

# 92NY HUMAN BROWN 60+ PROGRAM

## IN PERSON & ONLINE COURSE DESCRIPTIONS

NOVEMBER 2024

### **Children and Notable Family Members of the US Presidents with Doug Brin**

Many spoiled, ensnared in scandal. Frustrated, arrogant or satisfied, how they handled fame, fortune and misfortune. TUESDAYS, 2:00-3:00 PM, ONGOING

### **Shakespeare with Actor Leo Schaff**

Join charismatic actor and teacher Leo Schaff as he breathes life into Shakespeare's words, acting out portions of the play and offering illuminating insights into the Bard's language, plot lines, historical context, and eternal relevance, all with a generous sense of humor. The current play is *Henry V*.

WEDNESDAYS, 2:00-3:00 PM, ONGOING

### **Revolution! with Dr. Jeff Horn**

This class surveys the theory, practice and accomplishments of revolutionary movements and explores historical and contemporary case studies. Together, we will consider some scholarly perspectives, primary sources and images.

WEDNESDAYS, SEPTEMBER 18 AND 25, OCTOBER 23 AND 30, NOVEMBER 6, 13 AND 20 AND DECEMBER 4, 11 AND 18, NO CLASS NOVEMBER 27, 3:00-4:00 PM

### **"It's a Wonderful Town": New York City in the Movies with Professor Brian Rose**

For more than 125 years, filmmakers have been drawn to the dynamic vitality of New York City. Its dramatic architecture, its diverse neighborhoods and populations, its universally recognized landmarks, its 24/7 lifestyle, and its 8 million stories have helped make the city a featured player in more than 17,000 movies—including such memorable films as *King Kong*, *Naked City*, *On the Town*, *West Side Story*, *Breakfast at Tiffany's*, *Taxi Driver*, *Wall Street*, and *Do the Right Thing*. Illustrated with more than 50 clips, this presentation demonstrates the changing ways New York has been captured on film, and why it remains a star attraction today.

THURSDAY, NOVEMBER 7, 2:15-3:15 PM

### **Muslims, Christians and Jews in Middle Eastern History with Professor Matthew Ellis**

How should we characterize the relationship

between Jews, Muslims and Christians across the long history of the Middle East? Although present-day politics and popular media tend to give the impression of perpetual conflict between the three Abrahamic faiths in this diverse, mosaic-like region, the historical reality has typically been far more complex. This class will provide an overview of the historical interactions between these three faiths in the Middle East from the emergence of Islam in the 7th century—when Muslim Empires came to dominate the region—to the present day. Particular attention will be paid to the changing dynamics between Muslim powers and their religious minorities in the modern period, beginning with the Ottoman Empire's sweeping reforms in the mid-19th century. THURSDAYS, NOVEMBER 14 AND DECEMBER 5, 12 AND 19, 2:15-3:15 PM  
*Please note: On December 19, class time changes to 2:30-3:30 pm.*

### **The Last Human Job: When Machines Have Time For Us And People Do Not with Dr. Allison Pugh, author, and Dr. Martina Verba, moderator**

With the rapid development of artificial intelligence and labor-saving technologies like self-checkouts and automated factories, the future of work has never been more uncertain, and even jobs requiring high levels of human interaction are no longer safe. *The Last Human Job* explores the human connections that underlie our work, arguing that what people do for each other in these settings is valuable and worth preserving. Drawing on in-depth interviews and observations with people in a broad range of professions—from physicians, teachers, and coaches to chaplains, therapists, caregivers, and hairdressers—Allison Pugh explores how profit-driven campaigns imposing industrial logic shrink the time for workers to connect, enforce new priorities of data and metrics, and introduce standardized practices that hinder our ability to truly see each other. Pugh reveals the slippery slope from data analytics to automation, revealing how and when AI comes to be seen as "better than nothing." Vividly illustrating how connective labor enriches the lives of individuals

and binds our communities together, Pugh urges us to recognize, value, and protect humane work in an increasingly automated and disconnected world.

THURSDAY, NOVEMBER 21, 2:15-3:15 PM

## JEWISH THOUGHT & CULTURE

### **Learn, Play and Laugh with 92NY's Rabbi David Ingber**

Spend an hour once a week with our very own 92NY's Rabbi David Ingber. He will focus on the power of Jewish storytelling and texts that encapsulate Jewish connectedness to lifelong learning and intellectual growth. He will use Jewish music to heal our broken hearts and lift our hungry souls. Learn about the power of laughter and how it has been an essential Jewish survival. Learn about how Jews are meditators and Judaism is a meditation-based tradition. Ask the rabbi your most pressing questions and be ready to hear unique takes on age old questions.

THURSDAYS, 1:00-2:00 PM, ONGOING

### **Café Ivrit with Shlichah (Israeli Emissary) Raz Betser**

If you are a fluent Hebrew speaker but have nowhere to practice, then you are in luck! We will be hosting a monthly Café Ivrit. We will have a kickoff meeting Thursday, November 7, from 12:00-1:30pm at Bread and Wine for lunch for juicy conversation. To RSVP, please email Raz at [rbetser@92ny.org](mailto:rbetser@92ny.org). Lunch is independent pay, and Bread and Wine is located at 1417 Lexington Avenue.

THURSDAY, NOVEMBER 7, 12:00-1:00 PM

### **Ulpan (intense Hebrew instruction) with Shlichah (Israeli Emissary) Raz Betser**

Come learn Hebrew with Raz! We are now offering Ulpan. If you've always wanted to learn Hebrew, then this is the class for you. In our lessons, we will learn Hebrew letters and conversational Hebrew. Please come with a notebook and a pencil.

*Class size is restricted to 15 participants. Please RSVP to [Mrobinson-Frimpong@92ny.org](mailto:Mrobinson-Frimpong@92ny.org) to register.*

FRIDAYS, NOVEMBER 1-DECEMBER 20, 11:00 AM-12:00 PM

## HEALTH

### Consultations with Nurse

**Martha Fortune**

TUESDAYS, 12:00-5:00 PM, ONGOING

## SPECIAL EVENTS

### Social Action Committee Open Meeting: A Conversation with David R. Jones of the Community Service Society of New York

MONDAY, NOVEMBER 18, 3:15-4:15 PM

### Himan Brown Fall Cocktail Party

MONDAY, NOVEMBER 25, 5:00-7:00 PM

*Payment and registration are required.*

### Afternoon Tea & Treats

TUESDAYS, 3:00-4:00 PM, ONGOING

*November 19: Come celebrate November Birthdays with cake!*

### Himan Brown 60+ Program's Annual Membership Meeting

At the Annual Meeting, the Membership elects its officers for the next year. In addition, we are submitting revised bylaws for the Advisory Council for membership approval.

TUESDAY, NOVEMBER 12, 3:30-4:40 PM

### Concert: Flo Ankah

FRIDAY, NOVEMBER 1, 2:00-3:00 PM

### Concert: The Phoenix Ensemble presents a solo piano recital by brilliant, award-winning Japanese pianist Taketo Kataoka

FRIDAY, NOVEMBER 8, 2:00-3:00 PM

### Concert: Rob Silverman Quartet Performs Jazz & Blues

The Robert Silverman Quartet will perform mostly original jazz, standards and some blues. Robert Silverman, piano and vocals, Chris Anderson, trumpet, Dan Asher, bass, and Scott Hamilton, drums.

FRIDAY, NOVEMBER 15, 2:00-3:00 PM

### Concert: The Phoenix Ensemble presents Boyd Meets Girl! With Australian classical guitarist Rupert Boyd & American cellist Laura Metcalf

Boyd Meets Girl pairs Australian classical guitarist Rupert Boyd with American cellist Laura Metcalf. The duo has toured the world sharing their eclectic mix of music from Debussy and Bach to Radiohead and Beyoncé, and their two studio albums have received over 4 million streams on Spotify alone. Both acclaimed soloists in their own right, Boyd has been described as "truly evocative" by The Washington

Post, and as "a player who deserves to be heard" by Classical Guitar Magazine, while Metcalf, who has also toured as a member of the popular chamber ensembles Eighth Blackbird, Break of Reality and Sybarite5, has been called "brilliant" by Gramophone magazine. Boyd Meets Girl has toured throughout the USA, India, Nepal, New Zealand, and every state and territory in Australia, including engagements at Caramoor, Newport Classical, Festival Napa Valley, Austin Classical Guitar, Moab Music Festival and many others.

FRIDAY, NOVEMBER 22, 2:00-3:00 PM

## MUSIC APPRECIATION

### The Art of Listening to Music with Javor Bracic, Arielle Levioff and Simon Saad

Professional musicians illuminate classical music and enhance your appreciation of great works. Listen to live and recorded classical music and deepen your knowledge of the works and those who composed them.

TUESDAYS, 11:00 AM-12:00 PM, ONGOING

### Musical Theater Sing Along with Mark York, pianist and singer

Explore classic Broadway shows as Mark York, at the piano, shares anecdotes and insights about the musicals, stars, lyricists and composers — and enjoy a sing-along of your favorite tunes! Music provided.

WEDNESDAYS, 1:00-2:30 PM, ONGOING

## INTERACTIVE CLASSES

### Shoot the Breeze with Erica Shein

Lively, informal discussion about what's happening in New York and beyond. Class ends with lighter news and jokes.

MONDAYS, 2:00-3:00 PM AND FRIDAYS, 1:30-2:30 PM, ONGOING

### Weekly Catch Up with Erica Shein

Unwind with Erica as she walks you through what to expect for the coming week, including the latest from science, cultural events and local news.

MONDAYS, 5:00-6:00 PM, ONGOING

### Ben Franklin Circles with Erica Shein

Facilitated discussion around the 13 virtues by which Benjamin Franklin chose to live his life. Circles explore the idea of civic virtue — using discussion topics like justice, order, generosity and empathy as windows into improving our individual lives and the world. Each class focuses on a different virtue.

MONTHLY ON TUESDAYS, 4:30-5:30 PM

### Book Discussion Group with Erica Shein

This monthly book group covers fiction and nonfiction. Animated, facilitated discussions focus on theme, characters and plot. Information about the book to be discussed will be provided in advance.

MONTHLY ON TUESDAYS, 4:30-5:30 PM

### Movie Group with Erica Shein

Join our lively discussion group on movies currently available to stream on Netflix, Amazon Prime and more.

MONTHLY ON TUESDAYS, 4:30-5:30 PM

### Poems with Erica Shein

Join Erica Shein to discuss and analyze old and new, short and long, poems. We will discuss the rhythm and themes of these works.

MONTHLY ON TUESDAYS, 4:30-5:30 PM

### Poetry Recitation with Fran Richey's Class facilitated by Erica Shein

Join Erica Shein and poetry teacher/poet Fran Richey to hear members of Fran's poetry writing class recite their pieces. Erica's class will then have an opportunity to ask questions of the poets and comment on their work.

MONTHLY ON TUESDAYS, 4:30-5:30 PM

### People of the Book: Short Stories about Being a Jew/Jewish with Dr. Richard Larschan

The distinction between the noun "Jew" and the adjective "Jewish" can sometimes represent a tension in how Jews identify with their religion, their history, their culture in relation both to Gentiles and to God (G-d). Short story writers Philip Roth, Nathan Englander, Bernard Malamud, Grace Paley, Johanna Kaplan and Cynthia Orzyk all question what, DNA aside, it means to be a Jew—or Jewish!

WEDNESDAYS, NOVEMBER 6, 13 AND 20 AND DECEMBER 4 AND 11, 12:45-1:45 PM

### Monthly Book Group with Professor Nicholas Birns

In this monthly book discussion group, we discuss some of the finest examples of recent American and global fiction. We read books that are entertaining and fun to read, but also have an underlying seriousness of artistic and moral purpose to them. Our discussion will be open and freewheeling and will focus on the styles, themes and plots of the book as well as psychological characterization and the author's social and political context. In reading contemporary fiction, we will find out more about our world and its problems as well as its potential for growth and change.

November's selection: *Real Americans* by Rachel Khong  
WEDNESDAY, NOVEMBER 27, 12:45-1:45 PM,  
ONGOING – *the last Wednesday of the month except for the month of December*

#### **Knitting Circle with Sandy Magesis**

WEDNESDAYS, NOVEMBER 13 AND 20,  
12:30-2:30 PM, ONGOING

#### **World Events: A Civic Dialogue with Lucy Kirk, Professor Gordon Levin and Susan Scheuer**

A weekly forum on world events, focusing on issues both domestic and international. The hosts lead off each session with a brief overview of the latest, most compelling news stories, followed by animated discussion amongst the attendees. A key element of these sessions is to create a safe and welcoming space for divergent viewpoints.  
THURSDAYS, 11:00 AM-12:00 PM, ONGOING  
*On November 7, Susan, Lucy and Gordon lead an in-person class entitled "Making Sense of the 2024 Election Cycle". This class will not be shown on Zoom.*

#### **The Greatest Plays: Baseball History with Steve King**

Share your passion of this sport with Steve King as he discusses the greatest teams, players and plays of all time.  
THURSDAYS, 12:30-1:30 PM, ONGOING

### **SUPPORTIVE/SELF REFLECTIVE DISCUSSION GROUPS FACILITATED BY LICENSED CLINICAL SOCIAL WORKERS**

#### **Women's Group with Elizabeth Flamm, LCSW**

The purpose of this group is for 60+ women to connect over Zoom to discuss current topics, events and life changes, asking questions and sharing life experience that will help each other. This group is facilitated by a Licensed Clinical Social Worker who initiates different topics to motivate the group discussion. Any woman who is looking for direction, guidance, looking to share and empower is encouraged to join.  
MONDAYS, 11:10 AM-12:10 PM, ONGOING

#### **Drop-in Discussion Groups with Ellen Love, LCSW**

The drop-in discussion groups cover a wide range of subjects animating thoughts and encouraging self-reflection. Our long-running group has stimulated members to observe and consider their attitudes and

beliefs with the objective of a deeper understanding of themselves and their relationships. Sharing the experiences and ideas with peers in an inclusive and welcoming environment often normalizes and universalizes feelings of "I must be the only one who feels this way." The weekly gathering has been a valued source of new friendships and new participants are always welcome.

TUESDAYS, 12:00-1:00 PM, AND WEDNESDAYS,  
11:00 AM-12:00 PM, ONGOING

#### **Living After Loss, a Bereavement Group for Those Who Have Lost a Loved One with Dr. Carole Brafman**

Although each loss is unique, sharing feelings is often helpful since grief can be lonely and isolating. A group serves as an important source of emotional support and validation of the complex feelings accompanying the loss of a loved one.  
TUESDAYS, 1:00-2:00 PM, ONGOING

#### **Live Strong with Dr. Randy Kamen**

In our group, you will learn the best of modern science and ancient traditions so that you can 'retrain your brain' for greater resiliency as you navigate through this next precious chapter of life. You will weave key skills and strategies into your daily life that lead you to greater joy, connection and meaning—despite inevitable challenges.  
FRIDAYS, 12:00-12:50 PM, ONGOING

#### **Lunchtime Chat with Elizabeth Flamm, LCSW**

The purpose of this group is for 60+ members to chat and share life experiences that can help and motivate each other. This group is facilitated by a Licensed Clinical Social Worker, who initiates different topics to encourage the group's discussion. Anyone who is looking to build connections and receive support is welcome to join.  
FRIDAYS, 12:30-1:15 PM, ONGOING

#### **Live Strong in Practice with Dr. Randy Kamen**

This class is dedicated to putting into action the skills and strategies that support your ability to 'retrain the brain' for greater connection, resiliency and personal growth. There will be time for conversation, practices and individualized attention.  
FRIDAYS, 1:00-1:50 PM, ONGOING

### **MEMBER-LED DISCUSSION GROUPS AND GAMES**

#### **Men's Group**

Join your fellow fellows for a weekly group

of camaraderie and discussion. This is a great opportunity to talk about common interests and to schmooze!  
MONDAYS AND FRIDAYS, 12:00-1:30 PM,  
ONGOING

#### **Yiddish Conversation Circle**

MONDAYS, 1:00-2:00 PM, ONGOING

#### **Acting Workshop with Marilyn Schulman**

Marilyn Schulman is a graduate of Northwestern University's Theater Department. For 19 years, she directed two or three shows a year of Middle and Upper School students in their theatrical productions at the Birch Wathen Lenox School on the Upper East Side of Manhattan. She also directed two parent/teacher shows and taught an acting class. Marilyn also taught 9th grade English and 8th grade U.S. History. She is an active member of the Himan Brown program and an avid Theater goer. Class members will be encouraged to bring in poems and/or speeches as well as monologues and scenes that they would like to perform. No experience is necessary to participate.  
MONDAYS, 1:00-2:45 PM, ONGOING

#### **Monday Member Salon**

NOVEMBER 4: "Jerry's Life in the Ghetto in Shanghai" with Jerry Lindenstrauss  
NOVEMBER 11: Election Recap Discussion  
NOVEMBER 25: "Women's Health Issues" with Alice Wolfson  
MONDAYS, 3:15-4:15 PM, ONGOING

#### **Member-led Virtual Cocktail Hour**

TUESDAYS, WEDNESDAYS, THURSDAYS,  
FRIDAYS AND SATURDAYS, 5:00-6:00 PM,  
ONGOING

#### **The Best Of... with Phyllis Brusiloff**

At each session, everyone will have an opportunity to talk and share their best of. Examples include best books, best meals, best trips, etc.  
FRIDAYS, 3:15-4:15 PM, ONGOING

#### **Saturday Morning Trivia and Games**

Join former College Bowl Trivia coach Joanne Bernstein for a fun and engaging morning of trivia and games. Test your skills!  
SATURDAYS, 11:00 AM-12:00 PM, ONGOING

#### **French Conversation with Laura Bodin**

This class is for students of French, who have acquired a level of speaking proficiency at an Advanced Beginner Level or above (Intermediate or Advanced). During the class, the participants will have an opportunity to speak in French about many topics of interest to each participant. All conversations are in French. No English is allowed, except to translate the rare

idiomatic expression or word for which there is no equivalent in English. English will also be used very briefly two or three times during each class when a new word/phrase that a participant is not familiar with is introduced in a conversation. The teacher will give the English translation of the word/phrase. Thus, participants will be able to keep a Vocabulary Notebook of new words/phrases learned.

SATURDAYS, 1:30-2:30/3:00 PM, ONGOING

### **Short Story Group**

This group meets every Sunday to discuss a short story or article, which is shared in advance.

SUNDAYS, 5:00-6:00 PM, ONGOING

## **WRITING WORKSHOPS**

### **Poetry Writing Workshop with poet, Fran Richey**

Work on your own poetry during the week, then join our warm, supportive class to read and discuss your work. We'll also explore the work of well-known poets from different eras, focusing on the art of form, style, revision and craft.

TUESDAYS, 12:30-2:30 PM, ONGOING

### **The Personal Essay with writer, Sally Bliumis-Dunn**

Come and enjoy the writing of your fellow Himan Brown members in a workshop setting where you learn to hone your personal essay writing skills. Each week a different essay topic is assigned though students are free to write about whatever they choose.

WEDNESDAYS, 12:45-2:00 PM, ONGOING

### **The Stories We Tell, The Stories We Live: A Writing Workshop with playwright, Susan Stein**

We will write the stories we've heard, the stories we've learned and the stories we've lived. Working with writing prompts in advance and on the spot allows us to jump start the writing process, to quiet our inner editors and find a way to freely tell the stories that are inside us: the everyday stories of what we see in our daily lives, in our work, in our speech, in conversations we hear – the people, the places, behavior, humor, dialogue, neighborhoods. We will mine our memories, discover our voices, our rhythms and use language to find a way to bring these stories to others.

FRIDAYS, 12:45-2:00 PM,  
SEPTEMBER 6-DECEMBER 20

## **STUDIO ART**

### **Oil Painting with Zach Seeger (Small Group Instruction)**

Students will learn painting fundamentals from simple brush techniques to layering, glazing and applied color theory. This class will focus on still lifes and direct observation before expanding to more personalized subjects. All levels are welcome.

TUESDAYS, NOVEMBER 5-DECEMBER 17,  
12:30-2:30 PM

*Registration is required. This class costs \$70 + service fee.*

### **Studio Art with Zack Seeger**

Join artist Zach Seeger for drawing and painting tutorials. Students are encouraged to work alongside Zach as he answers questions about process, materials and art history. Ideal for all levels, from beginner to advanced.

WEDNESDAYS, 10:00 AM-12:00 PM AND  
12:30-2:30 PM, ONGOING

### **Watercolor Painting & Drawing Studio with Donelle Estey**

This class is open to various mediums and styles included in the exploration of artistic expression. Make use of still lifes, models or other artistic works—as you advance your skills and further develop your personal voice. All levels are welcome to participate—from beginner to advanced.

THURSDAYS, 10:00 AM-12:00 PM AND  
12:30-2:30 PM, ONGOING

### **Developing Your Style, Creating a Series with Marguerite Day**

Marguerite has designed this six-week studio art intensive for Himan Brown artists who have studied with her and are ready to take the next steps toward defining their personal vision and style. The first class will focus on contemporary artists as examples, and students will be given exercises to help them make decisions about what medium and subject matter to focus on to create a cohesive series. Because this course requires a commitment, Marguerite will email her students to request registration for either the morning or afternoon session. Member walk-ins are also welcome to use a dedicated space for self-directed studio time.

FRIDAYS, NOVEMBER 1-DECEMBER 13,  
10:00 AM-12:00 PM AND 12:30-2:30 PM,  
ONGOING

## **GAME PLAY**

### **Beginner Bridge with Bruce Gershfield**

MONDAYS, 11:00 AM-12:00 PM

### **Supervised Mah Jongg with Jane Nadboy**

MONDAYS, 12:30-2:30 PM, ONGOING

### **Supervised Bridge with Alene Friedman and Michael Radin**

TUESDAYS, 1:00-3:00 PM AND THURSDAYS,  
12:15-2:15 PM, ONGOING

### **Supervised Canasta with Michelle Marx**

Wednesdays, 10:30 am-12:30 pm, ongoing

### **Chess with Jerald Times**

WEDNESDAYS, 12:30-2:00 PM, ONGOING

### **Backgammon with David Knapp**

WEDNESDAYS, 1:00-2:00 PM, ONGOING

### **Intermediate Bridge with Bruce Gershfield**

WEDNESDAYS, 2:00-4:00 PM, ONGOING

## **FITNESS**

### **Chair Yoga with Lucia Russett**

Stretch and strengthen your body while you calm and focus your mind. Each class includes centering, gentle warm-ups, posture exploration and deep relaxation. Chair and/or standing; for students of all levels.

MONDAYS AND FRIDAYS, 9:30-10:20 AM,  
ONGOING

### **Total Body Fitness with Kareem Collins**

Total Body Fitness is a class that combines both standing and chair-based exercises that covers overall strength, balance, hip stability, functional movement and aerobic activity. Whether one is advanced, intermediate or beginner, this class will challenge your overall fitness level. This class will also teach you breathing techniques to correlate with motion patterns.

MONDAYS, 11:00-11:50 PM, ONGOING

### **Balance & Stability with Mary Copeland**

This class addresses the three main elements of Fall Prevention — Good Posture, Muscle Strength and Balance. Class begins in a chair focusing on core strength and spinal alignment with leg exercises to improve the essential movement of rising and lowering to the chair. Standing exercises stabilize hip and pelvis strength for single leg balance and improved, steady gait.

TUESDAYS, 9:30-10:20 AM, ONGOING

**Yoga with Ana Sussman (Tuesdays and Wednesdays) and Wendell Odom (Fridays)**

Yoga is a deep practice intended to combine body movements with full attention to the breath. The purpose of yoga is to remove tensions from the body while strengthening it and raising the energy level. After yoga class, one should feel more alive and at the same time more relaxed, calmer and more open to life. TUESDAYS, 10:00-10:50 AM, WEDNESDAYS, 11:00 AM-12:00 PM AND FRIDAYS, 11:00-11:50 AM, ONGOING

**T'ai Chi Chih with Ken Gray**

A standing class designed to improve balance, improve strength and relax your mind and body. Includes easy warm-ups, Qigong movements for balance and the 20 movements of the T'ai Chi Chih form. TUESDAYS, 11:00-11:50 AM AND FRIDAYS, 3:30-4:20 PM, ONGOING

**Israeli and International Folk Dance with Danny Pollock**

In our 92NY folk dance classes, we experience and celebrate the beauty of countries and cultures from around the world through dance and music. Dance styles include Israeli, Greek, Macedonian, Serbian, Romanian, Russian, Latin and American dance. Our class begins with a warmup and stretch, and all dance sessions are taught or reviewed before doing the dances with music. Come and enjoy! TUESDAYS, 12:30-2:45 PM, ONGOING

**Fitness Training with Kareem Collins**

This class is designed to encompass every-day functional movement with integrated strength patterns to induce muscular endurance, enforce proper posture, balance and total body control.

WEDNESDAYS, 10:00-10:50 AM, ONGOING

**Ping Pong**

WEDNESDAYS, THROUGH DECEMBER 18, 3:00-4:00 PM AND THURSDAYS, THROUGH DECEMBER 19, 3:00-4:00 PM

*Location: PingPod, 1470 Lexington Avenue (corner of Lex and 95th). Purchase of a game card is required.*

**Guided Meditation and Relaxation with Betsy Light**

This audio-only class includes a brief introduction for new members followed by breathing techniques (Pranyama) and a silent meditation (Mindfulness/Metta/Mantra) with teacher cues for awareness of breath and physical sensations as an anchor. Each session concludes with a guided relaxation.

WEDNESDAYS, 3:30-4:30 PM, ONGOING

**Cardio and Strength with Mary Copeland**

This class begins with a joint mobilizing warm-up and continues with 20 minutes of aerobic movements to build cardiac stamina. Class ends with a series of stretches for the whole body.

THURSDAYS, 10:00-10:50 AM, ONGOING

**Sit & Be Fit with Kareem Collins**

This class is a chair-based fitness class that incorporates aerobic work, strength exercises, flexibility, posture and hip stabilization as well as abdominal and core strengthening exercises. Dumbbells and physio balls are used in addition to the body to execute exercises and motions. THURSDAYS, 11:00-11:50 AM, ONGOING

**Postural Therapy Movement Program with Joey Zimet**

Join Postural Therapist Joey Zimet for an engaging, exercise-based course designed to improve your posture, movement and long-term health. You will also experience physical and emotional benefits while gaining tools to breathe, balance and function more optimally. The goal is to help you create and ingrain new patterns in your posture that positively impact how you stand, move, breathe and function. This results in feeling better physically AND emotionally as well. The goal is also for you to leave with tools and unique insights to help yourself long-term. FRIDAYS, 10:00-10:50 AM, ONGOING