

92Y HIMAN BROWN 60+ OCTOBER PROGRAM SCHEDULE - IN PERSON & ONLINE

MONDAY

Chair Yoga
10:00-10:50 am
Lucia Russett

NEW Intermediate Yoga
10:00-11:00 am
Ana Sussman
NB07

Men's Group*
11:00-12:15 pm
M2

Vitality, Strength & Power
11:10 am-12:00 pm
Dee Cocoros
NB07

Women's Group
11:10 am-12:10 pm
Elizabeth Flamm

NEW Mah Jongg for Beginners
12:00-2:00 pm
(begins 10/11)
S101

NEW Advanced Beginner Bridge
12:30-2:00 pm
(begins 10/11)
S102/103

NEW SAC Open Meeting: Afghanistan
12:30-1:30 pm
(10/25)
Warburg Lounge

Acting Workshop
Scott Klavan
1:00-2:45 pm
S556

NEW Wonders in the Deep: Literary Works Related to the Sea
2:00-3:00 pm
(10/4-11/29)
Prof Richard Larschan
S297

Virtual Cocktail Hour
hosted by Erica Shein
5:00-6:00 pm

TUESDAY

Nurse Consultations 10 am - 2 pm

Cardio and Strength
10:00-10:50 am
Mary Copeland

Drawing & Painting
10:00am-12:00 pm
Lili White
S280

NEW Duplicate Bridge
10:00 am-12:00 pm^
WAG

T'ai Chi Chih
11:00-11:50 am
Ken Gray
NB07

The Art of Listening to Music
11:00 am-12:00 pm
Javor Bracic, Arielle Levioff
and Simon Saad
S102/103

Drop in Discussion Group
12:00-1:00 pm
Ellen Love, LCSW

NEW Art Recitations
12:30-1:30 pm
(10/19 and 10/26)
Prof Seth Gopin
S101

Poetry Writing Workshop
12:30-2:30 pm
Fran Richey

NEW Jewish Thought & Culture
12:30-1:30 pm
(10/12)
S102/103

NEW Supervised Bridge
1:00-3:00 pm
Alene Friedman
WAG

Drawing & Painting
1:00-3:00 pm
Lili White
S280

NEW 1972: A Memorable Year
2:00-3:00 pm
Doug Brin
S297

Book Group/Movie Club/ Ben Franklin Circle
Erica Shein
4:00-5:00 pm
10/5 Movie
10/12 BFC
10/19 BFC
10/26 Book

WEDNESDAY

Fitness Training
10:00-10:50 am
Kareem Collins
NB07

Studio Art
Zach Seeger
10:00am-12:00pm

Drop in Discussion Group
11:00 am-12:00 pm
Ellen Love, LCSW

NEW Yoga
11:00-12:00 pm
Ana Sussman
NB07

NEW Nations & Nationalism
11:00 am-12:00 pm
(10/20-11/10)
Prof Matthew Ellis
S297

NEW HB Chat Room
12:30-1:30 pm
Arielle Silverman
NB08

Musical Theater Sing Along
12:30-2:00 pm
Mark York
S251

NEW Advanced Beginner Bridge
12:30-2:00 pm^
room tbd

NEW Chess
12:45-2:15 pm^
S101

The Personal Essay
12:45-2:00 pm
Sally Blumis-Dunn
























Studio Art
1:00-3:00 pm
Zach Seeger

Shakespeare
2:00-3:00 pm
Leo Schaff

Meditation & Relaxation
3:00-4:00 pm
Betsy Light

Member-led Virtual Cocktail Hour*
5:00-6:00 pm

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THURSDAY	FRIDAY	SATURDAY
<p>Nurse Consultations 1 pm - 4 pm</p> <p>Balance & Stability  10:00-10:50 am Mary Copeland</p> <p>NEW Painting & Drawing  10:00 am-12:00 pm Donelle Estey S280</p> <p>NEW Duplicate Bridge  10:00 am-12:00 pm^ WAG</p> <p>NEW Sit and Be Fit   11:00-11:50 am Kareem Collins NB07</p> <p>World Events  11:00 am-12:00 pm Scheuer, Kirk and Levin</p> <p>Folk/Israeli Dancing  12:00-1:15 pm Danny Pollock</p> <p>History of Baseball  12:30-1:30 pm Steve King</p>	<p>Chair Yoga  10:00-10:50 am Lucia Russett</p> <p>NEW French Films: The Classics to the Recent Oscar Winners  11:00 am - 12:00 pm (9/17 - 11/5) Sara Lukinson Screening room S102/103</p> <p>Lunchtime Chat  12:30-1:15 pm Elizabeth Flamm, LCSW</p> <p>General Membership Meeting   12:30-1:30pm 10/22 WL</p> <p>NEW Art Recitation  12:30-1:30 pm (10/8) Prof Seth Gopin S102/103</p> <p>NEW Mixed Media Studio Art  12:30-2:30 (begins 10/29) Marguerite Day S280</p>	<p>Trivia & Games*  11:00-12:00 am Joanne Bernstein</p> <p>French Conversation*  1:30 am-2:30 pm Laura Bodin</p> <p>Member-led Virtual Cocktail Hour*  5:00-6:00 pm</p>
SUNDAY		
<p>Short Story Discussion Group*  Joanne Bernstein 5:00-6:00 pm</p>		
KEY		
<p> = Online</p> <p> = In Person</p> <p>  = Online AND In Person</p> <p>* = Member-led</p> <p>^ = Start Date TBD</p>		