Director
Audrey Faison, Program Assistant
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Amanda Gerulski, Community Outreach Specialist
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Ayse Korkmaz, Social Work Intern
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Kelsey Logan, Social Work Intern
Stella Park, Social Worker
Sydney Pereira, Communications Coordinator
Aliza Quinn-Makwana, Social Work Intern
Ana Quiñones, Program Assistant
Quilling Ren, Mental Health Counseling Intern
Stephanie Schroeder, Benefits Advocate
Emi Yubuwayi, Program Assistant
Carolyn Zhang, Assistant Director

**DECEMBER 2022: THE CENTER @ LENOX HILL NEIGHBORHOOD HOUSE**
343 East 70th Street (at 1st Avenue), New York, NY 10021 | (212) 218-0319 | www.lenoxhill.org

The Center @ Lenox Hill Neighborhood House: 343 East 70th Street (at 1st Avenue), New York, NY 10021 | (212) 218-0319 | www.lenoxhill.org

Funded or operated by the New York City Department for the Aging and private support and contributions.

**DEC 13, 12:30-3:00**
Low Vision Support Group (Hybrid)
Sun Room
Low Vision Center member Alice will lead a support group session for people with low vision.

2:00-3:00
Chair Yoga w/ Sydney (Hybrid)
331 - 1A
1:30-4:00 (NEW; 12/16, 12/17 ONLY)
Declutter Your Phone - 331 - B
*Preregistration required via 212-218-0477 or adulted@lenoxhill.org
3:15-4:15 (NEW)
Open Fitness Center with Hannah
331 - Fitness Center
3:15-4:15 (ENDS 12/13)
Playwriting: Intergenerational Theater Project
331 - 4th Floor, Room B
*Preregistration closed
3:00-4:30 (ENDS 12/13)
Art for Theater: Props & Sets
331 - 4th Floor, Art Room
4:15-5:15 (ENDS 12/13)
Theater & Performance: Intergenerational Theater Project
331 - Auditorium
*Preregistration closed
5:00-5:45 (NEW)
Book Exchange & Discussion
Dining Room

**DEC 13, 5:00-5:45**
The Intergenerational Theater Project Presents: “The Influence’s New Clothes” & “The Gingerbread Kid Takes Manhattan”
331 - Auditorium
ACTIVITY CALENDAR  DECEMBER 2022: THE CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

WEDNESDAY

9:00-10:00 (ENDS 12/21)  Walk With Ease  331 - Fitness Center  
*Preregistration closed

8:00-9:30  Start Your Day the Right Way  Dining Room

9:00-11:00 (NEW, ENDS 12/12)  Tai Chi with Fans + Qigong (in Chinese)  Garden Room

**DEC 7, 10:00-10:45  Trips Sign-Up Desk  Sun Room

10:00-10:45 (NO CLASS 12/21)  SAIL Fitness with Don (Hybrid)  331 - Gymnasium

10:00-11:00  Tableau Lab  Dining Room

11:00-11:45 (NO CLASS 12/21)  Senior Strength Training with Don  331 - Fitness Center

11:15-12:15 (NEW TIME, NO CLASS 12/28)  Art to Wellness (Bilingual)—Adults  331 - 4th Floor, Art Room

1:00-1:45  *NO CLASS 12/21, 12/28/22*

1:00-2:00 (NEW ROOM)  Challenge Your Brain with Rummikub  Dining Room

1:00-2:00  Charcoal & Shading  331 - 4th Floor, Art Room

*20 participants max. Sign-up at the 331 Front Desk up to 1 hr before class.

1:00-2:00 (ENDS 12/21)  Talking Through It with Ren  Garden Room

**DEC 14, 1:00-2:30  Benefits Team Info Session  Garden Room

An overview of housing in New York City: What options are there for seniors and low-income folks who need affordable housing? We'll discuss what's available, low-income folks who need affordable housing? We'll discuss what's available, great opportunities that exist.

**DEC 7, 1:30-3:30  Holiday Crafting - Garden Room

Join Center members in some holiday crafting cheer! We will be making decorations for the Center.

**DEC 28, 2:00-3:00  Celebration of Life  Garden Room

On the fourth Wednesday of each month, join Director Rose Ginsberg and other loved ones who have passed away.

2:00-3:00  Painting Studio  331 - 4th Floor, Art Room

2:00-3:15  Ballet with Hannah  331 - Auditorium

2:00-3:45  Movie Matinee - Sun Room
12/7: The Body Guard (1992)
12/14: baths over Broadway (2018)
12/28: City of Angels (1998)

2:30-3:30 (ENDS 12/7)  ESOL Speaking & Pronunciation  331 - 4th Floor, Room B
*Preregistration required at 212-218-0454 or ahorwitz@lenoxhill.org

3:15-4:15 (NO CLASS 12/28)  Drawing & Illustrating Creatures & Animals  Garden Room

3:15-4:30 (NO CLASS 12/28)  Open Computer Lab  331 - 1st Floor, Room B

3:30-4:30  Acting for the Camera  331 - 4th Floor, Room A

THURSDAY

8:00-9:00 (ENDS 12/23)  Walk With Ease  331 - Fitness Center  
*Preregistration closed

9:00-10:00 (ENDS 12/23)  Tai Chi with Fans + Qigong (in Chinese)  Garden Room

**DEC 1, 9:00-9:45  Preregistration info Session  Dining Room  
Preregister for certain classes.

9:00-3:00  Social Services Walk-In Hours  Center Interview Room
*1/hr sign-up at Center Front Desk

9:15-10:15  Ping Pong - Sun Room

**DEC 1, 9:30-10:15  Center Services Info Session in Chinese  
*Preregistration closed

10:00-11:00 (NEW, ENDS 12/13)  Tablet Lab - Dining Room

10:30-11:15  Meditation and Creative Journey  Garden Room

10:30-12:00 (ENDS 12/22)  Clayworks: Creating Sculpture  331 - 4th Floor, Art Room

*10 participants max. Sign-up at the 331 Front Desk up to 1 hr before class.

10:45-12:00 (NEW)  New Year’s Intentions - Sun Room
Join Sydney & Amanda for a mindfulness practice and to set intentions for 2023 together.

**DEC 8, 12:30-1:00  Meet the Chefs - Sun Room

1:00-1:45 (NO CLASS 12/29)  Art Appreciation - Garden Room

1:00-2:00  Challenge Your Brain with Rummikub  Dining Room

1:00-2:00  Sound Off with Ariana - Sun Room

1:15-2:00  Basic Exercise with Miki (Hybrid)  331 - Gymnasium

**DEC 9, 2:00-3:00  Book Exchange & Discussion  Dining Room

2:00-3:00 (NEW)  Learn to Play Bridge  Garden Room

2:15-3:45  Groovin' with Clovis  Sun Room

**DEC 8, 2:15-3:15  Tai Chi with Fans + Qigong (in Chinese)  Garden Room

3:15-3:45  Zumba with Miki (Hybrid)  331 - Gym

4:00-5:00  Groovin’ with Clovis - Dining Room

FRIDAY

9:00-10:00 (ENDS 12/23)  Tai Chi with Fans + Qigong (in Chinese)  Garden Room

9:30-11:00  Chinese Folk Dance (in Chinese)  331 - Auditorium; 12/1 in 4D

10:00-11:00  Piano Class with Kelsey  331 - 4th Floor, Room B

*Preregistration required via 212-218-0454 or ahorwitz@lenoxhill.org

10:30-12:00 (ENDS 12/16)  Foundations of Art  331 - 4th Floor, Art Room

11:00-12:00  Creative Writing with David: Spin out what you want to say!  331 - 4th Floor, Room B

12:30-1:00 (NO CLASS 12/23, 12/30)  Lunch Music  Sun Room

1:00-1:45 (NO CLASS 12/23, 12/30)  Simonson Technique  331 - Auditorium

1:30-2:30 (NEW)  Book Exchange & Discussion  Dining Room

2:15-3:45  Learn to Play Bridge  Garden Room

2:45-4:15 (NO CLASS 12/30)  Making Social Connections Through Art  331 - 4th Floor, Art Room

3:15-4:15  Groovin’ with Clovis  Sun Room

3:15-4:30 (NO CLASS 12/23, 12/30)  Open Computer Lab  331 - 1st Floor, Room B

SATURDAY

**CLOSED DEC 24 & DEC 31**

10:30-11:15 (NO CLASS 12/24, 12/31)  Boxing Basics  331 - Gymnasium

10:30-11:00 (NEW TIME & DAY; NO CLASS 12/24, 12/31)  New Members Walkthrough Tour  Meet in Center Dining Room

**DEC 3, 11:45-12:30  Bodyweight Strength with Brandon  331 - Gymnasium

Join Brandon for a special bodyweight strength workout. No experience necessary, all fitness levels welcome. Afterwards, stay for a special restorative yoga session.

**DEC 3, 12:30-1:15  Restorative Yoga with Brandon  331 - Gymnasium

Feel relaxed and restored after this gentle restorative yoga class. Take Brandon’s bodyweight strength class first, or just come for the yoga. All levels welcome.

12:30-1:30 (NO CLASS 12/24, 12/31)  Beginner Mandarin  331 - 1st Floor, Room A  
*Preregistration closed

12:45-2:45 (NO CLASS 12/24, 12/31)  Mahjong Practice Time  Sun Room

1:00-2:00 (NO CLASS 12/24, 12/31)  Body Awareness/Learning Balance  Garden Room

1:00-2:00 (NO CLASS 12/24, 12/31)  Challenge Your Brain with Rummikub  Dining Room

1:00-2:45 (NO CLASS 12/24, 12/31)  Body Awareness Practice Time  Sun Room

1:45-2:45 (NO CLASS 12/24, 12/31)  Tai Chi Practice  331 - Auditorium

December 2022: the Center @ Lenox Hill Neighborhood House
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>DEC 12, 4:00-5:00</strong></td>
<td><strong>DEC 13, 4:00-5:00</strong></td>
<td><strong>DEC 26, 4:00-5:00</strong></td>
</tr>
<tr>
<td>General Membership Meeting</td>
<td>Chair Yoga with Sydney (Hybrid)</td>
<td>Senior Center Social Hour</td>
</tr>
<tr>
<td><strong>12/26</strong> Special holiday fitness class! Stay active during the holiday season with Miki.</td>
<td>Zumba with Sydney (Hybrid)</td>
<td>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!</td>
</tr>
<tr>
<td>9:00-10:00 (NEW; NO CLASS 12/26) Chair Yoga with Sydney (Hybrid)</td>
<td>10:00-11:00 Chinese Language and Culture for Beginners</td>
<td>10:00-10:45 (NO CLASS 12/21) SAIL Fitness with Don (Hybrid)</td>
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<tr>
<td>11:00-12:00 (NO CLASS 12/26) Awakening Body Consciousness Through Tai Chi, Qigong, &amp; Alexander Technique</td>
<td>10:30-11:45 (NEW TIME) We All Have Stories to Tell: Write Your Heart Out</td>
<td>10:30-11:30 Acting – Section A</td>
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<td>11:00-12:30 (ENDS 12/19) Photography and Wellness</td>
<td>11:00-12:00 “What’s on Your Mind?” with Ariana</td>
<td>12/7, 2:00-3:00 Transformational Medicine with Dr. Trish</td>
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<tr>
<td>1:00-2:00 (NO CLASS 12/26) Virtual Still Life</td>
<td>1:00-2:00 Creating Portraits with Musah</td>
<td>2:15-3:00 Basic Exercise with Miki</td>
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<tr>
<td>2:15-3:00 Zumba with Miki <strong>12/26</strong></td>
<td><strong>DEC 13, 2:00-3:00 Low-Vision Support Group (Hybrid)</strong> Longtime Center member Alice will lead a support group session for people with low vision. Learn strategies and gain support from fellow members.</td>
<td>3:45-5:45 (12/7, 12/21 ONLY) Opera Appreciation See class emails for connection info</td>
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<td>3:00-4:00 (NEW TIME; ENDS 12/12) Creative Writing with the Asian American Writers' Workshop *Preregistration closed</td>
<td>2:00-3:00 Chair Yoga with Sydney (Hybrid)</td>
<td><strong>12/26</strong>: Special holiday fitness class! Stay active during the holiday season with Miki.</td>
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<td><strong>NEW TIME</strong></td>
<td><strong>NEW TIME</strong></td>
<td><strong>NEW TIME</strong></td>
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<tr>
<td>3:00-3:45 (NO CLASS 12/26) Eat Well, Be Well with Stacey</td>
<td><strong>NEW TIME</strong></td>
<td><strong>NEW TIME</strong></td>
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<td>3:45-5:45 (12/5, 12/19 ONLY) Opera Appreciation (Hybrid) See class emails for connection info</td>
<td><strong>NEW TIME</strong></td>
<td><strong>NEW TIME</strong></td>
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<td><strong>ThURSDAY</strong></td>
<td><strong>FRIDAY</strong></td>
<td><strong>THURSDAY</strong></td>
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<tr>
<td>1:15-2:00 Basic Exercise (Hybrid)</td>
<td>9:30-10:30 (ENDS 12/9) ESOL Remote Advanced Conversation *Preregistration required at 212-218-0454 or <a href="mailto:ahorwitz@lenoxhill.org">ahorwitz@lenoxhill.org</a></td>
<td>1:15-2:00 Basic Exercise (Hybrid)</td>
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<tr>
<td>2:15-3:00 Zumba (Hybrid)</td>
<td>10:00-11:00 Intermediate French with Dean *Preregistration closed</td>
<td>2:15-3:00 Zumba (Hybrid)</td>
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<tr>
<td><strong>DEC 2, 3:00-4:00 Ask a Dietitian with Stacey Simon</strong></td>
<td>10:30-11:30 (NO CLASS 12/23) Improv Online</td>
<td><strong>DEC 2, 3:00-4:00 Ask a Dietitian with Stacey Simon</strong></td>
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<tr>
<td>3:30-4:30 Script Analysis</td>
<td><strong>NEW TIME</strong></td>
<td>3:30-4:30 Script Analysis</td>
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**Please Note:** To join any Zoom class by phone, call **646-558-8656** and enter the Meeting ID.
## Activity Calendar

**December 2022: Older Adult Center @ Saint Peter's Church**

<table>
<thead>
<tr>
<th>Monday</th>
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<tbody>
<tr>
<td><strong>CLOSED DEC 26</strong></td>
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<tr>
<td>9:00-10:00 (NEW HYBRID; NO CLASS 12/26)</td>
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<tr>
<td>Chair Yoga with Sydney</td>
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<td>Living Room</td>
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<tr>
<td>10:00-10:45 (NO CLASS 12/26)</td>
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<tr>
<td>SAIL Fitness with Don</td>
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<tr>
<td>Living Room</td>
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<tr>
<td>10:30-11:30 (NEW DAY, NO CLASS 12/26)</td>
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<tr>
<td>“What’s on Your Mind?” with Ariana</td>
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<td>Living Room</td>
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<td>12:30-2:00 (NO CLASS 12/26)</td>
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<tr>
<td>Challenge Your Brain with Rummikub</td>
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<tbody>
<tr>
<td>10:00-11:30 (NEW TIME, NO CLASS 11/22)</td>
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<tr>
<td>Watercolor with Musah</td>
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<tr>
<td>Living Room</td>
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<tr>
<td><strong>DEC 13, 2:00-3:00</strong></td>
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<tr>
<td>Benefits Team Info Session</td>
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<td>Living Room</td>
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<tr>
<td>An overview of housing in New York City: What options are there for seniors and low-income folks who need affordable housing? We’ll discuss what’s available, what’s not, and how to increase your chances for the opportunities that exist.</td>
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<td>10:30-11:45 (NO CLASS 12/28)</td>
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<tr>
<td>Open Studio</td>
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<td>Living Room</td>
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<tr>
<td>11:00-12:00 (NEW)</td>
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<td>Tablet Lab</td>
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<td>Living Room</td>
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<tr>
<td>Check out a tablet to use from our Tech Ed team.</td>
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<tr>
<td>1:45-2:45</td>
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<tr>
<td>Chair Yoga with Judy</td>
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<td>Living Room</td>
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<td><em>Class limited to 7 people</em></td>
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<th>Wednesday</th>
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<tr>
<td>Tech Office Hours with Johnny</td>
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<td>Living Room</td>
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<tr>
<td>NEW drop-in hours for tech assistance.</td>
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<tr>
<td>10:30-11:45 (NO CLASS 12/29)</td>
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<tr>
<td>Creative Wellness</td>
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<tr>
<td>Sion Center</td>
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<tr>
<td>11:00-12:00 (NEW)</td>
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<td>Tablet Lab</td>
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<tr>
<td>2:00-3:15 (NO CLASS 11/24)</td>
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<tr>
<td>Singin’ Seniors</td>
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<td>Sion Center</td>
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<tr>
<td><em>Class dates this month: 12/1, 12/8</em></td>
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## Social Services

If you are interested in meeting with a Social Worker, please call 212-218-0569 and leave your name, phone number and a brief message.

## Tech Ed

NEW drop-in office hours with the Tech Ed team and Tablet Lab on Wednesday and Thursday!

**Tech Help**

1-on-1 sessions by appointment in-person. Limited remote appointments also available.

Contact 212-218-0477 or adulter@lenoxhill.org to schedule an appointment or sign up for workshops.

## Meals

- **Grabb&Go Lunch**
  - 11:30am-12:15pm
  - Monday-Friday

## Trips

**Sign up in-person or at the Trips Sign-Up Desk on the first Wednesday at the Center & first Friday at Saint Peter’s.**

### From the Center:

- **Sat, Dec 10, 11:45-2:** “Moving Chains” Exhibition on Governor’s Island
- **Thurs, Dec 15, 11-2:30:** Explore the Bronx’s Arthur Avenue (aka the “Real Little Italy”)
- **Sat, Dec 17, 11-1:** Docent Tour Museum of Arts & Design
- **Wed, Dec 21, 11-1:30:** Target-Costco

### From Saint Peter’s:

- **Mon, Dec 12, 12:30-2:30:** “The House on Henry Street” guided tour at Henry Street Settlement
- **Tues, Dec 13, 11-1:** ShopRite of 20th Ave
- **Wed, Dec 14, 11-1:30:** Self-guided tour at American Museum of Natural History
- **Tues, Dec 20, 11-1:30:** Shop for holiday deals at Dollar Tree

## Center Staff

- **Amanda Adamczyk, Health & Wellness Assistant**
- **Samantha Agin, Social Work Intern**
- **Jews Barth, Director of Social Services**
- **Jennifer Castillo, Benefits Advocate**
- **Alexis Davis, Assistant Director of Social Services**
- **Yameiri Delmonte, Benefits Advocate**
- **Ariana Elezaj, Deputy Director**
- **Audrey Faison, Program Assistant**
- **Rose Ginsberg, Director**
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- **Stephanie Schroeder, Benefits Advocate**
- **Enjiu Yibulayi, Program Assistant**
- **Carolyn Zhong, Assistant Director**

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Older Adult Center @ Saint Peter's Church: 619 Lexington Avenue (at 54th Street), New York, NY 10022 | [www.lenoxhill.org](http://www.lenoxhill.org)