

# Weinberg Center for Balanced Living

197 East Broadway, NY, NY 10002 | 646-395-4270 | MannyCantor.org

## May 2017 - Weinberg Weekly Activities Calendar (Room #s and Floors in Parentheses)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• 8:30-9:30 Breakfast (6)</li> <li>• 9:30-10:30 Body Conditioning (6A)</li> <li>• 10:30-11:30 Nutrition Series (404)</li> <li>• 12-1 Lunch &amp; Blood Pressure (6A)</li> <li>• 1-2 Silver Sneakers® Cardio (5<sup>th</sup> Floor)</li> <li>• 1-3 Bingo (404)</li> <li>• 2-3 Zumba (6A)</li> <li>• 3-4 Beg. Jazz Line (6A)</li> </ul> <p>Materials Center Open 9-5 Stop by to shop for your craft project! "M" Level, Studio A</p>	<ul style="list-style-type: none"> <li>• 8:30-9:30 Breakfast (6)</li> <li>• 9-10 Tai Chi Kungfu Fan (6A)</li> <li>• 10-11 Yang's Tai Chi 37 Form (6A)</li> <li>• 10-11 Mental Wellness Series (404)</li> <li>• 11-12 Musical Theater Dance (5<sup>th</sup> fl)</li> <li>• 12-1 Lunch</li> <li>• 1-2 Silver Sneakers® cardio (5<sup>th</sup> Fl)</li> <li>• 1-3 Painting ("M" Level)</li> <li>• 1-2 Healthy Life Workshops (404) (with Cantonese translation) 4/11 &amp; 4/25</li> <li>• 2-3 Senior Advocacy Team (6<sup>th</sup> floor classroom)</li> <li>• 2-5 English Class (404)</li> </ul> <p>Seniors Got Talent Final! Tuesday, May 23<sup>rd</sup>, 2-4pm Sirovich Senior Center Come Support Our Talent!</p>	<ul style="list-style-type: none"> <li>• 8:30-9:30 Breakfast (6)</li> <li>• 9:30-10:30 Chinese Ribbon Dance (6A)</li> <li>• 10-12 Lower East Side History               <ul style="list-style-type: none"> <li>• 5/10 – English</li> <li>• 5/17 – Spanish</li> <li>• 5/24 - Cantonese</li> </ul> </li> <li>• 12-1 Lunch (6)</li> <li>• 1-2 Beginning Pilates (5)</li> <li>• 1-3 Beadwork Art (Cantonese) "M" Level Studio C</li> <li>• 1-2 Spiritual Journeys (404)</li> <li>• 2-3 Silver Sneakers® Cardio-5</li> <li>• 2-4 Singing Group (6A)</li> </ul> <p>Wednesday, May 17<sup>th</sup> – Opening of the Older Adults Art Exhibit 4-6pm in the Lobby and Art Gallery</p>	<ul style="list-style-type: none"> <li>• 8:30-9:30 Breakfast (6)</li> <li>• 10-11 – Yoga (6A)</li> <li>• 10-12 Acting/Drama Class (404)</li> <li>• 10-12 Chinese Discussion (4<sup>th</sup> fl Brdrm)</li> <li>• 12-1 Lunch &amp; Blood Pressure (6A)</li> <li>• 1-2 Chair Fitness (5)</li> <li>• 1-3 Art Mosaic Tiles ("M" Level)</li> <li>• 2-5 English Class (404)</li> </ul>	<ul style="list-style-type: none"> <li>• 8:30-9:30 Breakfast (6)</li> <li>• 9-10 Stretch/Strength (6A)</li> <li>• 10-11 Body Build (6A)</li> <li>• 10-11:30 Russian Discussion (404)</li> <li>• 10-12 Watercolor painting ("M" Level)</li> <li>• 12-1 Lunch (6)</li> <li>• 1-2 Silver Sneakers® cardio (5<sup>th</sup> Floor)</li> <li>• 1-3 Sewing/Crafts (404)</li> <li>• 2-3 Advanced Jazz Dance (6A)</li> </ul> <p>Walking Tour of Seward Park Friday, May 5<sup>th</sup>, 1-2pm Meet at Library!</p>
<p><b>WEINBERG CENTER MEMBER ASSISTANCE HOURS (402): M-F 10am-2pm</b> <b>CASE ASSISTANCE WALK-IN HOURS (403): M-F</b></p>				

### SPECIAL EVENTS & TRIPS

- **Wednesday, May 3<sup>rd</sup> | 2-4** | Yom Hashoah/Holocaust Remembrance Day Event. Please join us to honor our members who are Survivors. 6<sup>th</sup> floor.
- **Wednesday, May 17<sup>th</sup> | 4-6** | Older Americans Month Art Exhibit. Join us in the Lobby & Art Gallery and celebrate!
- **Wednesday, May 17<sup>th</sup> | 9-6** | Day trip to Peddler's Village. \$75 includes luxury bus, sit-down lunch, and lots of time for shopping.
- **Tuesday, May 23<sup>rd</sup> | 2-4** | Seniors Got Talent finalists! Sirovich Center, 2pm - 331 E. 12<sup>th</sup> Street (at 1<sup>st</sup> Avenue)
- **Wednesday, May 31<sup>st</sup> | 9:30-2** | Senior Health & Fitness Day! Activities happening throughout the day.

### CHANGES

**MOVE - Theater Desk MOVES to 6<sup>th</sup> Floor! Open 9:30-11:30 daily. See what's available – and stay for lunch!**  
**MOVE – Case Workers Now in Room 403**  
**CLOSED Monday, May 29 for Memorial Day**

## CO-OP VILLAGE NORC WEEKLY EVENTS - May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Metrocard Bus</b> <b>May 1st &amp; 15th</b> <b>9-11am Grand &amp; Pitt</b></p> <p>10:00 AM – Chair Yoga 11:00 AM – Relax &amp; Empowerment with Mariely (except 5/8) 10:30 → 12 PM – Nurse Walk-In 5/8 &amp; 5/22 - 1 PM– Sing A Long with Kendall Hamid 5/8 &amp; 5/22 - 2 PM– Bingo 3:00 PM – Game Time 5/1- Chat with Bonnie 2pm</p> <p><b>477 FDR DRIVE</b> 1:30 PM – Mah Jongg 3:30 → 5:00 PM - Art W/Barbara (except 5/29)</p> <p>5/29- CLOSED FOR MEMORIAL DAY</p>	<p><b>465 Grand Street</b></p> <p>10:30 AM - Falls Prevention Exercise 1:00 PM – Current Events W/Helen 2:00 PM – Bridge 3:00 PM – Game Time</p> <p><b>477 FDR DRIVE</b> 2:30PM- Jewish Traditions</p> <p><b>Sirovich Center</b> 5/23- 2-4pm SENIORS GOT TALENT</p>	<p><b>465 GRAND ST</b></p> <p>10-11 AM Tai Chi For Arthritis 11:00 AM – Knitting 5/10 &amp; 5/24 - 1:30 PM – Brain Aerobics 5/3- 2pm- Holocaust Commemoration- 197 E. Broadway, Manny Cantor Center 6<sup>th</sup> Floor 2:30 PM – Sam’s Moving Pictures: Watch a unique film &amp; discuss. Facilitated by Sam Schwartz</p> <ul style="list-style-type: none"> <li>5/3: Hidden Figures (cc) 126min movie</li> <li>5/10: Big Bang Machine 54min Doc+ Battle Of Midway 47min Doc</li> <li>5/17: Deserts-Planet Earth 2-1hr (cc) Doc</li> <li>5/24: 12 Angry Men 95 min (cc) movie</li> <li>5/26: Rise &amp; Fall Of Penn Station 84min doc</li> </ul> <p>5/10 – 11:00 AM - Book Club <i>A Week In Winter</i> By Maeve Binchy <b>477 FDR DRIVE</b> 1:30Pm Mah Jongg</p>	<p><b>465 GRAND ST</b></p> <p>9 - 10 AM – Beginners Needlepoint w/ Harriet 10 - 12 PM - Needlepoint Workshop w/ Harriet 1pm CHESED- facilitated by Rabbinic Intern Rory Katz</p> <p><b>THURSDAY SPECIALS</b> <b>465 Grand Street</b></p> <p>*5/4 – SUZUKI VIOLIN GROUP CONCERT: 4pm NOTE TIME *5/11- SUZUKI GUITAR GROUP CONCERT: 4pm NOTE TIME</p> <p>5/18 – 2pm- HEALTHCARE FRAUD: How can I Protect Myself; Presenter Victoria Thornton Volunteer Coordinator, Live On NY</p> <p>5/25- TRIP TO CENTRAL PARK ZOO Cost \$8, 9:30am School bus departs 465 Grand St</p> <p>*Both Of These are Intergenerational Programs</p>	<p><b>465 GRAND ST</b></p> <p>10Am- Advanced Falls Prevention Class With Guipin</p> <p>10:30am-12 Friday Friends &amp; Fun Facilitator : Kendall, <b>Registration Required</b> 11 AM 1 PM – Nurse Walk-In 1:15 PM - MOVIE &amp; ICE CREAM: 5/5 – “Loving” Drama – 2hr 3 min 5/12 – The Founder Drama – 1hr 55min 5/19 – Sully Drama/Bio 1hr 36min 5/26- The Young Victoria Drama 1hr 45min</p>

### SPECIAL EVENTS/SERVICES

MONDAY 5/1 & 5/15 – METROCARD BUS – GRAND/PITT (9AM - 11AM)

TUESDAY 5/23-2PM “SENIORS GOT TALENT” Show at Sirovich Center

WEDNESDAY 5/3- 10AM- TAI CHI For Arthritis Starts at 465 Grand Street 4<sup>th</sup> Floor

THURSDAY 5/4 & 5/11- Intergenerational Concerts at 4pm; 465 Grand Street 4<sup>th</sup> Floor

THURSDAY 5/25- Guided Tour of Central Park Zoo; Bus departs at 9:30am from 465 Grand Street \$8 Cost

### Wednesday Events at Manny Cantor Center..

❖ 5/3- (Wednesday) 2pm, MCC Yom Hashoa, Holocaust Remembrance Event Honoring community heroes who survived

❖ 5/17-Wednesday- Older Americans Month Art Exhibit Begins at Manny Cantor Center

❖ MAY IS OLDER AMERICANS

MONTH!!!!