

**Club 76 \* 120 West 76th St, NY, NY 10023 \* (212)712-0170**

**NOVEMBER 2022 ACTIVITIES**

Hybrid means at Club 76 and Virtual; Zoom means Virtual only

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <p><b>Open Sunday # 5:</b></p> <p><b>November 13, 2022</b></p> <p><b>Hall of Science Museum</b></p>   | <p>1) <b>12:00-Disaster &amp; Preparedness Presentation</b></p> <p>12-1:30pm CONCERTS IN MOTION: Jazz (<b>Zoom</b>)</p> <p>12:30-2pm Current Events (<b>Zoom</b>)</p> | <p>2) 11:00-12:00P - Drama/Community Theater (Hybrid)</p> <p>11-12pm Walking Group</p> <p>11-12pm CONCERTS IN MOTION: Russian Music (Zoom)</p> <p>12-1pm CONCERTS IN MOTION: Broadway (Zoom)</p> <p>1-2pm Technology Drop In Hour (Hybrid)</p> <p><b>1:30-3:00pm Chess w/ Jonathan</b></p> | <p>3) <b>10:00-12:00 PM-Columbia O.T. Students</b></p> <p>12-1:30pm GRAB n GO LUNCH</p> <p>1-2pm CONCERTS IN MOTION: Klezmer (Zoom)</p> <p>1-2:30pm Creative Writing w/ Royal Alvis (Hybrid)</p> <p><b>2:00-3:00-TRIVIA (w/ Jonathan Alter)</b></p>  | <p>4) 10-11am Evidence Based TAI CHI (Zoom)</p> <p>11-12pm Circuit Exercise w/ Janice (Hybrid)</p> <p><b>Louis Armstrong House Museum (Trip)</b></p> <p><b>10:00-1:00PM</b></p> |
| <p>7) 10-11am Chair Yoga</p> <p>11-12pm Toning w/ Tobi (Zoom)</p> <p>11-12pm Concerts in Motion: Classical (Zoom)</p> <p>12-1:30pm GRAB n GO Lunch</p> <p>1:00p Bingo</p> | <p>8) 12-1:30pm-CONCERTS IN MOTION: Jazz (<b>Zoom</b>)</p> <p>12:30-2pm Current Events (<b>Zoom</b>)</p>  | <p>9) 11:00-12:00P - Drama/Community Theater (Hybrid)</p> <p>11-12pm Walking Group</p> <p>11-12pm CONCERTS IN MOTION: Russian Music (Zoom)</p> <p>12-1pm CONCERTS IN MOTION: Broadway (Zoom)</p> <p>1-2pm Technology Drop In Hour (Hybrid)</p> <p><b>1:30-3:00pm Chess w/ Jonathan</b></p> | <p>10) <b>10:00-12:00 PM-Columbia O.T. Students</b></p> <p>12-1:30pm GRAB n GO LUNCH</p> <p>1-2pm CONCERTS IN MOTION: Klezmer (Zoom)</p> <p>1-2:30pm Creative Writing w/ Royal Alvis (Hybrid)</p> <p><b>2:00-3:00-TRIVIA (w/ Jonathan Alter)</b></p> | <p>11) 10-11am Evidence Based TAI CHI w/ Ken Gray</p> <p>11-12pm Circuit Exercise w/ Janice (Hybrid)</p> <p><b>12:00-2:00-Hispanic Heritage Month, (Food, Music)</b></p>        |



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|---|---|--|---|---|
| 14) 10-11am Chair Yoga<br>11-12pm Toning w/ Tobi (Zoom)<br>11-12pm Concerts in Motion: Classical (Zoom)<br>12-1:30pm GRAB n GO Lunch<br>1:00p Bingo | 15) 10:00-11:00 AM-Understanding Medicare<br>12-1:30pm Concerts in Motion: Jazz (ZOOM)<br>12:30-2pm Current Events (Hybrid)<br>2:30-3:30 pm Knitting w/ Judith (Hybrid) | 16) 11:00-12:00P Drama/Community Theater (Hybrid)<br>11-12pm Walking Group<br>11-12pm Concerts in Motion: Russian Music (Zoom)<br>12-1pm Concerts in Motion: Broadway (Zoom)<br>1-2pm Tech Drop In Hour (Hybrid)<br><b>1:30-3:00pm Chess w/ Jonathan</b> | 17) 12-1:30pm GRAB n GO Lunch<br>1-2p- Concerts in Motion: Klezmer (Zoom)<br>1-2:30pm Creative Writing w/ Royal Alvis (Hybrid)<br><b>2:00-3:00-TRIVIA (w/ Jonathan Alter)</b> | 18) 10-11am Evidence Based TAI CHI w/ Ken Gray (Zoom)<br>11-12pm Circuit Exercise w/ Janice (Hybrid)<br><b>12-2pm Birthday Party/performer &amp; Lunch &amp; Cake will be served)</b> |

21) 10-11am Chair Yoga  
11-12pm Toning w/ Tobi (Zoom)  
11-12pm Concerts in Motion:  
Classical (Zoom)  
12-1:30pm GRAB n GO Lunch  
1:00p Bingo  
2pm Advisory Meeting

28) 10-11am Chair Yoga  
11-12pm Toning w/ Tobi (Zoom)  
11-12pm Concerts in Motion:  
Classical (Zoom)  
12-1:30pm GRAB n GO Lunch  
1:00p Bingo

22) 10:30-11:30am Here's to Health  
Workshop #3(food will be  
provided)  
12-1:30pm Concerts in Motion: Jazz  
(ZOOM)  
12:30-2pm Current Events (Hybrid)  
2:30-3:30 pm Knitting w/ Judith  
(Hybrid)

29)  
12-1:30pm Concerts in Motion: Jazz  
(ZOOM)  
12:30-2pm Current Events (Hybrid)  
2:30-3:30 pm Knitting w/ Judith  
(Hybrid)

23) 11:00-12:00P  
Drama/Community  
Theater (Hybrid)  
11-12pm Walking Group  
11-12pm Concerts in Motion:  
Russian Music (Zoom)  
12-1pm Concerts in Motion:  
Broadway (Zoom)  
1-2pm Tech Drop In Hour (Hybrid)  
1:30-3:00pm Chess w/ Jonathan

30) 11:00-12:00P  
Drama/Community Theater  
(Hybrid)  
11-12pm Walking Group  
11-12pm Concerts in Motion:  
Russian Music (Zoom)  
12-1pm Concerts in Motion:  
Broadway (Zoom)  
1-2pm Tech Drop In Hour (Hybrid)  
1:30-3:00pm Chess w/ Jonathan

24)  
**ROSH CHODESH KISLEV**  
**Thanksgiving Day**



25)  
10-11am Evidence Based  
TAI CHI w/ Ken Gray (Zoom)  
11-12pm Circuit Exercise w/  
Janice (Hybrid)

Funded by NYC Department for the Aging



**JASA Club 76**  
**120 West 76th Street**  
**New York, N.Y.**  
**(212) 712-0170**  
**www.jasa.org**

**Hours:**

**Monday - Friday: 8:00 am - 4:00 pm**

**Special Announcements:**

**Tuesday, November 1, 2022 Disaster & Preparedness Presentation 12Noon**

**Friday, November 4, 2022 10:00-3:00 PM-Louis Armstrong House Museum (Trip)**

**Sunday, November 13, 2022-Hall of Science Museum 10:00-3:00 PM**

**Friday, November 18th at 12pm Birthday Party**

**Tuesday, November 22, 2022 10:30-11:30AM Nutrition Workshop (Drinks & Snacks will be provided)**

Grab and Go Lunches are distributed 12-1:30pm on Mondays and Thursdays

**Added Activity: TRIVIA w/ Jonathan Alter**

**Change in service: Wednesdays instead of Mondays 1:30-3:00pm Chess w/ Jonathan**

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