



Project FIND Hamilton Innovative Senior Center

141 W. 73rd Street
 (Amsterdam & Columbus Ave)
 New York, NY 10023
 Telephone: 212-787-7710
 Fax: 212-580-1092
 E-mail: mbowen@projectfind.org
 dyoung@projectfind.org

FEBRUARY 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday, Feb 1, 2019
					9:30 Computer Class AM: Johnnie 10:00 Leisure Bridge 10:30 News Hour w/Johnnie 11:00 Piano w/ Koji 12:00 Discussion Group w/Johnnie 1:00 Martial Arts w/ David 1:00 Art History: Art Deco 1:00 Theater Workshop 2:00 Line Dancing w/ Abbey 2:00 History Hour: Civil Rights Act of 1964 w/Johnnie 5:00 Computer Class PM
CLOSED					11:00 Life Model Drawing 1:15 Strength and Motion w/ Jessica
Sunday, Feb. 3, 2019	Monday, Feb. 4, 2019	Tuesday, Feb. 5, 2019	Wednesday, Feb. 6, 2019	Thursday, Feb. 7, 2019	Friday, Feb. 8, 2019
10:00 Bridne 10:30 Newshour w/Rachel 12:30 Oriami w/ Yoko 12:30 Chess w/ David 12:30 Documentary: 2007, "Made in LA" w/Rachel 12:30 Julliard Performance 1:30 Computer Class PM w/Rachel 3:00 History Hour: Confucius	10:00 Chair Yoga w/ Jennifer 10:00 Computer Class AM: w/Johnnie 10:15 SPOP: Declutter 11:30 News Hour w/ Johnnie 11:30 Dianne Carr on Piano 12:30 Documentary: 2004, "The New Americans" 12:30 Vocal Training w/ Elsa 12:30 Columbia OT Student Program 2:00 Spanish Class w/ Edwin 2:00 Computer Class PM w/Johnnie 3:00 Discussion Group 3:00 Stav Well Exercise w/ Elsa 3:00 Sing a long w/Koji 3:00 History Hour: Emancipation Proclamation w/Johnnie 4:30 Piano w/ Koji 5:00 Computer Class PM	9:00 AARP TAXES - Comp Rm and Conf Rm reserved 9-2 10:00 Qi Gong w/ Ken 10:30 News Hour w/ Johnnie 12:15 Wellness: African Health & Heritage 12:30 Documentary: Chinese New Year - Festival Celebration 1:00 Jim's Sing Along 1:15 Chinese Art & Calligraphy 1:30 Chess w/ Jon 2:30 Poetry Circle w/Chocolate 3:30 History Hour: Chinese New Year 4:00 Nutrition: Cannabis Infused Foods 5:00 Computer Class PM	9:30 Computer Class AM: w/Johnnie 11:00 News Hour w/ Johnnie 12:30 HCC: "Public Service Commission" 1:00 Ted's Piano Bar 1:00 Housing Issues w/ Anne Cunningham 2:00 History Hour: Harriet Tubman w/Johnnie 2:00 Computer Class PM2 w/Johnnie 3:00 Chair Dance w/ Jessica 3:00 Bingo w/ Adrianna 4:00 Wellness Workshop: What is Fitness? 5:00 Computer Class PM	10:00 Blind Pressure Screening w/Rachel 10:00 Computer Class AM: w/Johnnie 10:00 Tai Chi w/ Susan 10:30 News Hour w/ Johnnie 12:15 Wellness Workshop: Body Composition 12:30 Legal Issues w/Sonya (Multipurpose Room) 1:00 Geoffrey's Art Class 1:00 Sing Along w/ Fred 2:00 Dance w/ Donatas 2:00 Current Events w/Johnnie 3:00 Piano w/ Regina 3:00 History Hour: Native American Right w/Johnnie 4:00 Gardening w/ Gwenn 4:00 Wellness Workshop: Muscular Fitness 5:00 Computer Class PM	9:30 Computer Class AM: w/Johnnie 10:00 Leisure Bridge 10:30 News Hour w/Johnnie 11:00 Piano w/ Koji 12:00 Discussion Group w/Johnnie 12:30 NYPD: Presentation - Safety & Loss Prevention 1:00 Martial Arts w/ David 1:00 Art History: Art Nouveau 1:00 Theater Workshop 2:00 Line Dancing w/ Abbey 2:00 History Hour: Disability Rights 3:00 Social Work: Life Skills Group 3:00 Valentine's Day Cheer for Seniors 4:00 Nutrition: Intermittent Fasting 5:00 Computer Class PM
CLOSED	11:00 Zumba w/ Josie 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	11:00 Chair Yoga w/ Jennifer 3:00 Meditative Movement 5:00 Tower Garden	11:00 Life Model Drawing 1:15 Strength and Motion w/ Jessica
Sunday, Feb. 10, 2019	Monday, Feb. 11, 2019	Tuesday, Feb. 12, 2019	Wednesday, Feb. 13, 2019	Thursday, Feb. 14, 2019	Friday, Feb. 15, 2019
10:00 Bridne 10:30 Newshour w/Rachel 12:30 Oriami w/ Yoko 12:30 Chess w/ David 12:30 Documentary: 2009, "The Other Side of Immigrant" 12:30 Julliard Performance 1:30 Computer Class PM w/Rachel 2:00 Shape Up NY 3:00 Stav Well Exercise w/ Elsa 3:00 History Hour: Lao tzu	10:00 Chair Yoga w/ Jennifer 10:00 Computer Class AM: w/Johnnie 11:30 News Hour w/ Johnnie 11:30 Dianne Carr on Piano 12:15 SPOP: How to Communicate when you're mad 12:30 Vocal Training w/ Elsa 12:30 Columbia OT Student Program 1:00 Documentary: 2014, "Who is Dayani Cristal" 2:00 Spanish Class w/ Edwin 2:00 Computer Class PM w/Johnnie 3:00 Discussion Group 3:00 Stav Well Exercise w/ Elsa 3:00 Sing a long w/Koji 3:00 History Hour: Apartheid w/Johnnie 4:30 Piano w/ Koji 5:00 Computer Class PM	9:00 AARP TAXES - Comp Rm and Conf Rm reserved 9-2 10:00 Qi Gong w/ Ken 10:30 News Hour w/ Johnnie 12:15 Stroke Awareness - NY Presbyterian 1:00 Jim's Sing Along 1:15 Chinese Art & Calligraphy 2:30 Poetry Circle w/Chocolate 3:30 History Hour Workers Rights w/Johnnie 4:00 Workshop: Mental Health & Nutrition 5:00 Computer Class PM	Hamilton CLOSED Coffeehouse OPEN Woodstock OPEN Clinton OPEN	10:00 Blind Pressure Screening w/Natasha 10:00 Computer Class AM: w/Johnnie 10:00 Tai Chi w/ Susan 10:15 SPOP: Love Stories 10:30 News Hour w/ Johnnie 11:00 Valentine's Day Party 1:00 Geoffrey's Art Class 1:00 Sing Along w/ Fred 2:00 Dance w/ Donatas 2:00 Current Events w/Johnnie 3:00 History Hour: Women's Suffrage w/Johnnie 4:00 Gardening w/ Gwenn 4:00 Wellness Workshop: Flexibility 5:00 Computer Class PM	9:30 Computer Class AM: w/Johnnie 10:00 Leisure Bridge 10:30 News Hour w/Johnnie 11:00 Discussion Group w/Johnnie 12:00 Martial Arts w/ David 1:00 Art History: Action Painting 1:00 Theater Workshop 2:00 Line Dancing w/ Abbey 2:00 History Hour: Baby Panther w/Johnnie 3:00 Anderson Middle School Volunteering 4:00 Wellness Workshop: National Donor Day 5:00 Computer Class PM
CLOSED	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 Chair Yoga w/ Jennifer 3:00 Meditative Movement 5:00 Tower Garden	11:00 Life Model Drawing 1:15 Strength and Motion w/ Jessica

