



Project FIND Hamilton Innovative Senior Center

141 W. 73rd Street
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January 2019 Activities Calendar

Hours of Operation for HAMILTON
 MONDAY THROUGH FRIDAY 9AM-7PM
 SUNDAY 9AM-5PM
 *Classes subject to Change

Funded by the NYC Department for the Aging

Hours of Operation for HM ANNEX
 M-10:30-3:30 TU-12:30-3:30 W-12-4
 TH-10:30-4:00 FR-12:30-5:00

		Tuesday, January 1, 2019		Wednesday, January 2, 2019		Thursday, January 3, 2019		Friday, January 4, 2019			
			Closed								
			HM ANNEX		HM ANNEX		HM ANNEX		HM ANNEX		
			11:00 1:30		11:00 1:30		11:00 5:00		11:00 1:15 2:30 3:30		
Sunday, January 6, 2019		Monday, January 7, 2019		Tuesday, January 8, 2019		Wednesday, January 9, 2019		Thursday, January 10, 2019		Friday, January 11, 2019	
10:00 10:00 10:45 12:30 12:15 12:30 12:30 1:00 2:00	Bridge Computer Class AM: w/ Johnnie News Hour w/ Johnnie Origami w/ Yoko Nutrition: Healthv Hvdration Chess w/ David Documentary: Did You Wonder Who Fired the Computer Class PM: w/ Johnnie History Hour: Mao Tse Tung	10:00 10:00 10:30 11:30 12:15 12:30 12:30 2:00 2:00 2:00 3:00 3:00 3:00 4:30 5:00	Chair Yoga w/ Jennifer Computer Class AM: w/ Johnnie News Hour w/ Johnnie Dianne Carr on Piano Planning for Care-West End Assisted Living P.1 Documentary: Shirkers Vocal Training w/ Elsa Tap Dance w/ Lauren Spanish Class w/ Edwin Computer Class PM w/ Elsa Discussion Group Stav Well Exercise w/ Elsa Sing a long w/ Koji History Hour: Paul Revere Piano w/ Koji Computer Class PM	10:00 10:00 10:30 12:15 12:30 1:30 2:00 2:30 3:00 4:00 5:00	Computer Class AM: w/ Johnnie Qi Gong w/ Ken News Hour w/ Johnnie Wellness Workshop: Every Day Warm Ups Current Events Chess w/ Jon Computer Class PM w/ Elsa Poetry Circle w/ Chocolate History Hour: Louis Braille Wellness: Lower Your Blood Clot Risk Computer Class PM	10:00 11:00 12:30 1:00 1:00 2:00 2:00 3:00 4:00 5:00	Computer Class AM: w/ Johnnie Three Kings Party Current Events Ted's Piano Bar Housing Issues w/ Anne Cunningham History Hour: Spiro Agnew Computer Class PM w/ Johnnie Chair Dance w/ Jessica Bingo w/ Adrianna Wellness Workshop: Does York Workout Match Your Goals? Computer Class PM	10:00 10:00 10:00 10:15 10:30 11:00 12:15 1:00 1:00 2:00 2:00 2:00 3:00 4:00 5:00	Blood Pressure Screening w/ Natasha Computer Class AM: w/ Johnnie Tai Chi w/ Susan SPOP: Communicating II, Aging Gracefully News Hour w/ Johnnie Constituent Hours w/ staff from NYS Senator Jose Serrano office Intro to Feldenkrais w/ Frederick Schiano Geoffrey's Art Class Sing Along w/ Fred Playwriting w/ Alice Dance w/ Donatas Current Events w/ Johnnie History Hour: Cambodia Gardening w/ Gwenn Computer Class PM	10:00 10:00 10:30 11:00 12:00 1:00 1:00 2:00 2:00 3:00 4:00 5:00	Computer Class AM: w/ Elsa Leisure Bridge News Hour w/ Elsa Piano w/ Koji Discussion Group Marital Arts w/ David Art History: Mesopotamian Theater Workshop Line Dancing w/ Abbey History Hour: Jean Jacques Rousseau Computer Class PM: w/ Elsa
			HM ANNEX		HM ANNEX		HM ANNEX		HM ANNEX		HM ANNEX
			11:00 1:30		10:00 1:00 2:00		11:00 1:30		11:00 5:00		11:00 1:15
Sunday, January 13, 2019		Monday, January 14, 2019		Tuesday, January 15, 2019		Wednesday, January 16, 2019		Thursday, January 17, 2019		Friday, January 18, 2019	
10:00 10:00 10:30 12:30 12:30 12:30 1:00 2:00 2:30 3:00	Bridge Computer Class AM: w/ Johnnie News Hour w/ Johnnie Origami w/ Yoko Julliard Performance Chess w/ David Documentary: Amazing Grace Computer Class PM: w/ Johnnie History Hour: Ho Chi Minh Chair Massage: Tender Touch Stav Well Exercise w/ Elsa	10:00 10:00 10:30 11:30 12:15 12:15 12:30 12:30 2:00 2:00 2:00 3:00 3:00 3:00 4:30 5:00	Chair Yoga w/ Jennifer Computer Class AM: w/ Johnnie News Hour w/ Johnnie Dianne Carr on Piano Planning for Care-West End Assisted Living P.2 SPOP: Being Alive, Being Alone Documentary: Bisbee '17 Vocal Training w/ Elsa Tap Dance w/ Lauren Spanish Class w/ Edwin Computer Lab Leader w/ Elsa Stav Well Exercise w/ Elsa Sing a long w/ Koji History Hour: John Locke Piano w/ Koji Computer Class PM	10:00 10:00 10:30 12:15 1:00 1:30 2:00 2:30 3:00 4:00 5:00	Computer Class AM: w/ Johnnie Qi Gong w/ Ken News Hour w/ Johnnie Wellness: Lower Back Stretches Jim's Sing Along Chess Computer Lab Leader w/ Elsa Poetry Circle w/ Chocolate History Hour: Presidential Impeachment Nutrients for Healthy Immunity Computer Class PM	10:00 11:00 12:15 1:00 1:00 2:00 2:00 3:00 3:00 4:00 5:00	Computer Class AM: w/ Johnnie News Hour w/ Johnnie When Statins are Not the Answer Ted's Piano Bar Housing Issues w/ Anne Cunningham History Hour: Dow Jones Computer Class PM w/ Johnnie Chair Dance w/ Jessica Bingo w/ Adrianna Wellness Workshop: Exercise Mistakes to Avoid Computer Class PM	10:00 10:00 10:00 10:00 10:30 12:15 1:00 1:00 2:00 2:00 2:00 2:00 3:00 4:00 4:00 5:00	Blood Pressure Screening w/ Rachel Computer Class AM: w/ Johnnie Tai Chi w/ Susan News Hour w/ Johnnie Wellness Workshop: Take Accurate BP Readings At Home Geoffrey's Art Class Sing Along w/ Fred Computer Lab Leader w/ Elsa Playwriting w/ Alice Dance w/ Donatas Current Events w/ Johnnie History Hour: Henry Mill Gardening w/ Gwenn Wellness Workshop: Thyroid Awareness Month Computer Class PM	10:00 10:00 10:30 11:00 12:00 1:00 1:00 2:00	Computer Class AM: w/ Elsa Leisure Bridge News Hour w/ Elsa Piano w/ Koji Discussion Group Marital Arts w/ David Art History: Egyptian Theater Workshop Line Dancing w/ Abbey NO CLASSES AFTER 2PM
			HM ANNEX		HM ANNEX		HM ANNEX		HM ANNEX		HM ANNEX
			11:00 1:30		1:00 2:00 3:00		11:00 1:30		11:00 5:00		11:00 1:15



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Sunday, January 20, 2019	Monday, January 21, 2019	Tuesday, January 22, 2019	Wednesday, January 23, 2019	Thursday, January 24, 2019	Friday, January 25, 2019
10:00 Bridge 10:00 Chair Yoga w/ Jennifer 10:30 NewsHour w/ Johnnie 12:30 Origami w/ Yoko 12:30 Julliard Performance 12:30 Chess w/ David 12:30 Documentary: On Her Shoulders 1:00 Computer Class PM: w/ Johnnie 2:00 History Hour: AMLO (Morena) 3:00 Stay Well Exercise w/ Elsa	Closed	10:00 Computer Class AM: w/ Johnnie 10:00 Qi Gong w/ Ken 10:30 News Hour w/ Johnnie 12:15 Wellness: Calorie Restriction & Health 1:00 Jim's Sing Along 1:30 Chess w/ Jon 2:00 Computer Lab Leader w/ Elsa 2:30 Poetry Circle w/ Chocolate 3:00 History Hour: Elvis Presley 4:00 Wellness: Cold Weather Heart Safety 5:00 Computer Class PM	10:00 Computer Class AM: w/ Johnnie 11:00 New Year's Dance 12:15 Overcome Phys Obstacles to Exercise, PT, PhD Garcia 1:00 Ted's Piano Bar 1:00 Housing Issues w/ Anne Cunningham 2:00 History Hour: Benedict Arnold 2:00 Computer Class PM w/ Johnnie 3:00 Chair Dance w/ Jessica 3:00 Bingo w/ Adrianna 4:00 Wellness Workshop: Achievable Fitness Goals 5:00 Computer Class PM	10:00 Computer Class AM: w/ Johnnie 10:00 Tai Chi w/ Susan 10:30 News Hour w/ Johnnie 11:30 Current Events w/ Johnnie 1:00 Geoffrey's Art Class 1:00 Sing Along w/ Fred 2:00 Playwriting w/ Alice 2:00 Dance w/ Donatas 2:00 Current Events w/ Johnnie 3:00 History Hour: Douglas Wilder 4:00 Gardening w/ Gwenn 5:00 Computer Class PM	10:00 Computer Class AM: w/ Elsa 10:00 Leisure Bridge 10:30 News Hour w/ Elsa 11:00 Piano w/ Koji 12:00 Discussion Group 1:00 Martial Arts w/ David 1:00 Art History: Greek & Hellenistic 1:00 Theater Workshop 2:00 Line Dancing w/ Abbey 2:00 History Hour: Joan of Arc 4:00 Nutrition: Weight Management 5:00 Computer Class PM: w/ Elsa
HM ANNEX CLOSED	HM ANNEX	HM ANNEX	HM ANNEX	HM ANNEX	HM ANNEX
		10:00 Tower Gardening: Urban Farming 1:00 Fit For Life w/ Ken 2:00 Silver Cardio Jam w/ Dayle	11:00 Zumba w/ Josie 1:30 Strength and Motion w/ Rachel	11:00 Chair Yoga w/ Jennifer 5:00 Tower Garden	11:00 Life Model Drawing 1:15 Strength and Motion w/ Jessica
Sunday, January 27, 2019	Monday, January 28, 2019	Tuesday, January 29, 2019	Wednesday, January 30, 2019	Thursday, January 31, 2019	
10:00 Bridge 10:30 NewsHour w/ Johnnie 12:30 Origami w/ Yoko 12:30 Julliard Performance 12:30 Chess w/ David 12:30 Documentary: Minding the Gap 1:30 Nutrition Demo: No bake Snacks 1:00 Computer Class PM: w/ Johnnie 2:00 History Hour: Chiapas 2:30 Chair Massage: Tender Touch 3:00 Stay Well Exercise w/ Elsa	10:00 Chair Yoga w/ Jennifer 10:00 Computer Class AM: w/ Johnnie 10:30 News Hour w/ Johnnie 11:30 Dianne Carr on Piano 12:30 Columbia OT Student Program 12:30 Documentary: They'll Love Me When I'm Dead 12:30 Vocal Training w/ Elsa 2:00 Tap Dance w/ Lauren 2:00 Spanish Class w/ Edwin 2:00 Computer Class PM w/ Johnnie 3:00 Discussion Group 3:00 Stay Well Exercise w/ Elsa 3:00 Sing a long w/ Koji 3:00 History Hour: Edmund Burke 4:30 Piano w/ Koji 5:00 Computer Class PM	10:00 Computer Class AM: w/ Johnnie 10:00 Qi Gong w/ Ken 10:30 News Hour w/ Johnnie 11:30 Current Events w/ Johnnie 1:00 Jim's Sing Along 1:30 Chess 2:00 Computer Lab Leader w/ Elsa 2:30 Poetry Circle w/ Chocolate 3:00 History Hour: Daniel Webster 5:00 Computer Class PM	10:00 Computer Class AM: w/ Johnnie 11:00 News Hour w/ Johnnie 12:30 Current Events w/ Johnnie 1:00 Ted's Piano Bar 1:00 Housing Issues w/ Anne Cunningham 2:00 History Hour: Andre Michelin 2:00 Computer Class PM w/ Johnnie 3:00 Chair Dance w/ Jessica 3:00 Bingo w/ Adrianna 4:00 Wellness Workshop: Exercise for Pain Management 5:00 Computer Class PM	10:00 Computer Class AM: w/ Johnnie 10:00 Tai Chi w/ Susan 10:30 News Hour w/ Johnnie 11:30 Current Events w/ Johnnie 12:15 Nutrition: Healthy Restaurant Choices 1:00 Geoffrey's Art Class 1:00 Sing Along w/ Fred 2:00 Playwriting w/ Alice 2:00 Dance w/ Donatas 2:00 Current Events w/ Johnnie 3:00 History Hour: Ivan the Terrible 4:00 Gardening w/ Gwenn 4:00 Wellness Workshop: Fitness Lowers Mortality 5:00 Computer Class PM	
HM ANNEX CLOSED	HM ANNEX	HM ANNEX	HM ANNEX	HM ANNEX	HM ANNEX
	11:00 Zumba w/ Tia 1:30 Strength Training w/ Rachel	10:00 Tower Gardening: Urban Farming 1:00 Fit For Life w/ Ken 2:00 Silver Cardio Jam w/ Dayle	11:00 Zumba w/ Josie 1:30 Strength and Motion w/ Rachel	10:00 Blood Pressure Screening w/ Rachel *New Location* 11:00 Chair Yoga w/ Jennifer 5:00 Tower Garden	