

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

*SPRING 2019 CLASSES RUN FROM MONDAY, APRIL 8TH THRU MONDAY, JUNE 17TH.

NCJW NY IS CLOSED ON MON. , MAY 27TH FOR MEMORIAL DAY &
 MON. , JUNE 10TH FOR SHAVUOT

May 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		10 AM - AM Painting in all Media 10 AM - Meditation 11:20 AM - Discovering Chi - NEW 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 - Current Events - NEW 11 AM - NIA 1 PM - Open Studio 1 PM - Watercolor 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
6	7	8	9	10
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 3 PM - Zumba Gold	10 AM - Collage 10 AM - Stained Glass 10:30 AM - Feldenkrais 11 AM - What's The Question - NEW 12:10 PM - Men's Group 12:35 PM - Astronomy 2 PM - CLL College: Science 3 PM - Pilates 3 PM - Instructional Voice & Ensemble Singing	10 AM - AM Painting in all Media 10 AM - Meditation 11:20 AM - Discovering Chi - NEW 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 - NEW 1 PM - Gerson Cultural Arts Series 1 PM - Watercolor 1 PM - Open Studio 2:15 PM - Emotional Aspects of Aging 5:30 PM - CLL Spring Art Show	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
13	14	15	16	17
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 3 PM - Zumba Gold	10 AM - Collage 10 AM - Stained Glass 10:30 AM - Feldenkrais 11 AM - What's The Question - NEW 12:10 PM - Men's Group 12:35 - Astronomy 2 PM - CLL College: Science 3 PM - Pilates 3 PM- Instructional Voice & Ensemble Singing	10 AM - AM Painting in all Media 10 AM - Meditation 11:20 AM - Discovering Chi - NEW 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 - NEW 1 PM - Watercolor 1 PM - Open Studio 1 PM - Gerson Cultural Art Series 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
20	21	22	23	24
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 3 PM - Zumba Gold	10 AM - Collage 10 AM - Stained Glass 10:30 AM - Feldenkrais 11 AM - What's The Question - NEW 12:10 PM - Men's Group 12:35 PM - Astronomy 2 PM - CLL College: Science 3 PM - Pilates 3 PM- Instructional Voice & Ensemble Singing	10 AM - AM Painting in all Media 10 AM - Meditation 11:20 AM - Discovering Chi - NEW 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 1 PM - Gerson Cultural Arts Series 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 1 PM - Healthy Living
27	28	29	30	31
NCJW NY IS CLOSED FOR MEMORIAL DAY	10 AM - Collage 10:00 AM - Stained Glass 10:30 AM - Feldenkrais - Make 11 AM - What's The Question - NEW 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 10 AM - Meditation 11:20 AM - Discovering Chi - NEW 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 11 AM - NIA Wise Moves 12:30 PM - Documentary Film Series 1 PM - Gerson Cultural Arts Series 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