


**NOTES:**  
Class participation is only open to members of NCJW NY. For more information about classes or becoming a member,  
please call 212-686-5030, ext. 0

\*WINTER 2019 CLASSES RUN FROM MONDAY, JANUARY 7TH THRU FRIDAY, MARCH 22ND.

**March 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
 <p><i>National Save Your Vision Month</i></p>				10 AM - Pastels 10 AM - Weaving 10:45 AM - Caregivers Support Group - I 10:50 AM - Yoga 11:30 AM - Helen Bloom LINC Program 12 PM - Caregivers Support Group - II 1 PM - Ellie Ressler Musical Theatre 1 PM - Figure Drawing
4	5	6	7	8
10 AM - Open Studio 10 AM - Beading 10 AM - Tech Soup 101 10 AM - ESL 11 AM - Short Story 11:30 AM - Helen Bloom LINC Program 12:10 PM - Women's Group 1 PM - CLL College: History 1 PM - Ceramics 3 PM - Zumba Gold	10 AM - Collage 10 AM - Stained Glass 10:30 AM - Feldenkrais 12:10 PM - Men's Group 2 PM - CLL College: Science 3 PM - Pilates 3 PM - Instructional Voice & Ensemble Singing	10 AM - AM Painting in all Media 11 AM - Meditation 11:30 AM - Helen Bloom LINC Program 1 PM - Short Reads, Long Conversations 1:30 PM - Loss Recovery Group 2 PM - PM Painting in all Media 3 PM - Acting	10 AM - HIICAP - Health Insurance Counseling 11 AM - NIA Wise Moves 11 AM - Current Events - <b>NEW</b> 11 AM - JWRC Book Discussion Group 1 PM - Watercolor 1 PM - Open Studio 2:15 PM - Emotional Aspects of Aging	10 AM - Pastels 10 AM - Weaving 10:45 AM - Caregivers Support Group - I 10:50 AM - Yoga 11:30 AM - Helen Bloom LINC Program 12 PM - Caregivers Support Group - II 1 PM - Ellie Ressler Musical Theatre 1 PM - Figure Drawing
11	12	13	14	15
10 AM - Open Studio 10 AM - Beading 10 AM - Tech Soup 101 10 AM - ESL 11 AM - Short Story 11:30 AM - Helen Bloom LINC Program 12:10 PM - Women's Group 1 PM - CLL College: History 1 PM - Ceramics 3 PM - Zumba Gold	10 AM - Collage 10 AM - Stained Glass 10:30 AM - Feldenkrais 10:30 AM - CLL Committee Meeting 11 AM - What's The Question - <b>NEW</b> 12:10 PM - Men's Group 2 PM - CLL College: Science 3 PM - Pilates 3 PM - Instructional Voice & Ensemble Singing	10 AM - AM Painting in all Media 11 AM - Meditation 11 AM - Hippy Committee Meeting 11:30 AM - Helen Bloom LINC Program 1 PM - Short Reads, Long Conversations 1:30 PM - Loss Recovery Group 2 PM - PM Painting in all Media 3 PM - Acting	10 AM - KNITWITS 11 AM - NIA Wise Moves 11 AM - Current Events - <b>NEW</b> 1 PM - Watercolor 1 PM - Open Studio 1 PM - Gerson Cultural Art Series - Gannady Vysotsky 2:15 PM - Emotional Aspects of Aging	10 AM - Pastels 10 AM - Weaving 10:45 AM - Caregivers Support Group - I 10:50 AM - Yoga 11:30 AM - Helen Bloom LINC Program 12 PM - Caregivers Support Group - II 1 PM - Ellie Ressler Musical Theatre 1 PM - Figure Drawing
18	19	20	21	22
10 AM - Open Studio 10 AM - Beading 10 AM - Tech Soup 101 10 AM - ESL 11 AM - Short Story 11:30 AM - Helen Bloom LINC Program 12:10 PM - Women's Group 1 PM - CLL College: History 1 PM - Ceramics 3 PM - Zumba Gold  <i>* Spring 2019 Reaistration Opens</i>	10 AM - Collage 10 AM - Stained Glass 10:30 AM - Feldenkrais 11 AM - What's The Question - <b>NEW</b> 11 AM - JWRC Steering Committee Meeting 12:10 PM - Men's Group 2 PM - CLL College: Science 3 PM - Pilates 3 PM - Instructional Voice & Ensemble Singing	10 AM - AM Painting in all Media 11 AM - Meditation 11:30 AM - Helen Bloom LINC Program 1 PM - Short Reads, Long Conversations 1:30 PM - Loss Recovery Group 2 PM - PM Painting in all Media 3 PM - Acting	10 AM - HIICAP- Health Insurance Counseling 11 AM - NIA Wise Moves 11 AM - Current Events - <b>NEW</b> 1 PM - Gerson Cultural Arts Series - Manhattan School of Music 1 PM - Watercolor 1 PM - Open Studio 2:15 PM - Emotional Aspects of Aging	10 AM - Pastels 10 AM - Weaving 10:45 AM - Caregivers Support Group - I 10:50 AM - Yoga 11:30 AM - Helen Bloom LINC Program 12 PM - Caregivers Support Group - II 1 PM - Healthy Living Workshop: Advance Care Planning w/Laura Belland, MD 1 PM - Ellie Ressler Musical Theatre 1 PM - Figure Drawing
25	26	27	28	29
10 AM - Open Studio 10 AM - Beading 10 AM - Tech Soup 101 10 AM - ESL 11 AM - Short Story 11:30 AM - Helen Bloom LINC Program 12 PM - Loss Transition Group 12:10 PM - Women's Group 1 PM - CLL College: History	10 AM - Collage - Make-Up Class 10:00 AM - Stained Glass - Make-Up Class 10:30 AM - Feldenkrais - Make-Up Class 11 AM - What's The Question - <b>NEW</b> 11:00 AM - JWRC Steering Committee Meeting 12:10 PM - Men's Group 2 PM - CLL College: Science 3 PM - Pilates - Make-Up Class 3 PM - Instructional Voice & Ensemble Singing - Make-Up Class	11 AM - Meditation 11:30 AM - Helen Bloom LINC Program 1 PM - Short Reads, Long Conversations 1:30 PM - Loss Recovery Group	10 AM - KNITWITS 11 AM - NIA Wise Moves 11 AM - Current Events - <b>NEW</b> 11 AM - JWRC Book Discussion Group 1 PM - Gerson Cultural Arts Series - Marjan Kiepora 1 PM - Watercolor - Make-Up Class 1 PM - Open Studio 2:15 PM - Emotional Aspects of Aging	10:45 AM - Caregivers Support Group - I 10:50 AM - Yoga 11:30 AM - Helen Bloom LINC Program 12 PM - Caregivers Support Group - II 1 PM - Ellie Ressler Musical Theatre