



Chatterbox February 2023



My inspiration to work within the non-profit sector came from my Dad. He's a community minister who gathered 120 churches to donate to his community church and then he managed the food banks, homeless shelters, affordable housing and provided the leadership on advocacy for the county. His work with affordable housing was so significant that a mix-market housing development was named after him in Silver Spring, MD.

Among the things I've admired most about my Dad is his work on civil rights. He started his work in Harlem. A fun story about his work there is that his church was on the corner of 106th and Lexington. There was a young woman named Jennifer who attended his Bible Study. That young woman later sings a song, Jenny from the Block. Yes, my dad believes that JLo was in his Bible Study.

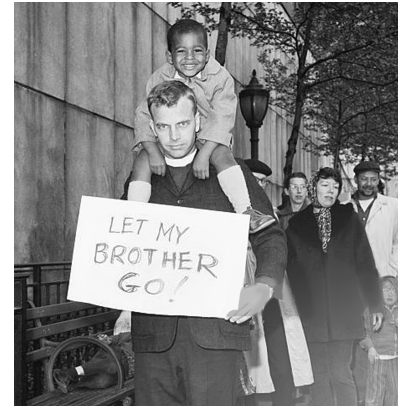
In all seriousness, my Dad marched with Dr. Martin Luther King, Jr. in Selma, Mississippi, and Washington, DC. as well as participating in the Southern Christian Leadership Conference. He also joined in or led marches in Maryland, New York City, and Washington, DC.

My father received lots of awards. He hung them on the wall behind his desk. That way everyone who came in could see him got to view his wall full of plaques. But the recognition that I found most impressive was hung on his door knob. There were maybe 50 or more riot cuffs. These were from many of his civil disobedience activities that he continued until he retired. It was not uncommon for him to spend the night in jail, because of his protests.

One day my mom and I went to retrieve him from jail. My mom was none too pleased about him being in jail again, so she asked me to go and fetch him. I went into the jailhouse and saw my Dad laughing with the Chief of Police around the kitchen table. It seemed clear that he spent the night chatting with the police rather than suffering within a cell block.

I mention all of this to give a glimpse of how I treasure February and the progress that has been made in the civil rights movement. Now, times are certainly crazy and at times difficult to see a positive path forward. But I continue to believe in the words of Dr. Martin Luther King, Jr when he said, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

Look for a couple of history classes that will discuss civil rights in February. And for more information about all of our classes, please visit www.BayRidgeCenter.org/Calendar. If you have any suggestions, comments, or feedback about any of the classes please email me at ddring@bayridgecenter.org.



Rev. Lincoln Dring Jr.



David Dring
Director of Innovative Programs



IMPORTANT DATES

- GROUND HOG DAY, FEBRUARY 2ND
- LINCOLN'S BDAY, FEBRUARY 12TH
- VALENTINE'S DAY, FEBRUARY 14TH
- PRESIDENT'S DAY, FEBRUARY 20TH
- ASH WEDNESDAY , FEBRUARY 22ND



Fitness is like Being in Love

By Mary Ann Coughlin PT



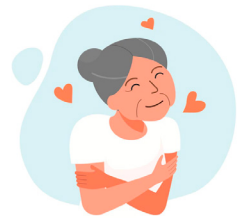
Am I really stretching the idea that fitness and love can be in the same category??

Let's think back to those first few months of being in love with someone or even your pet. Remember those endorphins that we've talked about- those feel good chemicals we produce when we exercise? Well, those same endorphins are released when we fall in love. Those endorphins make us yearn for more whether it is love or exercise because it feels sooo good. What about sometimes the relationship works and sometimes it doesn't.

Just like exercise, sometimes that exercise class isn't the right one for you. Keep trying until you have found the right class or exercise that you can love. Nothing is easy. You have to work at it to make it a consistent part of your life. Putting work into any relationship is the same as putting work into your exercise regime. It's been proven that exercise and love help us to live longer. So, let's get out there and love to exercise.

Exercise of the Month

By Mary Ann Coughlin PT



OPEN OUR HEARTS TO THE SKY

Not every exercise has to be physically challenging. Let's work on an exercise to open our hearts.

Standing (can also be done sitting), feet under hips, hands by your side. Bring your hands forward, palms are up. Open your arms, shoulder height out to the side, palms up. Lift your chest and look up (if you can). Opening your heart to the sky. Bring your arms forward and give yourself a hug, rising on the balls of your feet (if you can). Lower heels, open your arms to the side, chest to the sky. Give yourself a hug, up on the balls of your feet. Continue this for as long as it feels good for you.

Remember to breath! Have you exercised today? HAPPY VALETINES DAY!

The First Month of the Year is in the Books

By D. Lascel Parkinson, Director Bay Ridge Connects

Well,

The first month of the year is in the books... and the NORC is in full swing. We have new programs over here that we are launching, like the Dance Class with Ms. Pat at Dimensions in Dance, and a game day that we are launching for our members. I'm talking foosball, air hockey, other table games, and even interactive video games that we are so sure that you'll love! We also have a full movie screen and projector for our Movie day (Thanks to Todd, Candice, and our Bay Ridge family- Thanks guys) that we hope that you will enjoy. Come on by and try out some of our new offerings.

All the best to all our members. We look forward to a great and prosperous 2023!

Mental Health is Wealth

By Sonja Roinestad



Hello Everyone,

My name is Sonja Roinestad, and I am a licensed mental health counselor with the TRIO program from Weill Cornell Medicine. My program partners with the Department For The Aging to offer counseling services to older adults both in person and remotely across Brooklyn and Staten Island. I am at the Bay Ridge center to offer weekly group counseling, one on one counseling, special presentations and health related lectures. For the past year, I worked in three centers within Brooklyn and Staten Island to provide these services to older adults. Please feel free to visit me at the center or contact me at (844) 999-8746 Ext 705 with any questions!

Art Throughout the Years

By Maddie Tenenbaum



Come join Social Work Intern, Maddie, for a lively discussion and exploration of art throughout the years on Tuesdays from 1 p.m. - 2 p.m. We will explore artists currently exhibited in museums in New York City and share stories of our own experiences with art. In the coming weeks, we will discuss the Edward Hopper exhibit at The Whitney, the upcoming Van Gogh exhibit at The Met, the Alex Katz exhibit at the Guggenheim, and the “Monet to Morisot: The Real and Imagined in European Art” exhibit at the Brooklyn Museum. We would love to have new members join our weekly group discussion.

HOT TOPICS

with Nicole Rossetti

The hottest new class at the center! Come join Hot Topics with NYU Intern, Nicole Rossetti. Held on Wednesdays from 1:30 - 2:00pm both virtually and on site at the center. We'll discuss different topics every week, there will be some conversation starters but feel free to bring some of your own. Join in to share your voice and have some sizzling conversation!

Cultural Cooking

By Ryan Lin



Hi everyone, my name is Ryan Lin. I am a first-year social work intern studying at Hunter College. I decided to pursue my clinical social work path so I can give back to my community, especially the Chinese community which could benefit from my bilingual skills. I am dedicated to becoming a mental health counselor and promoting the importance of mental health in the Chinese community. I'm also interested in promoting cultural exchange which helps people to receive a better view of the beauty of Chinese culture. Join Cultural Cooking with Ryan if you are interested in learning authentic Chinese dishes or you just simply enjoyed watching people cook in a calm atmosphere.

Smartphone for Beginners

By Sam Stein



Hi there! My name is Sam Stein; I am a second year social work intern from Silberman school of social work, this is my second semester at the Bay Ridge Center for older adults. On Monday's from 2:15-3:00 I teach a class called Smartphones for beginners, it is a hybrid class where I assist the members both at the center and at home with questions regarding their phone. Starting January and going forward into May, I will have topics that I will teach to the class. The topics can range from managing your data to password savers, feel free to stop by the center or join zoom for the class.



Bay Ridge Landmarks

By Nicole Mirinov

Hello Members, Every Thursday, I will be presenting in person as well as virtually a historical background of some of Bay Ridge's most notable Landmarks. We will explore the history and explain the timeline of these incredible architectural wonders. The class will be interactive as I ask questions so I may get to know everyone. The landmarks that will be visited and presented are; The Narrows Bridge Botanical Gardens, the Gingerbread House, the Veterans Piers, Owls head park, the Church of the Generals, Our Lady of Angels, and one of the oldest homes the Bennet-Farrell-Feldman House which is a stunning Greek Revival style home built in 1874. The goal of this class is to explore and educate ourselves while learning the historical flavor and richness of a bygone era, in our own backyards here in Bay Ridge.

Meet a Member: Linda Williams

By Nicole Rossetti Social Work Intern, NYU

On a Wednesday afternoon, I got to sit down with our returning member, Linda Williams. We had a lively conversation about her passions, hobbies, and goals. Read on to learn all about Linda and what she has been doing at the Bay Ridge Center.

Linda started off by telling me she is a Brooklynite. She declared with pride that she is Brooklyn born and raised in and that it will always be her home. She recalls living in various neighborhoods throughout her life including Bedford Stuyvesant, Flatbush, and now Bay Ridge! She also explained that she had lived in Manhattan for a brief time but she missed Brooklyn dearly. She states that she felt like she was not home even though she lived there with a roommate while she was working in Midtown. She worked for an insurance company during this time but she yearned for the feelings of home and her Brooklyn community.

With great emphasis, she describes how she missed the Brooklyn atmosphere such as the small businesses, neighbors, and the bond within the community. She knew she needed to go home, and home is where she went! She is a proud member of the Bay Ridge community for 32 years and counting! Linda joined the center back in 2017. She attended different classes, particularly early morning exercise, and greatly enjoyed her time at the center. Amid the pandemic, things slowed down for everyone and Linda continued her hobbies, mainly at home. She has recently come back and is energized and eager to jump back in and join classes such as tai chi, dancercise, and anything that involves dance and fun!

Linda's biggest passion is knitting and crocheting which she explained to me with the biggest glowing smile. I could tell this was a hobby that is closest to her heart. She went on to inform me that her mother had taught her how to knit and in secondary school, her friend taught her how to crochet. She recalls countless pieces she has created including, blankets, sweaters, scarves, gloves, hats and table runners. When asked what her favorite project to work on is she did not hesitate to say socks! I was honored that she gave me an exclusive glimpse at the latest pair she is crafting. She explains that she loves to make and gift them to friends and family who always receive them with an expression of gratitude as the handmade pieces are not only one of a kind but are made with love and can get passed down to future generations. One of her favorite traditions is creating pieces for any baby born in her family. Among her nieces and nephews, she has made many special pieces for their new additions to cherish for years to come.

Linda has attended conferences to expand her talent and learn new techniques within the knitting and crochet world. She has also done charity work and participated in knitting guilds and has even made pieces for hospitals. Linda warmed my heart when she shared her goal to continue this legacy by initiating a charity project among the members at the center to donate their workings to those in need. She is here at the center bringing her expertise to you all every Wednesday at 1pm for her Connecting Through Crochet class. Come and join her and watch her skills come to life as well as learn the craft yourself. She will share tips and tricks and even resources for the finest yarn, but only if you come and join her!

Linda recalls times when she had been working on a knitting or crochet project while riding the train and many individuals had approached her to either marvel at her work or connect with her to share the hobby. She refers to it as being mistaken for a "lost art" and it just needs to be shared and rediscovered. She has a tight-knit (pun intended) group of friends she gets together with regularly to share what they are working on and spread ideas for new projects. Linda has an extensive network woven into the knitting and crocheting community.

Outside of her main passions she also enjoys cooking, baking, walking, and dancing. Her favorite things to make are soups, pies, and cookies. She loves to make all kinds of soups, often not even following a recipe, just going with the flow and creating her own! Linda is a people person, who loves to socialize and share her passions and talents with others. If you would like to join Linda's network, come in Wednesdays and say hi, you can even ask for one of her business cards if you would like to join her eclectic interconnections of knit and crochet.



Linda second from right






Member's Birthday



| | | | |
|-------------------------------|-----------|-------------------------------|-----------|
| O`Callaghan, Anne | 2/10/1924 | Balatti, Lucy | 2/13/1946 |
| Kortsolakis, Flora | 2/17/1929 | Daniti, Marilyn | 2/15/1947 |
| Kortsolakis, Flora | 2/17/1929 | Harris, Stuart | 2/23/1947 |
| McLarney, Mary | 2/9/1930 | Hernandez, Nilda | 2/27/1947 |
| Emma, Frank | 2/24/1930 | Bornales, Azucena(Cindy) | 2/2/1948 |
| Lee, Alice | 2/23/1932 | Tenzer, Judith | 2/7/1948 |
| Wade, Rita | 2/27/1932 | Karpf, Richard | 2/8/1948 |
| Modena, Leonardo | 2/28/1932 | Goldstein, Roni | 2/23/1948 |
| DAQUARA, MICHAEL | 2/11/1934 | Kolaczowski, John | 2/8/1949 |
| Baines, Dorothy | 2/20/1934 | Zurita, Eleanor | 2/25/1949 |
| Ward, Jean | 2/4/1936 | Tagliarini, Concetta (Connie) | 2/6/1951 |
| Chen, Fujie | 2/20/1936 | Collier, Joyce | 2/23/1951 |
| Kripanidhi, Biligere | 2/7/1937 | Sevilla, Martha | 2/23/1951 |
| Pelosi, Loretta | 2/11/1937 | Karout, Mona | 2/27/1951 |
| Scanlon, Thomas | 2/5/1938 | Ruiz, Dorothy | 2/3/1952 |
| Hlasney, Mary Lou | 2/7/1938 | Roth, Deborah | 2/20/1952 |
| Kabouris, George | 2/20/1938 | Ortiz, Alma | 2/14/1953 |
| Djaha, Gloria | 2/2/1939 | Altschuler, Barbara | 2/25/1953 |
| Bannon, Catherine | 2/20/1939 | Hennigan, Jane | 2/26/1953 |
| Dimino, Rae | 2/7/1940 | Moffatt, Virginia | 2/2/1954 |
| Rupinski, Ingeborge | 2/17/1940 | Moffatt, Virginia | 2/24/1954 |
| Rivera, Rafael | 2/25/1940 | Feliciano, Carmen | 2/16/1955 |
| Traina, Joyce | 2/5/1941 | Wall, Mary Ann | 2/2/1956 |
| Khayat, Josette | 2/25/1941 | Mahab, Rafik | 2/8/1956 |
| DeRienzo, Dolores | 2/13/1942 | Ferguson, Christine | 2/18/1956 |
| Krone, Susan | 2/24/1942 | Bredhoff, Harriet | 2/21/1956 |
| Rodman, Mildred | 2/4/1944 | Mullane, Dorothy | 2/15/1957 |
| O`Brien, Merle | 2/5/1944 | Tang, Bill | 2/23/1957 |
| Lesser, Gerald | 2/11/1944 | Start, Theresa | 2/17/1958 |
| Panvini, Edward | 2/18/1944 | Chiu, Mei | 2/11/1959 |
| Prusinowski, Jan | 2/19/1944 | Andersen, John | 2/11/1961 |
| McManus, Bernadette | 2/23/1944 | Moule, Patricia | 2/24/1962 |
| White, Shirley | 2/23/1944 | Cai Yu, Ting | 2/24/1962 |
| Sun, Kuang Chen | 2/7/1945 | | |
| Christian, Savitaben (Savita) | 2/20/1945 | | |
| McCarthy, Ann | 2/21/1945 | | |
| Shiffman, William | 2/25/1945 | | |

FEBRUARY MENU

2023

|  FEBRUARY 2023  | | | | |
|--|--|--|---|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | | Chicken Cacciatore Sautéed Green Beans | Cauliflower Chicken Bulgur Bake Brown Rice (1/2 cup) Baby Carrots w/ Parsley Steamed Zucchini | Homemade Fish Cake Brussel Sprouts Roasted Sweet Potato Fries |
| Beef Stroganoff w/ Noodles Broccoli & Red Peppers Steamed Yellow Squash | Cheese Ravioli Tomato Sauce (pre- prepared 1/4 cup) Baby Carrots w/ Parsley Brussel Sprouts | Chicken Cacciatore Penne (1/2 cup) Corn & Red Peppers | Pork Stir Fry w/ Vegetables Brown Rice (1/2 cup) | Baked Fish w/Cream Sauce Cous Cous Steamed Green Beans |
| BBQ Pulled Pork Polenta California Style Vegetables | Chicken Stir Fry w/ Vegetables Brown Rice w/ Pigeon Peas Sautéed Green Beans | Beef Brisket w/ Tomatoes and Onions Egg Noodles Brussel Sprouts | Vegetarian Chili White Rice (1/2 cup) Winter Blend Vegetables | Baked Fish w/ Lemon Sauce Orzo w/ Vegetables Sautéed Spinach |
| BBQ Chicken Leg Quarters Baked Macaroni & Cheese Collard Greens w/ Tomato Sauce | Turkey Meatloaf w/ Mushroom Gravy Brussel Sprouts Homemade Mashed Potatoes | Vegetables Ratatouille White Rice (1/2 cup) Broccoli & Red Peppers | Beef Pot Roast w/ Mushrooms Egg Noodles Baby Carrots w/.Parsley | Baked Fish Cous Cous Sautéed Spinach |
| Breaded Pork Loin Homemade Mashed potatoes- California Blend Vegetables | Beef & Broccoli Egg Noodles Corn & Red Peppers | Baked Asian Style Honey Chicken Brown Rice (1/2 cup) Brussel Sprouts | Baked Macaroni & Cheese Baby Carrots w/ Parsley Broccoli & Red Peppers | Baked Fish Orzo w/ Vegetables Zucchini & Tomato |
| Every meal comes with a protein, grain, vegetable, fruit, juice, whole wheat bread and low fat milk. Please contact Bay Ridge Center with any concerns 718-748-0650. Menu is subject to change. | | | | |





Bay Ridge Center • February 2023



In-Person and Virtual Programs

Center: 9:00 – 3:30 with lunch

BOLD/PURPLE = IN PERSON at the Center (&V = also virtual) Virtual by phone/computer = plain black type (see web calendar)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
|  |  | Trip to Dollar Tree & New China Buffet (Staten Island) 9:30 am Balance Class &V 10:00 am Take an Inside Walk &V 10:00 am Koffee Klatch 10:00 am Self Defense with Raz &V 1:00 pm Healthy Video Hour 1:00 pm Connecting through Crocheting 1:30 Hot Topics-Nicole 2:00 Tai Chi Warmup & Qigong &V 2:30 pm Tai Chi for Energy &V 3:00 Cultural Cooking with Ryan &V | 10:00 am Gouache Painting 10:00 am Bay Ridge Landmarks &V 11:00 am Talk Health-Betty 1:00 pm Tech Q&A &V 1:30 pm Tech How To's &V 2:00 pm Short Story Reading/Short Play Writing 2:00 pm Wii Bowling | 9:00 Standing Strengthening 9:30 Sitting Stretch & Tone 10:00 am Sitting Strengthening &V 10:30 am Coloring 11 New Affordable Housing &V 11:00 am Nature Otterly Entertaining &V 1:00 pm Bingo 2:15 Heart Cardio Fitness &V Saturday 9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold |
| 9:30 am Tai Chi for Energy 10:00 am Standing Stretch & Tone 10:30 am Standing Balance 10:30 am Jewelry Making 11:00 am Stress Less-Sonja 1:00 pm Focus Group & V 1:00 pm Bingo 2:15 pm Smartphone Q&A &V 2:45 Smartphone for Beginners &V 4:00 pm Trivia | 6 9:00 am ESL with Victoria 9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 10:00 am Sketching with Watercolors 10:00 am Intro to Yahtzee 10:00 Tech for Wellness &V 10:30 am Play Yahtzee 11:00 am Reflect with Sonja 12:00 pm Broadway Concerts 12:00 pm Intro to Taboo 12:30 pm Play Taboo 1:00 pm Art History &V 2:00 pm Drawing & Water Coloring Skills 2:00 pm Karaoke | 7 9:30 am Balance Class &V 10:00 Take an Inside Walk &V 10:00 am Koffee Klatch 10:30 Self Defense-Raz & V 1:00 Covid-19 Workshop &V 1:00 pm Connecting through Crocheting 1:30 Hot Topics-Nicole &V 2:00 Tai Chi Warmup & Qigong &V 2:30 Tai Chi for Energy &V 3:00 pm Cultural Cooking with Ryan | 8 10:00 am Gouache Painting 10:00 am Bay Ridge Landmarks &V 11:00 Elder Abuse Awareness &V 1:00 pm Tech Q&A &V 1:30 pm Tech How To's &V 2:00 pm Short Story Reading/Short Play Writing 2:00 pm Wii Bowling 6:30 pm MTA Virtual Public Hearing-Bus B64 Redesign | 9 9:00 am ESL with Victoria 9:00 Standing Strengthening 9:30 Sitting Stretch & Tone 10:00 am Sitting Strengthening &V 10:30 am Coloring 11:00 History of Josephine Baker 11:00 am Nature Otterly Entertaining &V 1:00 pm Bingo 2:15 Heart Cardio Fitness &V Saturday 9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold |
| 9:00 Standing Stretch & Tone 9:30 am Standing Balance 10 How to Fall & Get Up Safely &V 10:30 am Jewelry Making 11:00 am Health Jeparady 12:30 Meet Social Work Dept 1:00 pm Bingo 2:15 pm Smartphone Q&A &V 2:45 Smartphone for Beginners &V 4:00 pm Trivia | 13 Valentines Day Party 9:00 am ESL with Victoria 9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 10:00 am Sketching with Watercolors 10:00 Tech for Wellness &V 11:00 am Reflect with Sonja 12:00 pm Broadway Concerts 1:00 pm Valentines Day Party 2:00 pm Build Your Drawing and Watercoloring Skills | 14 9:30 am Balance Class &V 10:00 Take an Inside Walk &V 10:00 am Koffee Klatch 10:30 am What's on Your Mind 1:00 pm Healthy Video Hour 1:00 pm Connecting through Crocheting 1:30 Hot Topics-Nicole &V 2:00 Tai Chi Warmup & Qigong &V 2:30 pm Tai Chi for Energy &V 3:00 pm Cultural Cooking with Ryan | 15 9:30 am Chair Yoga 10:00 am Yoga Meditation 10:00 am Gouache Painting 10:00 am Bay Ridge Landmarks &V 11:00 Elder Abuse Awareness &V 1:00 pm Tech Q&A &V 1:30 pm Tech How To's &V 2:00 pm Short Story Reading/Short Play Writing 2:00 pm Wii Bowling | 16 9:00 am ESL with Victoria 9:00 Standing Strengthening &V 9:30 Sitting Stretch & Tone &V 10:00 am Sitting Strengthening &V 10:30 am Coloring 11:00 am Nature Otterly Entertaining &V 1:00 am Tech Q&A &V 11:30 am Tech Training &V 1:00 pm Bingo 2:15 Heart Cardio Fitness &V Saturday 9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold |
| 20 Center Closed - President's Day These Virtual Classes will take place: 9:30 am Tai Chi for Energy 10:00 am Standing Stretch & Tone 10:30 am Standing Balance 4:00 pm Trivia | 21 9:00 am ESL with Victoria 9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 10:00 Sketching with Watercolors 10:00 am Intro to Scattegories 10:00 Tech for Wellness & V 10:30 am Play Scattegories 11:00 Gardening & Plant Care 11:00 am Reflect with Sonja 12:00 pm Broadway Concerts 12:00 Learn about Social Work Dept 1:00 pm Art History &V 1:00 Healing Movement & V 2:00 Drawing & Water Coloring 2:00 pm Karaoke | 22 9:00 am New Site Ground Breaking Celebration 10:00 am Koffee Klatch 10:30 am Bay Ridge Rocks 1:00 pm Medicare Basics 1:00 pm Connecting through Crocheting 1:30 pm HotTopics-Nicole &V 2:00 Tai Chi Warmup & Qigong & V 2:30 Tai Chi for Energy &V 3:00 pm Cultural Cooking with Ryan | 23 9:30 am Chair Yoga 10:00 am Yoga Meditation 10:00 am Gouache Painting 10:00 am Bay Ridge Landmarks &V 11:00 am Talk Health-Betty 1:00 History of Soul Train &V 1:00 pm Tech Q&A &V 1:30 pm Tech How To's &V 2:00 pm Short Story Reading/Short Play Writing 2:00 pm Wii Bowling | 24 9:00 am ESL with Victoria 9:00 Standing Strengthening &V 9:30 Sitting Stretch & Tone &V 10 Sitting Strengthening &V 10:30 am Coloring 11:00 am Nature Otterly Entertaining &V 11:00 am Tech Q&A &V 11:15 am Mardi Gras Bash 11:30 am Tech Training &V 1:00 pm Bingo 2:15 Heart Cardio Fitness &V Saturday 9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold |
| 27 9:00 am Standing Stretch & Tone 9:30 am Standing Balance 10 How to Fall & Get Up Safely &V 10:30 am Jewelry Making 11:00 am Stress Less-Sonja 12:30 pm Focus Group & V 1:00 pm Bingo 2:15 pm Smartphone Q&A &V 2:45 Smartphone for Beginners &V 4:00 pm Trivia | 28 9:00 am ESL with Victoria 9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 10 Sketching & Watercolors 10:00 am Intro to Yahtzee 10:00 Tech for Wellness &V 10:30 am Play Yahtzee 11:00 Gardening & Plant Care 11:00 am Reflect with Sonja 12:00 pm Broadway Concerts 12:00 pm Intro to Music Trivia 12:30 pm Play Music Trivia 1:00 pm Art History &V 1:00 Healing Movement &V 2:00 Drawing & Water Coloring 2:00 pm Karaoke |  |  |  |