




































92NY HIMAN BROWN 60+ JANUARY 2025 PROGRAM SCHEDULE - IN PERSON & ONLINE

THE PROGRAM CLOSSES ON FRIDAY, DECEMBER 20. WE REOPEN ON MONDAY, JANUARY 6, AT OUR
NEW LOCATION – REDEEMER PRESBYTERIAN CHURCH – LOCATED AT 150 EAST 91ST ST (BETWEEN LEXINGTON AND THIRD). THE HIMAN BROWN OFFICE IS IN 611.

MONDAY	TUESDAY	WEDNESDAY
<p>The program reopens at the <i>Redeemer Presbyterian Church</i> on January 6. The program is closed on January 20 for MLK, Jr. Day.</p>	<p>Nurse Consultations with Martha Fortune, 12:30-3:00 pm, room 611</p>	<p>The program is closed on Wednesday, January 1.</p>
<p>Game Room for Open Play 🧑🧑 9:00 am-3:30 pm 614</p> <p>Chair Yoga ☐ 9:30-10:20 am Lucia Russett</p> <p>Total Body Fitness 🧑🧑 11:00-11:50 am Kareem Collins 604</p> <p>Beginner Bridge 🧑🧑 11:00 am-12:00 pm Bruce Gershfield 610</p> <p>Women’s Group ☐ 11:10 am-12:10 pm Elizabeth Flamm</p> <p>Men’s Group* 🧑🧑 12:00-1:30 pm 613</p> <p>Mah Jongg 🧑🧑 12:30-2:30 pm Jane Nadboy 604</p> <p>Yiddish Conversation Circle 🧑🧑 1:00-2:00 pm 610</p> <p>Acting Workshop 🧑🧑 1:00-2:45 pm Marilyn Schulman 609</p> <p>Shoot the Breeze 🧑🧑 2:00-3:00 pm Erica Shein 613</p> <p>Monday Member Salon* 🧑🧑 3:05-4:00 pm (1/13) “Math Tricks & More – for Grandkids & Senior Minds” with Frances Stern; (1/27) “What Anna Freud Taught Me” with Phyllis Brusiloff 613</p> <p>Weekly Catch up ☐ 5:00-6:00 pm Hosted by Erica Shein</p>	<p>Game Room for Open Play 🧑🧑 9:00 am-3:30 pm 613</p> <p>Balance & Stability ☐ 9:30-10:20 am Mary Copeland <i>1/14, Mary is away. Sub: Dee Cocoros</i></p> <p>Intermediate Yoga 🧑🧑 10:00-11:00 am Ana Sussman 414</p> <p>Boxing: Session I 🧑🧑 10:00-11:00 am Kareem Collins The Club House <i>Registration required.</i></p> <p>Chess 🧑🧑 10:30 am-12:00 pm Jerald Times 610</p> <p>T’ai Chi Chih 🧑🧑 ☐ 11:00-11:50 am Ken Gray 604</p> <p>The Art of Listening to Music 🧑🧑 ☐ 11:00 am-12:00 pm (1/7) Simon Saad; (1/14) Arielle Levioff; (1/21 & 1/28) Javor Bracic. 92NY, S556</p> <p>Boxing: Session II 🧑🧑 11:15-12:15 am Kareem Collins The Club House <i>Registration required.</i></p> <p>Drop-in Discussion Group ☐ 12:00-1:00 pm Ellen Love, LCSW</p> <p>Living With Loss, a Bereavement Group 🧑🧑 1:00-2:00 pm Dr. Carole Brafman 414</p> <p>Poetry Writing Workshop 🧑🧑 ☐ 1:00-3:00 pm Fran Richey 610</p> <p>Supervised Bridge 🧑🧑 1:00-3:00 pm Alene Friedman & Michael Radin 604</p> <p>Israeli & International Folk Dance 🧑🧑 1:00-3:15 pm Danny Pollock 614</p> <p>Children and Notable Family Members of the US Presidents 🧑🧑 ☐ 2:00-3:00 pm Doug Brin 609</p> <p>Watercolor with Zach! 🧑🧑 2:30-3:45 pm Zach Seeger 414</p> <p>Afternoon Tea & Treats 🧑🧑 3:00-3:30 pm 604 <i>1/21, Come celebrate January Birthdays with cake!</i></p> <p>Ben Franklin Circle/Book Discussion Group/Movie Club/Poems/Poetry Recitation with Fran Richey’s class ☐ 4:30-5:30 pm Erica Shein (1/7) Poems; (1/14) Movie Club: <i>Unfaithful</i>; (1/21) Poetry Recitation with Fran Richey’s class; (1/28) Book Discussion Group: <i>The Housemaid</i> by Fredda McFadden.</p> <p>Member-led Virtual Cocktail Hour* ☐ 5:00-6:00 pm</p>	<p>Yoga 🧑🧑 10:00 am-11:00 pm Ana Sussman The Club House</p> <p>Studio Art 🧑🧑 10:00 am-12:00 pm Zach Seeger 414</p> <p>Supervised Canasta 🧑🧑 10:00 am-12:00 pm Michelle Marx 604</p> <p>Drop-in Discussion Group ☐ 11:00 am-12:00 pm Ellen Love, LCSW</p> <p>Fitness Training 🧑🧑 11:00 am-12:00 pm Kareem Collins 92NY, Cardio Court Studio</p> <p>The Presence of Love in Shakespeare: A Journey Through Sonnets and Plays 🧑🧑 (1/8-3/12, no class 1/29 & 2/26) 1:00-2:00 pm Jerald Times 610</p> <p>Monthly Book Group 🧑🧑 (1/29) 1:00-2:00 pm Prof Nicholas Birns 610 <i>January’s selection: On Her Own by Lihi Lapid.</i></p> <p>The Personal Essay ☐ 1:00-2:30 pm Sally Blumis-Dunn</p> <p>Musical Theater Sing Along 🧑🧑 ☐ 1:00-2:30 pm Mark York 614</p> <p>Knitting Circle 🧑🧑 (1/8 & 1/22) 1:00-3:00 pm Sandy Magesis 604</p> <p>Studio Art 🧑🧑 1:00-3:00 pm Zach Seeger 414</p> <p>Intermediate Bridge 🧑🧑 1:00-3:00 pm Bruce Gershfield 609</p> <p>Intergenerational Short Story Group with the Dalton Students 🧑🧑 (1/15) 1:45-2:45 pm Erica Shein, The Dalton School <i>At 1:30 pm, meet Erica in the Lobby of The Dalton School at 108 East 89th St.</i></p> <p>Shakespeare ☐ 2:00-3:00 pm Leo Schaff 613</p> <p>NEW Illuminating Positivity: Transforming Inspirational Words Into Art ☐ (1/22-3/26) 2:00-3:30 pm Dr. Renee Sandell <i>Registration required.</i></p> <p>Ping Pong 🧑🧑 (tbd) 3:00-4:00 pm Location: PingPod 1470 Lexington Avenue, corner of Lex and 95th. <i>Purchase of a game card is required.</i></p> <p>Guided Meditation & Relaxation ☐ 3:30-4:30 pm Betsy Light</p> <p>Member-led Virtual Cocktail Hour* ☐ 5:00-6:00 pm</p>

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THURSDAY	FRIDAY	SATURDAY
<p>The program is closed on Thursday, January 2</p>	<p>The program is closed on Friday, January 3.</p>	
<p>Game Room for Open Play  9:00 am-3:30 pm 610</p> <p>Painting & Drawing  10:00 am-12:00 pm Donelle Estey 414</p> <p>Agility & Strength  10:10-11:00 am Mary Copeland 614 <i>1/16, Mary is away. Sub: Dee Cocoros</i></p> <p>Sit and Be Fit  11:00-11:50 am Kareem Collins 604</p> <p>World Events  11:00 am-12:00 pm Scheuer, Kirk and Levin</p> <p>Lunch and Learn: Play and Laugh with 92NY's Rabbi  12:00-1:00 pm Rabbi David Ingber 604</p> <p>History of Baseball  (1/9) 12:30-1:30 pm Steve King</p> <p>Supervised Bridge  1:30-3:30 pm Alene Friedman & Michael Radin 604</p> <p>Painting & Drawing  1:00-3:00 pm Donelle Estey 414</p> <p>NEW SAC Open Meeting: TBD  (1/23) 2:00-3:00 pm 614</p> <p>Ping Pong  (tbd) 3:00-4:00 pm Location: PingPod <i>1470 Lexington Avenue, corner of Lex and 95th. Purchase of a game card is required.</i></p> <p>T'ai Chi Chih  3:30-4:20 pm Ken Gray</p> <p>Member-led Virtual Cocktail Hour*  5:00-6:00 pm</p>	<p>Game Room for Open Play  9:00 am-3:30 pm 609</p> <p>Chair Yoga  9:30-10:20 am Lucia Russett</p> <p>Postural Therapy Movement Program  10:00-10:50 am Joey Zimet 604</p> <p>NEW Developing Your Style, Creating a Series  10:00 am-12:00 pm Marguerite Day 414</p> <p>Yoga  11:00 am-12:00 pm Wendell Odom The Club House</p> <p>Ulpan  11:00 am-12:00 pm Raz Betser 610 <i>Registration is required.</i></p> <p>Men's Group*  12:00-1:30 pm 613</p> <p>Live Strong  12:00-12:50 pm Dr. Randy Kamen 614</p> <p>Lunchtime Chat  12:30-1:15 pm Elizabeth Flamm, LCSW</p> <p>NEW Developing Your Style, Creating a Series  12:30-2:30 pm Marguerite Day 414</p> <p>Live Strong in Practice  1:00-1:50 pm Dr. Randy Kamen 614</p> <p>Shoot the Breeze  1:30-2:30 pm Erica Shein</p> <p>The Best Of...*  2:00-3:00 pm Phyllis Brusiloff 614 <i>1/31, no class</i></p> <p>NEW Concert: Music from the Holocaust with Javor Bracic, pianist, & Friends  (1/31) 2:00-3:00 pm Chapel</p> <p>Member-led Virtual Cocktail Hour*  5:00-6:00 pm</p>	<p>Trivia & Games*  11:00 am-12:00 pm Led by Joanne Bernstein</p> <p>French Conversation*  1:30-2:30 pm Led by Laura Bodin</p> <p>Member-led Virtual Cocktail Hour*  5:00-6:00 pm</p> <p>SUNDAY</p> <p>Short Story Discussion Group*  Led by Joanne Bernstein 5:00-6:00 pm</p> <p>KEY</p> <p> = Online</p> <p> = In Person</p> <p> = Online AND In Person</p> <p>* = Member-led</p> <p>CONTACT</p> <p>Himan Brown Program Office: 212.415.5649</p> <p>Membership Office: 212.415.5729</p>