

92NY HIRSHMAN BROWN 60+ PROGRAM IN PERSON & ONLINE COURSE DESCRIPTIONS

MAY 2024

LECTURE SERIES

The Decade of the 1960s with Doug Brin

This series explores an era of revolution, upheaval, shocks and surprises: from events etched in our memory like the assassinations of JFK and other near-legendary political figures to innovations as disparate as the Xerox copier, pantyhose and the IBM selectric typewriter. 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 IV, Part II*. WEDNESDAYS, 2:00-3:00 PM, ONGOING

Germany and Its Jews: May 1945-Present with Professor Philipp Nielson

When Germany capitulated in May 1945, rather than being "free of Jews" Jews from across Europe were liberated on German soil. Most of them quickly returned to their home countries. But with emigration overseas and to Mandate Palestine illegal and often impossible until 1948, a number of particularly Eastern European survivors who did not want to return to their countries of origins remained. Living in UN administered Displaced Persons or DP camps, their numbers increased to close to 250,000 in the wake of a number of pogroms in Poland in 1946. After 1948, when most survivors emigrated to either the US or the newly established state of Israel, the number of Jews on German soil decreased rapidly. Yet against the wishes of most international Jewish organizations that denied the possibility of Jewish life in the country of murderers, a number of DPs remained and together with the few surviving and returning German Jews formed the core of Germany's postwar Jewish community. In socio-cultural background and size, this community of roughly 30,000 predominantly Eastern European Jews differed markedly from its pre-holocaust

predecessor. Following the fall of communism, immigration from the former Soviet Union more than quadrupled the size of the community, and especially in the bigger cities Israel expats have further enlarged and diversified Germany's Jewish community. This lecture series will cover the history of Jews in Germany from the immediate aftermath of the holocaust until today, exploring what it meant to live in the country of the perpetrators for Jews in Germany. WEDNESDAY, MARCH 20-MAY 1, 3:30-4:30 PM

Criminal Law in Twentieth Century America: Four Sensational Trials with Professor Simon Baatz

THURSDAYS, MAY 2-MAY 23, 2:30-3:30 PM

Thursday, May 2: Murder of Stanford White in Madison Square Garden (1906)

In 1901, Evelyn Nesbit, a 16-year-old chorus girl, dined alone with the architect Stanford White, 47, in his town house in New York. That evening, after drinking champagne, Nesbit lost consciousness and awoke to find herself naked in bed with White, who had assaulted her. She spoke of it to no one until, several years later, she confided in Harry Thaw, the millionaire playboy who would become her husband. Thaw shot and killed White in 1906 in Madison Square Garden and the judge at Thaw's trial in 1908 committed him to the Matteawan asylum. Thaw spent five years at Matteawan, attempting every possible legal strategy to win his freedom but, finally despairing of his lawyers in 1915, he escaped the asylum, finding sanctuary in Canada.

Thursday, May 9: Prosecution of Jack Johnson for violation of the Mann Act (1913)

Jack Johnson, a Black fighter from Texas, won the world heavyweight boxing championship in 1908 when he defeated Tommy Burns in a bout in Australia. Two years later, he defended his title against Jim Jeffries, in Nevada, one of the few states that permitted boxing. Jeffries, world champion from 1899 until he retired in 1905, had never lost a fight and he was the overwhelming favorite among whites to defeat Johnson and regain the crown, but the Black boxer easily defeated his opponent.

Many journalists, including the author Jack London, campaigned for a white fight—the 'Great White Hope'—to regain the heavyweight title but Johnson handily defeated every opponent that dared to step into the ring. In 1913, the Bureau of Investigation, the principal law enforcement agency of the federal government, prosecuted Johnson for transporting a prostitute across state lines, a violation of the Mann Act. The Black community regarded the prosecution as a frame-up; but simultaneously regretted Johnson's marriage to a white woman as a provocation. Many states were passing legislation against miscegenation and lynching of Blacks in the South were commonplace. The jury at the trial of Johnson found him guilty and the judge sentenced him to the federal penitentiary, but Johnson skipped bail while on appeal and escaped to Europe.

Thursday, May 16: Prosecution of Nathan Leopold and Richard Loeb for murder of a child (1924)

The brutal murder in Chicago in 1924 of a child, Bobby Franks, by two wealthy college students quickly became a national obsession. Nathan Leopold and Richard Loeb, both studying at the University of Chicago, claimed to be intellectuals who had murdered the child solely for the thrill of the experience. They had carefully planned the murder but the state's attorney, Robert Crowe, soon apprehended them. Crowe believed he had a hanging case—both Leopold and Loeb had knowingly confessed to the crime and neither could credibly claim insanity—but the defense attorney, Clarence Darrow, used psychiatric testimony to demonstrate that both Leopold and Loeb had diminished responsibility on account of childhood sexual abuse. The hearing to determine punishment was a battle of psychiatrists: Crowe employed his experts to show that both Leopold and Loeb had no mental impairment while Darrow used his experts to claim that their childhood experiences had compelled them to commit the crime.

Thursday, May 23: Murder of Vivian Gordon—Jimmy Walker, mayor of New York, resigns (1931)

The murder in 1931 of Vivian Gordon was one of several events that led to the resignation of the mayor of New York, the downfall of Tammany Hall, and the election of Franklin Delano Roosevelt to the presidency. It had become habitual in New York for the police to target women for arrest on spurious charges, most typically on an accusation of prostitution. The victim, frequently a woman with few resources, faced conviction and a prison sentence unless she paid money to corrupt lawyers who would share the proceeds with equally corrupt police and magistrates. The governor of New York state, Franklin Roosevelt, convened an investigation of the magistrates' court in 1930. The Seabury Commission called Vivian Gordon as its most important witness—Gordon had been falsely convicted of prostitution in 1923—but she was murdered in February 1931, only days before her appearance before the commission. Roosevelt responded quickly, appointing two more investigations into corruption in New York. Roosevelt was aiming for election to the White House in 1932 and he needed to demonstrate to the country that he could end corruption in New York. He succeeded: Tammany Hall was the source of corruption and the mayor, Jimmy Walker, was a Tammany stalwart. In 1932, shortly before the presidential election, Walker resigned his office and Tammany began its long decline into political irrelevance.

Dancing in the Dark: A History of Dance in the Movies with Professor Brian Rose

The movies and dancing are a partnership born in heaven. From its very beginnings, the new medium of motion pictures turned toward dance as one of the best ways to showcase its unique ability to make movement come alive. And through the decades, it's been dancing on the big screen that has provided some of the most ecstatic moments in film history—whether it's Fred Astaire gliding on the ceiling in Royal Wedding, the Nicholas Brothers leaping down a staircase in *Stormy Weather*, Moira Shearer pirouetting through the dream-scape of *The Red Shoes*, or John Travolta burning up the dance floor in *Saturday Night Fever*. Illustrated with more than 75 video clips, this talk will survey 130 years of thrilling movie dance performances and demonstrate the extraordinary ways cinema brought dance to life.
THURSDAY, MAY 30, 2:30-3:30 PM

Hidden Agendas: A Film Course with Mark Ethan Toporek

Great films often feature characters who sustain elaborate deceptions. Join moderator Mark Ethan Toporek for eight movies that explore the interaction between the deceiver and a public ready to embrace skillful manipulation. The films are introduced by Mark Ethan Toporek, who also leads a post-screening discussion. He is a member of the Actors Studio, who has appeared in films including "The Secret Lives of Dentists," "The Confession" and "Lesser Prophets." He curated and presented the Film Series at the Queens Museum of Art from 1998 to 2018 and at the 92nd Street Y since 2003.
FRIDAYS, MARCH 29-MAY 17, 10:00 AM-1:00 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

Consultations with Nurse Martha Fortune

TUESDAYS, 11:00 AM-4:00 PM, ONGOING

SPECIAL EVENTS

Yom HaShoah: Himan Brown and the Bronfman Center for Jewish Life present 92NY's Rabbi David Ingber In Conversation With Dr. George David Schwab, Author of *Odyssey of a Child Survivor: From Latvia Through the Camps to the United States*
MONDAY, MAY 6, 3:15-4:15 PM

Yom HaZikaron Program with 92NY's Rabbi David Ingber & Rebecca Schoffer
MONDAY, MAY 13, 12:30-1:30 PM

SAC Open Meeting: tbd
MONDAY, MAY 20, 12:30-1:30 PM

Afternoon Tea & Treats
TUESDAYS, 3:00-4:00 PM, ONGOING
May 21: Come celebrate May Birthdays with cake!

Himan Brown Senior Program's Bake Sale in the North Lobby
THURSDAY, MAY 9, 9:00 AM-6:00 PM
FRIDAY, MAY 10, 9:00 AM-6:00 PM

Concert: Roman Lankios, xylophonist
FRIDAY, MAY 3, 2:00-3:00 PM

Concert: Phoenix Ensemble
FRIDAY, MAY 10, 2:00-3:00 PM

Concert: Arielle Levioff, pianist
FRIDAY, MAY 17, 2:00-3:00 PM

Concert: Paul Brantley, cellist, & Friends
Composer and cellist, Paul Brantley, will be joined by violinist Elissa Cassini (from France), and pianist, Steve Beck (Da Capo Chamber Players) in a program of music by Bach, Brantley (a world premiere), Lou Harrison and Stravinsky's sparkling "Pulcinella Suite" in Brantley's own arrangement.
FRIDAY, MAY 24, 2:00-3:00 PM

Concert: Eric Yves Garcia, pianist
FRIDAY, MAY 31, 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 Musician/Singer Mark York
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

Virtual Cocktail Hour hosted by Erica Shein

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

Knitting Circle with Sandy Magesis

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

Money Made Simple with Anthea Perkinson

This workshop focuses on the basics of financial literacy. Topics to be covered include Cash Flow Management and Automated Payments, Credit Essentials, Dealing with Debt, Federal Income Tax Basics and Keys to Successful Investing. WEDNESDAYS, MAY 8-JUNE 5, 3:30-4:30 PM LABS: THURSDAY, MAY 23, 3:30-4:30 PM & THURSDAY, JUNE 6, 3:30-4:30 PM

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

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, 12:00-1:30 PM 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

Member-led Virtual Cocktail Hour

TUESDAYS, WEDNESDAYS, THURSDAYS, FRIDAYS AND SATURDAYS, 5:00-6:00 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, 1:00-2:15 PM, ONGOING

STUDIO ART

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

Drawing and Painting: Inspired by Art History with Marguerite Day

Using art history as a guide, from the Renaissance to Postmodernism, students will create works in color and black & white media such as graphite, watercolor, and acrylic paint. Great for all levels, beginners to advanced! Students working on independent projects are also welcome.
FRIDAYS, 10:00 AM-12:00 PM AND 12:30-2:30 PM, ONGOING

GAME PLAY

Supervised Mah Jongg with Jane Nadboy
MONDAYS, 12:30-2:30 PM, ONGOING

Supervised Bridge with Alene Friedman
TUESDAYS, 1:00-3:00 PM AND THURSDAYS, 12:00-2:00 PM, ONGOING

Supervised Canasta with Michelle Marx
WEDNESDAYS, 10:30 AM-12:30 PM, ONGOING

Beginner Bridge with Bruce Gershfield
WEDNESDAYS, 11:00 AM-12:00 PM

Beginner Mah Jongg with Jane Nadboy
WEDNESDAYS, 12:00-2:00 PM, APRIL 17-JUNE 26
Registration was required.

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, 2:00-3:00 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, 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, 10:00-10:50 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

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

True Power with Dee Cocoros

This class will start with a warm-up to increase our mobility. We will do interval cross training and cardio and strength with various intervals of balance, flexibility and agility. This format is done to keep us grounded and calm in our fast-paced world. The takeaway is the option to practice 2- 10 minutes a day as a tool to stay calm, fit and strong throughout the winters and holidays. THURSDAYS, 10:00-10:50, 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