



Project FIND Hamilton Innovative Senior Center

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APRIL 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

| | Monday, April 1 | Tuesday, April 2 | Wednesday, April 3 | Thursday, April 4 | Friday, April 5 |
|---|---|--|--|--|--|
| | 10:00 Chair Yoga w/ Jennifer 10:00 Computer Class AM w/Dante 10:00 News Hour w/ Johnnie 11:30 Music to Dine For w/ Dianne Carr 12:15 SPOP: Making Space Declutter 12:30 Vocal Training w/ Elsa 12:30 "What is Health Literacy?" w/Columbia Uni. 1:00 Documentary: April Fool's Day 1:00 Computer Class PM w/Dante 2:00 Spanish Class w/ Edwin 3:00 Sing a long w/Koji 3:00 History Hour: Hawaii Earthquake & Tsunami 4:30 Piano w/ Koji 5:00 Computer Lab Leader | AARP TAXES - Comp Rm and Conf Rm reserved 9-2 10:00 Qi Gong w/ Ken 10:30 News Hour w/ Johnnie 1:00 Walk With Ease Week #2 w/Rachel 1:00 Jim's Sing Along 1:15 Chinese Art & Calligraphy w/Jade 1:30 Chess w/ Jon 2:30 Poetry Circle w/Chocolate 3:00 History Hour: Pope John Paul II 4:00 Eating in Season & in Budget 5:00 Computer Lab Leader | Computer Class AM w/Dante 10:00 News Hour w/ Johnnie 11:30 Discussion Group w/Dante 12:15 Wellness Workshop: Tai Chi for Health 1:00 Ted's Piano Bar 1:00 Computer Class PM w/Dante 1:30 Housing Issues w/ Anne Cunningham 2:00 History Hour: Pony Express Service Starts 3:00 Chair Dance w/ Jessica 3:00 Binco w/ Adrianna 5:00 Computer Lab Leader | Computer Class AM w/Dante 10:00 Tai Chi w/ Susan 10:00 News Hour w/ Johnnie 12:15 AloeCare Presentation: Personal Emergency Response System (PERS) Oriami w/ Yoko 12:30 French Class 1:00 Computer Class PM w/Dante 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 Tai Chi for Arthritis 3:00 History Hour: Martin Luther King, Jr. (Murdered) 4:00 Gardening w/ Gwenn 4:00 Nutrition Workshop: Vary Your Protein Sources Computer Lab Leader | Computer Class AM w/Dante 10:00 Leisure Bridge 10:00 News Hour w/ Johnnie 11:00 Piano w/ Koji 11:30 Discussion Group w/Dante 1:00 Martial Arts w/ David 1:00 Art History: Edouard Manet 1:00 Theater Workshop 1:00 Computer Class PM w/Dante 2:00 Line Dancing w/ Anita 2:00 History Hour: Fox Broadcasting Company debut 3:00 Tai Chi for Arthritis 4:00 Wellness: Alcohol Awareness 5:00 Computer Lab Leader |
| CLOSED | ANNEX 11:00 Zumba w/ Tia 1:30 Strength Training w/ Rachel | ANNEX 10:00 Tower Gardening: Urban Farming 1:00 Fit For Life w/Ken 2:00 Silver Cardio Jam w/Dave | ANNEX 11:00 Zumba w/Josie 1:30 Strength and Motion w/ Rachel | ANNEX 11:00 Chair Yoga w/ Jennifer 3:00 Meditative Movement 5:00 Tower Garden | ANNEX 11:00 Life Model Drawing 1:15 Strength and Motion w/ Jessica |
| Sunday, April 7 | Monday, April 8 | Tuesday, April 9 | Wednesday, April 10 | Thursday, April 11 | Friday, April 12 |
| 10:00 Rritina 10:30 Newshour w/Elsa 11:00 Blood Pressure Screening 12:30 Julliard Performance 12:30 Chess w/ David 12:30 Documentary: World Health Day 1:00 Computer Class PM w/Rachel 2:00 Flex & Stretch Movement Class | 10:00 Chair Yoga w/ Jennifer 10:00 News Hour w/ Johnnie 10:00 Computer Class AM w/Dante 1:00 Music to Dine For w/ Dianne Carr 12:30 Vocal Training w/ Elsa 12:30 "What is Health Literacy?" w/Columbia Uni. 1:00 Documentary: Scrabble Day 1:00 Computer Class PM w/Dante 2:00 Spanish Class w/ Edwin 3:00 Sing a long w/Koji 3:00 History Hour: Hank Aaron hits 715th career home run 4:30 Piano w/ Koji 5:00 Computer Lab Leader | AARP TAXES - Comp Rm and Conf Rm reserved 9-2 10:00 Qi Gong w/ Ken 10:30 News Hour w/ Johnnie 1:00 Walk With Ease Week #3 w/Rachel 1:00 Jim's Sing Along 1:15 Chinese Art & Calligraphy w/Jade 2:30 Poetry Circle w/Chocolate 3:00 History Hour: Robert E. Lee surrenders 4:00 Wellness: Common Foot Problems 5:00 Computer Lab Leader | Computer Class w/Johnnie 10:00 News Hour w/ Dante 11:00 Passover/Easter Celebration 11:30 Discussion Group w/Dante 1:00 Ted's Piano Bar 1:00 Computer Class PM w/Dante 1:30 Housing Issues w/ Anne Cunningham 2:00 History Hour: US & China Ping Pong Diplomacy 3:00 Chair Dance w/ Jessica 3:00 Binco w/ Adrianna 5:00 Wellness Workshop: Humor is the Best Medicine Computer Lab Leader | Blood Pressure Screening Computer Class AM w/Dante 10:00 Tai Chi w/ Susan 10:00 News Hour w/ Dante 10:15 SPOP: Retired? How not to get Bored, Part II Oriami w/ Yoko 12:30 French Class 1:00 Computer Class PM w/Dante 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 Tai Chi for Arthritis 3:00 History Hour: Civil Rights Act of 1968 4:00 Gardening w/ Gwenn 4:00 Wellness Workshop: Healthcare Decisions Day 5:00 Computer Lab Leader | Computer Class AM w/Dante 10:00 Leisure Bridge 10:00 News Hour w/ Johnnie 11:00 Piano w/ Koji 11:30 Discussion Group w/Dante 1:00 Martial Arts w/ David 1:00 Art History: Leonardo (Virgin of the Rocks) 1:00 Theater Workshop 1:00 Computer Class PM w/Dante 2:00 Line Dancing w/ Abbey 2:00 History Hour: Yuri Gagarin 1st Man in Space 3:00 Tai Chi for Arthritis 5:00 Computer Lab Leader |
| CLOSED | ANNEX 11:00 Zumba w/ Tia 1:30 Strength Training w/ Rachel | ANNEX 10:00 Tower Gardening: Urban Farming 1:00 Fit For Life w/Ken 2:00 Silver Cardio Jam w/Dave | ANNEX 11:00 Zumba w/Josie 1:30 Strength and Motion w/ Rachel | ANNEX 11:00 Chair Yoga w/ Jennifer 3:00 Meditative Movement 5:00 Tower Garden | ANNEX 11:00 Life Model Drawing 1:15 Strength and Motion w/ Jessica |
| Sunday, April 14 | Monday, April 15 | Tuesday, April 16 | Wednesday, April 17 | Thursday, April 18 | Friday, April 19 |
| 10:00 Rritina 10:30 Newshour w/Elsa 12:30 Julliard Performance 12:30 Chess w/ David 12:30 Documentary: National Dolphin Day 1:00 Computer Class PM w/Rachel 1:15 Nutrition Demo: Energy Bites 2:00 Flex & Stretch Movement Class 2:30 Chair Massage w/ Zulema | 10:00 Chair Yoga w/ Jennifer 10:00 News Hour w/ Johnnie 10:00 Computer Class AM w/Dante 1:00 Music to Dine For w/ Dianne Carr 12:30 Vocal Training w/ Elsa 12:30 Vocal Training w/ Elsa World Peace Day Concert Main 12:30 Aoe Related Macular Degeneration/Mt. Sinai MD 1:00 Documentary: World Art Day 1:00 Computer Class PM w/Dante 2:00 Spanish Class w/ Edwin 3:00 Sing a long w/Koji 3:00 History Hour: Pres. Lincoln shot & wounded by John Wilkes Booth 4:30 Piano w/ Koji 5:00 Computer Lab Leader | 10:00 Computer Class w/Johnnie 10:00 Qi Gong w/ Ken 10:30 News Hour w/ Johnnie 1:00 Walk With Ease Week #4 w/Rachel 1:00 Jim's Sing Along 1:15 Chinese Art & Calligraphy w/Jade 1:30 Chess w/ Jon 2:30 Poetry Circle w/Chocolate 3:00 History Hour: Apollo 13 Explosion 4:00 Wellness: World Health Day 5:00 Computer Lab Leader | Computer Class w/Johnnie 10:00 News Hour w/ Dante 11:00 Constituent Hours w/ Jose Ramon (Serrano's Office) 11:30 Discussion Group w/Dante 12:15 Wellness Workshop: Weight Management 12:30 Ted's Piano Bar 1:00 Computer Class PM w/Dante 1:30 Housing Issues w/ Anne Cunningham 2:00 History Hour: Killing Soree at Virginia Tech 3:00 Chair Dance w/ Jessica 3:00 Binco w/ Adrianna 4:00 Workshop: Nutrients for Oral Health Computer Lab Leader | Blood Pressure Screening Computer Class AM w/Dante 10:00 Tai Chi w/ Susan 10:00 News Hour w/ Dante 10:00 Oriami w/ Yoko 12:30 French Class 1:00 Computer Class PM w/Dante 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 Tai Chi for Arthritis 3:00 History Hour: Easter Day 4:00 Gardening w/ Gwenn 4:00 Wellness Workshop: How Exercise Helps Your heart 5:00 Computer Lab Leader | Computer Class AM w/Dante 10:00 Leisure Bridge 10:00 News Hour w/ Johnnie 11:00 Piano w/ Koji 11:30 Discussion Group w/Dante 1:00 Martial Arts w/ David 1:00 Art History: The Scream & The Kiss 1:00 Theater Workshop 1:00 Computer Class PM w/Dante 2:00 Line Dancing w/ Abbey 2:00 History Hour: Waco Cult Assault 3:00 Tai Chi for Arthritis 5:00 Wellness: Heart Attack Signs Computer Lab Leader |
| CLOSED | ANNEX 11:00 Zumba w/ Tia 1:30 Strength Training w/ Rachel | ANNEX 10:00 Tower Gardening: Urban Farming 1:00 Fit For Life w/Ken 2:00 Silver Cardio Jam w/Dave | ANNEX 11:00 Zumba w/Josie 1:30 Strength and Motion w/ Rachel | ANNEX 11:00 Chair Yoga w/ Jennifer 3:00 Meditative Movement 5:00 Tower Garden | ANNEX 11:00 Life Model Drawing 1:15 Strength and Motion w/ Jessica |
| Sunday, April 21 | Monday, April 22 | Tuesday, April 23 | Wednesday, April 24 | Thursday, April 25 | Friday, April 26 |
| 10:00 Rritina 10:30 Newshour w/Elsa 12:30 Julliard Performance 12:30 Chess w/ David 12:30 Documentary: National Jelly Bean Day 1:00 Computer Class PM w/Rachel 2:00 Flex & Stretch Movement Class | 10:00 Chair Yoga w/ Jennifer 10:00 News Hour w/ Johnnie 10:00 Computer Class AM w/Dante 1:00 Music to Dine For w/ Dianne Carr 12:30 Vocal Training w/ Elsa 12:30 Wellness Workshop: Neuromuscular Fitness 1:00 Documentary: World Penguin Day 1:00 Computer Class PM w/Dante 2:00 Spanish Class w/ Edwin 2:30 Walk With Ease Week #5 w/Rachel (special day) 3:00 Sing a long w/Koji 3:00 History Hour: Student Protest Tiananmen Square 4:30 Piano w/ Koji 5:00 Computer Lab Leader | 10:00 Computer Class w/Johnnie 9:30 Qi Gong w/ Ken (special time) 10:30 News Hour w/ Johnnie 1:15 Chinese Art & Calligraphy w/Jade 3:00 Poetry Circle w/Chocolate 5:00 Computer Lab Leader HEALTH FAIR 1:30 to 3:30 | Computer Class w/Johnnie 10:00 News Hour w/ Dante 11:00 Spring Fling Party 11:30 Discussion Group w/Dante 1:00 Ted's Piano Bar 1:00 Computer Class PM w/Dante 1:30 Housing Issues w/ Anne Cunningham 2:00 History Hour: Diary of Anne Frank (Published) 3:00 Chair Dance w/ Jessica 3:00 Binco w/ Adrianna 4:00 Nutrition Workshop: Artificial Sweeteners Computer Class w/Elsa | Computer Class AM w/Dante 10:00 Tai Chi w/ Susan 10:00 News Hour w/ Dante 10:00 Oriami w/ Yoko 12:30 French Class 1:00 Computer Class PM w/Dante 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 Tai Chi for Arthritis 3:00 History Hour: US Troops invade Cambodia 4:00 Gardening w/ Gwenn 4:00 Wellness: World Sleep Day (Johnnie) 5:00 Computer Lab Leader | Computer Class AM w/Dante 10:00 Leisure Bridge 10:00 News Hour w/ Johnnie 11:00 Piano w/ Koji 11:30 Discussion Group w/Dante 1:00 Martial Arts w/ David 1:00 Art History: Sandro Botticelli 1:00 Theater Workshop 1:00 Computer Class PM w/Dante 2:00 Line Dancing w/ Abbey 2:00 History Hour: Hitler commits suicide 3:00 Tai Chi for Arthritis 4:00 Type II Diabetes - Are You at Risk 5:00 Computer Lab Leader |
| CLOSED | ANNEX 11:00 Zumba w/ Tia 1:30 Strength Training w/ Rachel | ANNEX 10:00 Tower Gardening: Urban Farming 1:00 Fit For Life w/Ken 2:00 Silver Cardio Jam w/Dave | ANNEX 11:00 Zumba w/Josie 1:30 Strength and Motion w/ Rachel | ANNEX 11:00 Chair Yoga w/ Jennifer 3:00 Meditative Movement 5:00 Tower Garden | ANNEX 11:00 Life Model Drawing 1:15 Strength and Motion w/ Jessica |



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 TH-10:30-4:00 FR-12:30-5:00

| Sunday, April 28 | | Monday, April 29 | | Tuesday, April 30 | | | | | |
|------------------|-----------------------------------|------------------|---|-------------------|--|--|--|--|--|
| 10:00 | Riviera | 10:00 | Chair Yoga w/ Jennifer | 10:00 | Computer Class w/Johnnie | | | | |
| 10:30 | NewsHour w/Elsa | 10:00 | News Hour w/ Dante | 10:00 | Qi Gong w/ Ken | | | | |
| 12:30 | Julliard Performance | 10:00 | Computer Class AM w/Dante | 10:30 | News Hour w/ Johnnie | | | | |
| 12:30 | Chess w/ David | 11:30 | Music to Dine For w/ Dianne Carr | 1:00 | Walk With Ease Week #5 w/Rachel | | | | |
| 12:30 | Documentary: Great Poetry Reading | 12:30 | Vocal Training w/ Elsa | 1:00 | Jim's Sing Along | | | | |
| 1:00 | Computer Class PM w/Rachel | 12:30 | Pills - Medicine Safety w/Mt. Sinai MD | 1:15 | Chinese Art & Calligraphy w/Jade | | | | |
| 2:00 | Flex & Stretch Movement Class | 1:00 | Documentary: National Shrimp Scampi Day | 2:30 | Poetry Circle w/Chocolate | | | | |
| 2:30 | Chair Massage w/ Jenny | 1:00 | Computer Class PM w/Dante | 3:00 | History Hour: Melendez Brothers | | | | |
| | | 2:00 | Spanish Class w/ Edwin | 4:00 | Nutrition: Seafood Twice A Week | | | | |
| | | 3:00 | Sing a long w/Koji | 5:00 | Computer Lab Leader | | | | |
| | | 3:00 | History Hour: Scott Peterson Arrested | | | | | | |
| | | 4:30 | Piano w/ Koji | | | | | | |
| | | 5:00 | Computer Lab Leader | | | | | | |
| | | | | | | | | | |
| | ANNEX | | ANNEX | | ANNEX | | | | |
| | CLOSED | 11:00 | Zumba w/ Tia | 10:00 | Tower Gardening: Urban Farming | | | | |
| | | 1:30 | Strength Training w/ Rachel | 1:00 | Fit For Life w/Ken | | | | |
| | | | | 2:00 | Silver Cardio Jam w/Dayle | | | | |