

MAY 2024 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Walk With Ease w/ Demetra 10:00-11:00am <b>(IN PERSON Only)</b>	Standing Pilates w/ Leorna 10:00-10:45am <b>(IN PERSON Only)</b>		Walk With Ease w/ Linda 10:00-11:00am <b>(IN PERSON Only)</b>	Israeli Folk Dance w/ Ruth Goodman 10:00-10:45am <b>(IN PERSON Only)</b>
Ballroom Dance w/ James 11:00-11:45am Meeting ID <a href="#">917 4880 2357</a> <b>(IN PERSON &amp; Online)</b>	Better Body w/ Roger 10:45-11:30am Meeting ID: <a href="#">924 0097 6787</a> <b>(IN PERSON &amp; Online)</b>	Weight & Balance w/ Rob 11:00-11:45am Meeting ID: <a href="#">944 9387 8810</a> <b>(IN PERSON &amp; Online)</b>	Zumba Gold w/ Jose 11:00-11:45am Meeting ID: <a href="#">956 5465 4317</a> <b>(IN PERSON &amp; Online)</b>	Chair Yoga w/ Maggie 10:45-11:30am <b>(IN PERSON Only)</b>
Lunch 12pm-1pm	Lunch 12pm-1pm	Lunch 12pm-1pm	Lunch 12pm-1pm	Lunch 12pm-1pm
Mahjong Game 打麻将 12:00-4:00pm <b>(IN PERSON ONLY)</b>  Needlepoint w/ Harriet 1-3pm  <b>(IN PERSON ONLY)</b>	Mosaics 1:00-3:00pm <b>(IN PERSON Only)</b>	Jewelry & Beading 1:00pm-3:00pm <b>(IN PERSON Only)</b>	Art 1&2 w/ Jodie 1:00-3:00pm Meeting ID: <a href="#">976 1640 1648</a> <b>(IN PERSON &amp; Online)</b>  **PLEASE NOTE: DUE TO CLASS OVERCROWDING CLASS DOORS CLOSE @1:05PM AND NO PARTICIPANTS WILL BE ADMITTED AFTER THIS TIME THANK YOU	Sing Along w/ Hondo 12:00-12:45pm <b>(IN PERSON Only)</b>
Life Story Exercises in Russian w/ Bella 3:00-3:45pm Meeting ID: <a href="#">977 5491 2505</a> <b>(IN PERSON &amp; Online)</b>	Computer Tech Beginner Q&A 1:00-1:30pm  Computer Tech Class 1:30pm - 2:30pm <b>(IN PERSON Only)</b>	**NEW CLASS Art & Wellness (Various Art Mediums, Supplies Provided) w/ Malky Weichbrod, MSEd 1:00pm -2:00pm <b>(IN PERSON Only)</b>	**NEW GROUP “The Power of Self Reflection” w/ Rachel Robin, LMSW 1:00pm -2:00pm ----- Bridge Game 2:00-4:00pm <b>(IN PERSON Only)</b>	

see next page 

## ANNOUNCEMENTS & EVENTS:

**MEMORIAL DAY (MON MAY 27): LUNCH CLUB WILL BE OPEN FOR LUNCH ONLY. THERE WILL BE NO CLASSES & NO HOME DELIVERED MEALS**

**Monday May 6 @12pm**

**In Honor of Holocaust Remembrance Day:**

**Please Join us for Lunch and a Film Screening Directly Afterwards**

**"The Last Days" by Steven Spielberg**

**This Oscar-winning documentary focuses on the plight of five Hungarian Jews who survived imprisonment in Auschwitz.**

**PG-13 1998 · Documentary/War, 92% on Rotten Tomatoes**

**Wed May 8 @12pm**

**"One Day at a Time: Coping with Bereavement"**

**Special Presentation in Honor of Mental Health Awareness Month**

**Join Rachel Robin, LMSW, from Greenwich House for special presentation on bereavement. Rachel Will Discuss Managing the Stages of Grief, and Coping Strategies to Move Forward... One Day at a Time**

**Wed May 8-Fri May 10 (Or Until Supplies Last)**

**Mother's Day Jewelry and Accessories Sale!**

**All Items are Pennies on the Dollar and all**

**Proceeds Benefit the Lunch Club's Programming**

**Mon May 13 @12pm**

**Israeli Independence Day Celebratory Luncheon**

**Join for us Israeli Themed Food and Trivia!**

**Wed May 15@12pm**

**Celebratory Luncheon in Honor of National Peace Officers Day**

**Officers from the NYPD's 7th Precinct will join us for a Lunch Which Will Feature Soup, Entree, Sides and a Special Dessert!**

**Monday May 20 @12pm**

**Nutrition Lecture w/ Adrian Forman, MS, RD**

**Tue, May 21 @12pm**

**Special Safety Presentation**

**"Vision Zero, Building a Safer City"**

**By Department of Transportation**

**Learn Travel and Pedestrian Safety Tips from the Experts**

**Mon May 27 @12pm**

**Memorial Day Celebratory Luncheon and Concert**

**Featuring a Piano and Song Performance by Greg Schlotthauer**

**Patriotic Themed Menu including Dessert**



Program Funded Under Contract with the New York City Department for the Aging

### Address

15-17 Bialystoker Place, New York, NY 10002

### Phone

212-673-9328

### Email

info@ujces.org

### Web

ujces.org