Project FIND Hamilton Innovative Senior Center

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MAY 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

							Wednesday, May 1		**Thursday, May 2**		**Friday, May 3**
						9:30	Computer Class AM w/Jose	**10:00**	Blood Pressure Screening w/Lourdes	**9:30**	Computer Class AM w/Jose
						10:30	News Hour w/ Johnnie	**9:30**	Computer Class AM w/Jose	**10:00**	Leisure Intermediate Bridge
						10:30	Computer Class AM 2 w/Jose	**10:00**	Tai Chi w/ Susan	**10:00**	News Hour w/ Rachel
						11:30	Discussion Group w/Johnnie	**10:30**	News Hour w/ Johnnie	**10:30**	Computer Class AM 2 w/Jose
						11:30	Computer Class PM1 w/Jose	**10:30**	Computer Class AM 2 w/Jose	**11:00**	Piano w/ Koji
						1:00	Ted's Piano Bar	**11:30**	Computer Class PM1 w/Jose	**11:30**	Discussion Group w/Elsa
						1:30	Chess w/ Jon	**12:15**	Wellness Workshop: Arthritis Awareness	**11:30**	Computer Class PM1 w/Jose
						2:00	History Hour: May Day	**12:30**	Origami w/Yoko	**1:00**	Martial Arts w/ David
						3:00	Chair Dance w/ Jessica	**12:30**	French Class	**1:00**	Art History: Aztec w/Elsa
						3:15	Bingo w/ Adrianna	**1:00**	Geoffrey's Art Class	**1:00**	Theater Workshop
						4:00	Computer Lab Leader w/Johnnie	**1:00**	Sing Along w/ Fred	**2:00**	Line Dancing w/ Abbey
								2:00	Dance w/ Donatas	**2:00**	History Hour: Golda Meir
								3:00	Tai Chi for Arthritis	**3:00**	Tai Chi for Arthritis
								3:00	History Hour: US Special Forces Killed Osama Bin Laden	**4:00**	Wellness: Medical Lab Professionals
								4:00	Nutrition Workshop: Spotlight on Fiber	**4:00**	Computer Lab Leader w/Elsa
								4:00	Gardening w/ Gwenn		
								4:00	Computer Lab Leader w/Johnnie		
									ANNEX		**ANNEX**
						11:00	Zumba w/Josie	**11:00**	Chair Yoga w/ Jennifer	**11:00**	Life Model Drawing
						1:30	Strength and Motion w/ Rachel	**3:00**	Meditative Movement	**1:15**	Strength and Motion w/ Jessica
								5:00	Tower Garden		
								2:00			
	Sunday, May 5		**Monday, May 6**		**Tuesday, May 7**		**Wednesday, May 8**		**Thursday, May 9**		**Friday, May 10**
10:00	Computer Class AM w/Johnnie	**9:30**	Computer Class AM w/Jose	**9:30**	Computer Class AM w/Jose	**9:30**	Computer Class AM w/Jose	**9:30**	Computer Class AM w/Jose	**9:30**	Computer Class AM w/Jose
10:00	Intermediate Bridge	**10:00**	Chair Yoga w/ Jennifer	**10:00**	Qi Gong w/ Ken	**10:00**	News Hour w/ Johnnie	**10:00**	Tai Chi w/ Susan	**10:00**	Leisure Intermediate Bridge
10:30	Newshour w/Johnnie	**10:00**	News Hour w/ Johnnie	**10:30**	News Hour w/ Johnnie	**11:30**	Discussion Group w/Johnnie	**10:00**	News Hour w/ Johnnie	**10:00**	News Hour w/ Rachel
12:00	Current Events	**10:30**	Computer Class AM 2 w/Jose	**10:30**	Computer Class AM 2 w/Jose	**10:30**	Computer Class AM 2 w/Jose	**10:30**	Computer Class AM 2 w/Jose	**10:30**	Computer Class AM 2 w/Jose
12:30	Chess w/ David	**11:30**	Dianne Carr on Piano	**11:30**	Computer Class PM1 w/Jose		**Mothers Day Party**	**11:30**	Computer Class PM1 w/Jose	**11:00**	Piano w/ Koji
12:30	Computer Lab Leader w/Johnnie	**11:30**	Computer Class PM1 w/Jose	**12:15**	Nutrition Workshop: When Healthy			**12:15**	**ADT: ADT SECURITY SERVICES Presentation**	**11:30**	Discussion Group w/Elsa
12:30	Juillard Performance	**12:15**	**SPOP**: Decluttering/Making Space/Spring Cleaning		Eating Goes Too Far - Orthorexia	**11:30**	Computer Class PM1 w/Jose	**12:30**	Origami w/Yoko	**11:30**	Computer Class PM1 w/Jose
1:00	Documentary: I am Not Your Negro	**12:30**	Vocal Training w/ Elsa	**1:00**	Jim's Sing Along	**1:00**	Ted's Piano Bar	**12:30**	French Class	**1:00**	Martial Arts w/ David
2:00	Flex & Stretch Movement	**12:30**	**Pests Control Presentation**	**1:15**	SU CASA Chinese Art & Caligraphy w/Jade	**1:00**	**Housing Issues w/ Anne Cunningham**	**12:30**	Current Events w/Johnnie	**1:00**	Art History: Mayan w/Elsa
2:00	History Hour: Nelson Mandela	**2:00**	Spanish Class w/ Edwin	**2:30**	Poetry Circle w/Chocolate	**2:00**	History Hour: Henri Dunant	**1:00**	Geoffrey's Art Class	**1:00**	Theater Workshop
		3:00	Discussion Group	**3:00**	History Hour: American Poet - Archibald MacLeish	**3:00**	Chair Dance w/ Jessica	**1:00**	Sing Along w/ Fred	**2:00**	Line Dancing w/ Abbey
		3:00	Sing a long w/Koji	**4:00**	Wellness Workshop: What is Asthma?	**3:15**	Bingo w/ Adrianna	**2:00**	Dance w/ Donatas	**2:00**	History Hour: Nelson Mandela
		3:00	History Hour: Sigmund Freud	**4:00**	Computer Lab Leader w/Johnnie	**3:00**	Amelia DFTA Tabling	**3:00**	Tai Chi for Arthritis	**3:00**	Tai Chi for Arthritis
		4:30	Piano w/ Koji			**4:00**	Computer Lab Leader w/Johnnie	**3:00**	History Hour: Abolitionist, John Brown	**4:00**	Wellness: Food Allergies
		4:00	Computer Lab Leader w/Johnnie			**4:00**	Wellness: Better Sleep Month	**4:00**	Gardening w/ Gwenn	**4:00**	Computer Lab Leader w/Elsa
								4:00	Wellness Workshop: Celiac Disease		
								4:00	Computer Lab Leader w/Johnnie		
	ANNEX		**ANNEX**		**ANNEX**		**ANNEX**		**ANNEX**		**ANNEX**
		11:00	Zumba w/ Tia	**10:00**	Tower Gardening: Urban Farming	**11:00**	Zumba w/Josie	**11:00**	Chair Yoga w/ Jennifer	**11:00**	Life Model Drawing
	CLOSED	1:30	Strength Training w/ Jessica	**1:00**	Fit For Life w/Ken	**1:30**	Strength and Motion w/ Rachel	**3:00**	Meditative Movement	**1:15**	Strength and Motion w/ Jessica
		2:30	Food For Thought	**2:00**	Silver Cardio Jam w/Dayle			**5:00**	Tower Garden		
		3:30	Cooking with Chef Lolly								

Sunday, May 12	Monday, May 13	Tuesday, May 14	Wednesday, May 15	Thursday, May 16	Friday, May 17
10:00 Computer Class AM w/Johnnie **10:00** Intermediate Bridge **10:30** Newshour w/Johnnie **12:00** Current Events **12:30** Chess w/ David **12:30** Computer Lab Leader w/Johnnie **12:30** Juillard Performance **1:00** Documentary: Hoop Dreams **2:00** Flex & Stretch Movement **2:30** **Chair Massage w/ Zulema** **2:00** History Hour: Sherlock Holmes	**9:30** Computer Class AM w/Jose **10:00** Chair Yoga w/ Jennifer **10:00** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:30** Dianne Carr on Piano **11:30** Computer Class PM1 w/Jose **12:30** Vocal Training w/ Elsa **12:30** **Blossom Home Care** **1:00** Documentary: Enron **2:00** Spanish Class w/ Edwin **3:00** Sing a long w/Koji **3:00** History Hour: James K. Polk - War w/Mexico **4:30** Piano w/ Koji **4:00** Computer Lab Leader w/Johnnie	**9:30** Computer Class AM w/Jose **10:00** Qi Gong w/ Ken **10:30** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:30** Computer Class PM1 w/Jose **1:00** Jim's Sing Along **1:15** SU CASA Chinese Art & Caligraphy w/Jade **2:30** Poetry Circle w/Chocolate **3:00** History Hour: Dr. Edward Jenner - Smallpox vaccine **4:00** Wellness: Best Exercises for Seniors **4:00** Computer Lab Leader w/Johnnie	**9:30** Computer Class AM w/Jose **10:00** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:00** Walk With Ease Week #1 w/Rachel **11:00** Senator Serrano's off-site constituent hours **11:30** Discussion Group w/Johnnie **11:30** Computer Class PM1 w/Jose **1:00** Ted's Piano Bar **1:00** **Housing Issues w/ Anne Cunningham** **1:30** Chess w/ Jon **2:00** History Hour: George Wallace - Shot **3:00** Chair Dance w/ Jessica **3:15** Bingo w/ Adrianna **4:00** Computer Lab Leader w/Johnnie **4:00** Wellness Workshop: Depression & Aging	**9:30** Computer Class AM w/Jose **10:00** Blood Pressure Screening w/Natasha **10:00** Tai Chi w/ Susan **10:00** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:30** Computer Class PM1 w/Jose **12:15** Wellness Workshop: Skin Cancer Awareness **12:30** Origami w/Yoko **12:30** French Class **1:00** Geoffrey's Art Class **1:00** Sing Along w/ Fred **2:00** Dance w/ Donatas **3:00** Tai Chi for Arthritis **3:00** History Hour: Benjamin Butler - "Woman Order" **4:00** Nutrition Workshop: Foods for Brain Health **4:00** Gardening w/ Gwenn **4:00** Computer Lab Leader w/Johnnie	**10:30** Cataracts w/SUNY Optometry MD **9:30** Computer Class AM w/Jose **10:00** Leisure Intermediate Bridge **10:00** News Hour w/ Rachel **10:30** Computer Class AM 2 w/Jose **11:00** Piano w/ Koji **11:30** Discussion Group w/Elsa **11:30** Computer Class PM1 w/Jose **1:00** Martial Arts w/ David **1:00** Art History: Andean Regions w/Elsa **1:00** Theater Workshop **2:00** Line Dancing w/ Abbey **2:00** History Hour: First Kentucky Derby **3:00** Tai Chi for Arthritis **4:00** Computer Lab Leader w/Elsa
ANNEX	**ANNEX**	**ANNEX**	**ANNEX**	**ANNEX**	**ANNEX**
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** 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, May 19	**Monday, May 20**	**Tuesday, May 21**	**Wednesday, May 22**	**Thursday, May 23**	**Friday, May 24**
10:00 Computer Class AM w/Johnnie **10:00** Intermediate Bridge **10:30** Newshour w/Johnnie **12:00** Current Events **12:30** Chess w/ David **12:30** Computer Lab Leader w/Johnnie **12:30** Maya Galt Piano Performance **1:00** Documentary: Deliver Us from Evil **2:00** Flex & Stretch Movement **3:00** History Hour: Peter the Great	**9:30** Computer Class AM w/Jose **10:00** Chair Yoga w/ Jennifer **10:00** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:30** Dianne Carr on Piano **11:30** Computer Class PM1 w/Jose **12:30** Current Events w/Johnnie **12:30** Vocal Training w/ Elsa **1:00** **Tap Dance Master Class w/Lauren (All levels welcome)** **1:00** Documentary: Kurt Cobain **2:00** Spanish Class w/ Edwin **3:00** Sing a long w/Koji **3:00** History Hour: Clara Barton **4:00** Computer Lab Leader w/Johnnie **4:30** Piano w/ Koji	**9:30** Computer Class AM w/Jose **10:00** Qi Gong w/ Ken **10:30** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:30** Computer Class PM1 w/Jose **1:00** Jim's Sing Along **1:15** SU CASA Chinese Art & Caligraphy w/Jade **2:30** Poetry Circle w/Chocolate **3:00** History Hour: Rajiv Gandhi **4:00** Wellness Workshop: What is ALS? **4:00** Computer Lab Leader w/Johnnie	**9:30** Computer Class AM w/Jose **10:00** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:00** Walk With Ease Week #2 w/Rachel **11:30** Discussion Group w/Johnnie **Memorial Day Party** **11:30** Computer Class PM1 w/Jose **1:00** Ted's Piano Bar **1:00** **Housing Issues w/ Anne Cunningham** **2:00** History Hour: Truman Doctrine **3:00** Chair Dance w/ Jessica **3:15** Bingo w/ Adrianna **4:00** Computer Lab Leader w/Johnnie	**9:30** Computer Class AM w/Jose **10:00** Tai Chi w/ Susan **10:00** News Hour w/ Johnnie **10:15** **SPOP**: "Not Retiring, It's ReStored!! Or ReWritten!!" **10:30** Computer Class AM 2 w/Jose **11:30** Computer Class PM1 w/Jose **12:00** **Presentation: Older Americans Recognition** **12:30** Origami w/Yoko **12:30** French Class **1:00** Geoffrey's Art Class **1:00** Sing Along w/ Fred **2:00** Dance w/ Donatas **3:00** Tai Chi for Arthritis **3:00** History Hour: Jesse Owens **4:00** Gardening w/ Gwenn **4:00** Wellness Workshop: Healthy Aging Stress Relief **4:00** Computer Lab Leader w/Johnnie	**9:30** Computer Class AM w/Jose **10:00** Leisure Intermediate Bridge **10:00** News Hour w/ Rachel **11:00** Piano w/ Koji **11:30** Discussion Group w/Elsa **10:30** Computer Class AM 2 w/Jose **11:30** Computer Class PM1 w/Jose **12:15** Nutrition: Vegetarian Proteins **1:00** Martial Arts w/ David **1:00** Art History: Viking Art w/Elsa **1:00** Theater Workshop **2:00** Line Dancing w/ Anita **2:00** History Hour: Samuel Morse **3:00** Social Work Talk: Medicaid Spend Down **3:00** Tai Chi for Arthritis **4:00** Wellness: Hemophilia Facts **4:00** Computer Lab Leader w/Elsa
ANNEX	**ANNEX**	**ANNEX**	**ANNEX**	**ANNEX**	**ANNEX/ Johnnie Off**
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** 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, May 26	**Monday, May 27**	**Tuesday, May 28**	**Wednesday, May 29**	**Thursday, May 30**	**Friday, May 31**
10:00 Computer Class AM w/Johnnie **10:00** Intermediate Bridge **10:30** Newshour w/Johnnie **12:00** Current Events **12:30** Chess w/ David **12:30** Computer Lab Leader w/Johnnie **12:30** Maya Galt Piano Performance **1:00** Documentary: Afghan Star **2:00** Flex & Stretch Movement **2:00** History Hour: Cinco De Mayo **2:30** **Chair Massage w/ Zulema**	**9:30** Computer Class AM w/Jose **10:00** Chair Yoga w/ Jennifer **10:00** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:30** Dianne Carr on Piano **11:30** Computer Class PM1 w/Jose **12:30** Wellness Workshop: Stroke & Hypertension **12:30** Vocal Training w/ Elsa **1:00** Documentary: Central Park 5 **2:00** Spanish Class w/ Edwin **3:00** Sing a long w/Koji **3:00** History Hour: Clara Barton **4:00** Computer Lab Leader w/Johnnie **4:30** Piano w/ Koji	**9:30** Computer Class AM w/Jose **10:00** Qi Gong w/ Ken **10:30** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:30** Computer Class PM1 w/Jose **1:00** Jim's Sing Along **1:15** SU CASA Chinese Art & Caligraphy w/Jade **2:30** Poetry Circle w/Chocolate **3:00** History Hour: Jim Thorpe **4:00** Wellness: Reliable Health Info. **4:00** Computer Lab Leader	**9:30** Computer Class AM w/Jose **10:00** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:00** Walk With Ease Week #3 w/Rachel **11:30** Discussion Group w/Johnnie **11:30** Computer Class PM1 w/Jose **1:00** Ted's Piano Bar **1:00** **Housing Issues w/ Anne Cunningham** **2:00** History Hour: Patrick Henry **3:00** Chair Dance w/ Jessica **3:15** Bingo w/ Adrianna **4:00** Computer Lab Leader w/Johnnie	**9:30** Computer Class AM w/Jose **10:00** Tai Chi w/ Susan **10:00** News Hour w/ Johnnie **10:30** Computer Class AM 2 w/Jose **11:30** Computer Class PM1 w/Jose **12:30** Origami w/Yoko **12:30** French Class **12:30** Current Events w/Johnnie **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: Nicolas Maduro **4:00** Gardening w/ Gwenn **4:00** Nutrition Workshop: Healthy Snacks **4:00** Computer Lab Leader w/Johnnie	**9:30** Computer Class AM w/Jose **10:00** News Hour w/Johnnie **10:00** Leisure Intermediate Bridge **11:00** Piano w/ Koji **11:30** Discussion Group w/Elsa **10:30** Computer Class AM 2 w/Jose **11:30** Computer Class PM1 w/Jose **12:15** Nutrition: Track Your Food Intake **1:00** Martial Arts w/ David **1:00** Art History: Art in the Americas w/Elsa **1:00** Theater Workshop **2:00** Line Dancing w/ Anita **2:00** History Hour: American Poet - Walt Whitman **4:00** Wellness: Disater Preparedness for Alzheimer's Caregivers **4:00** Computer Lab Leader w/Johnnie
ANNEX	**ANNEX**	**ANNEX**	**ANNEX**	**ANNEX**	**ANNEX**
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** 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/ Josie