Spring is around the corner! Warmer weather brings thoughts of improving overall fitness so we can spend more time walking outdoors, enjoying our great city! Our program has a myriad of offerings to help you meet your goals! Our newest addition is our nutritionist, Sonia Ahuja, MS, RDN, CDN, Director of Nutrition and Nursing at the NY Enrichment Group. Sonia will be available twice a month to meet with you for private nutrition consultations! She will also offer small, interactive workshops on topics pertinent to our members. In addition, our Nurse Martha Fortune, is shifting her hours to Mondays, 10:00 am - 1:00 pm and Thursdays, 9:30 am - 1:30 pm to be more available to our members. And of course, we continue to offer 20 fitness and dance classes every week! So let’s motivate each other toward better health and fitness!

The Art of Listening to Music, our music appreciation course, is taught by a rotating group of professional musicians. Tuesdays, 11:00 am - noon, S297. March 3 – Javor Bracic; March 10 – Simon Saad; March 17 – Javor Bracic; March 24 – Arielle Levioff; March 31 – Simon Saad


NEW Sara Lukinson returns to teach The Great Ones: More Artists from the Kennedy Center Honors. Hear the stories and watch the films of great artists chosen as Kennedy Center Honorees from theater, film, dance, comedy and music. Tuesdays, March 3 through May 5, 12:30 - 1:30 pm, S102&103/S297. There is no class scheduled for April 21.

NEW Officer Anthony Nuccio, Crime Prevention & Digital Communications Officer, 19th Precinct, discusses IRS and Phone Scams on Thursday, March 12, 12:00 pm, Warburg Lounge.

NEW Doug Brin to give a one-session talk on: 1920–A Time That Resonates From 100 Years Past: an out-of-control presidency, anti-immigrant fervor, the bane of income inequality, and how new technology revolutionizes the media. Thursday, March 26, 1:30 - 2:30 pm, S102/103.

NEW Technology: Beyond the Basics. Join Technology consultant, Wendy Weiss, for an interactive technology training class. Friday, March 13, 12:30 - 1:30 pm, S297.

NEW Healthy Cooking with Natural Foods chef Gilda Mulero, Monday, March 16, 11:15 - 1:00 pm, S252. Register in program office. $10 contribution requested.

NEW Ellen Love, LSW, returns Wednesday, March 18 to facilitate Necessary Conversations, 11:00 am - 12:15 pm, S292. Pre-registration with is required.

Richard Larschan continues to teach his literature series, Speaking Up/Speaking Out: Short Stories by Major Women Writers, Wednesdays through March 25, 11:30 am - 12:30 pm, S101.

Seth Gopin continues his series From Versailles and Poussin to 18th-century Parisian Hotels & Watteau: The Great Age of French Art and Architecture. Thursdays, through March 19, 1:30 - 2:30 pm, WAG/Warburg Lounge.

Sally Blumis-Dunn will teach The Personal Essay Class on Wed., March 25 only, NB08, 12:45 pm. Her make-up class is tentatively scheduled for Fri., March 20.

Theresa Burns’ Memoir Writing Class continues Thursdays through March 26, 2:00 - 2:45 pm, S104.

Rob Silverman continues to teach his jazz appreciation series, Jazz through the Ages. Fridays through March 27, 10:30 am - noon, S101.
Sunday, March 29
Museum of the City of New York
Docent-led tour and film
Followed by lunch at Bread and Wine
Transportation with Project Cart
$20, lunch separate pay

SOCIAL SUNDAYS
Yom HaShoah Concert - Iron and Coal - April 21