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

NOVEMBER 2026

LECTURE SERIES

Brinsights!!!
'Historical Raconteur' Doug Brin outlines the decades of the last century, from the 'Roaring Twenties,' up to and including the Twenty First Century 'Twenties' we're experiencing at this very moment. With great doses of humor, irony and surprising facts; each and every week, Doug creates a stimulating and informative picture of the events, trends and personalities that have comprised a century of the world we live in.
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 *Hamlet*.
WEDNESDAYS, 2:00-3:00 PM, ONGOING

Manifest Destiny: Origins, Manifestations and Afterlives with Professor Alexandra Stern
This three-part lecture series explores the long history of manifest destiny, one of America's most powerful political and cultural concepts. Beginning with the origins of the belief in American's divine right to continental expansion, we will analyze this ideology's many manifestations, both intended and unintended. We will also examine manifest destiny's cultural impact—from imperialism abroad to space exploration—in the twentieth and twenty-first centuries. Central to our investigation will be the deeply contested process by which the modern United States came to be. Participants will be invited to share their thoughts about the influence of western expansion on American history and identity, as well as examine key historical sources for themselves.
THURSDAYS, NOVEMBER 5, 12 & 19, 2:00-3:00 PM

From Rococo to Revolution: 18th-Century Art in France with Dr. Seth Gopin
Our class will explore one of the most dramatic periods in the history of French art. From the still lifes and scenes of everyday life painted by Jean-Siméon Chardin to the overt eroticism of Jean-Honoré Fragonard, we will examine the final flowering—and eventual demise—of the Rococo. By the late 1780s, the world of Louis XVI and Marie Antoinette was giving way to a generation of revolutionaries, and art responded dramatically to these profound political and social changes. We will focus particularly on Jacques-Louis David, whose career carried him from the final years of the monarchy through the French Revolution and into the age of Napoleon. We will conclude our class by examining the transformation of French painting under Napoleon and in the aftermath of the Empire, looking at artists such as Antoine-Jean Gros and Eugène Delacroix and the emergence of a new Romantic vision of art.
FRIDAYS, OCTOBER 16-NOVEMBER 20 (NO CLASS OCTOBER 30), 1:30-3:00 PM
Music from 1:30-2:00 pm followed by the lecture from 2:00-3:00 pm

SPECIAL EVENTS

Social Action Committee Open Meeting: The Role of the City Council in the Budget Process with Council Member Virginia Maloney, District 4
She will discuss the role of the City Council in the budget process, the Committees of the Council and her family history of Public Service.
MONDAY, NOVEMBER 16, 3:05-4:00 PM

Dalton Kindergarten Performs!
TUESDAY, NOVEMBER 3, 1:30-2:00 PM

Afternoon Tea & Treats
TUESDAYS, 3:00-3:30 PM, ONGOING
On November 17, celebrate NOVEMBER Birthdays with cake!

Veteran's Day Special Bagel Breakfast & Book Talk with Nina Edelman
WEDNESDAY, NOVEMBER 11, 9:00-11:00 AM

Estate Planning Seminar with Paul Moskowitz, Partner at Moskowitz Legal Group
WEDNESDAY, NOVEMBER 18, 9:45-11:00 AM
Registration is required and a light breakfast will be served.

MUSIC APPRECIATION

Seasoned Citizens Theatre Troupe with Mark York, pianist and singer
If you've ever wanted to be a part of a show, this is the class for you. Even if you have mobility issues, you can still be a part of this class. We will have a "mobile" ensemble and a "stationary" ensemble. Therefore, no one is excluded. This class and our production will include Classic Broadway Music from all the great Golden Age Musicals we love.
MONDAYS, 3:00-5:00 pm, ONGOING

The Art of Listening to Music with Anna Bikales, 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

The Poetry of Song Lyrics with Ari Satok
In this class, we explore some of the most beautiful song lyrics that exist, looking at them as a form of poetry. We discuss the lyrics themselves, what they make us feel, and what memories and stories from our own lives they bring up. As folks who have taken versions of this class know, we look at songs from famous songwriters such as Leonard Cohen, Joni Mitchell, Cole Porter, Carole King, Bob Dylan and Billy Joel. But we also examine beautiful songs from lesser-known songwriters, whose words

are equally poignant and moving. Along the way, we engage in music appreciation, by listening to the songs we examine. Join for sessions that will be heart-opening, engaging, and sometimes even nostalgic, as we allow ourselves to be influenced and transformed by song lyrics that have transformed so many people's lives.
THURSDAYS, 11:00 AM-12:00 PM, ONGOING

Musings on Music with Rob Silverman
The class is based on a book written and provided by Rob Silverman. Each week focuses on a new chapter, which deals with jazz history and many of the personalities with whom Rob has worked.
FRIDAYS, OCTOBER 2-NOVEMBER 20, 11:00 AM-12:00 PM

INTERACTIVE CLASSES

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

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, 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, ONGOING

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, ONGOING

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, ONGOING

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, ONGOING

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, ONGOING

Jewish Gallows Humor: Short Stories from *Jewish Noir* Vols. I and II with Professor Richard Larschan
Humor generally, and "dark humor" in particular—what *Mad Magazine* memorably termed "humor in a jugular vein"—has long been a survival strategy for oppressed peoples who have used it to fend off threatening forces in the universe (think "Springtime for Hitler"). The stories collected by Kenneth Wishnia in *Jewish Noir I* and *II* explore various psychological.
WEDNESDAYS, OCTOBER 7-NOVEMBER 18 (NO CLASS OCTOBER 28), 1:00-2:00 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.
WEDNESDAY, NOVEMBER 25, 1:00-2:00PM
November's selection is Culpability by Bruce Holsinger.

Knitting Circle with Sandy Magesis
WEDNESDAYS, NOVEMBER 11 & 18, 1:00-3:00 PM

OP ED Class with Erica Shein
Join fellow members to discuss opinion pieces from various news sources. Topics will be diverse and relevant and will include but not be limited to politics, business, science, art and economics. We will send you the articles weekly by request.
WEDNESDAYS, 2:30-3:30 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

Play Club presented by Play On Shakespeare.
Play Club introduces audiences to Shakespeare by replicating the process known as "tablework". Each week, Rex Young (actor) and Ellen McLaughlin (playwright, actor, educator) will lead a 1.5-hour session in which community members are cast in roles and read aloud from the script. Rex and Ellen will also share their experiences of working with these texts in modern verse as the group moves through the play. All additional casting, including stage direction, will be determined based on the needs of the scene, with a new cast for each scene. Edition: *Much Ado About Nothing*, written by William Shakespeare in a modern verse translation by Ranjit Bolt
THURSDAYS, OCTOBER 8-DECEMBER 3, 2:00-3:30 PM

JEWISH THOUGHT & CULTURE

Contemporary Israeli Society: Culture, Land & People with Dagan Shimroni, Upper East Side Shaliach
MONDAYS, 12:30-1:30 PM, ONGOING

Lunch & Learn: Learn, Play and Laugh with 92NY's Rabbi David Ingber
Spend an hour once a week with 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, 12:00-1:00 PM, ONGOING

Israel Hot Topics with Daniel Klein, Upper East Side Junior Shaliach
This course is a raw, up-to-date look at life in Israel right now. From culture, music and the places people hang out to the realities beneath the headlines. This course touches upon politics and social tensions through real stories and lived experiences. This course captures what it means to be in your twenties in Israel during wartime — honest, complicated and alive.
FRIDAY, NOVEMBER 20, 11:00 am-1:00 pm

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

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, ONGOING

Living With 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 AND THURSDAYS, 2:00-3:00 PM, ONGOING

Lunchtime Chat with Julia Zeuner, LMSW
Join our executive director for thought-provoking, self-reflecting conversations around topics that matter at this stage of life.
WEDNESDAYS, 12:15-1:15 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, 12:00-12:45 PM, ONGOING

Women's Discussion 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.
FRIDAYS, 12:30-1:30 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, practice and individualized attention.
FRIDAYS, 12:50-1:30 PM, ONGOING

MEMBER-LED CLASSES

Portraiture with Dr. Sol Kadish
Have you always wanted to learn how to draw faces but just did not know how to get started? This is the perfect class for you. Sol will help you learn techniques that will allow you to begin drawing from your first class. The class utilizes various techniques including drawing from a live model.
MONDAYS, 10:30 AM-12:30 PM, ONGOING

Mystery Book Club
November's selection is The President is Missing by Bill Clinton & James Patterson.

Men's Group facilitated by Stanley Ryman
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!
MONDAY, OCTOBER 5, 11:00 AM-12:15 PM

Yiddish Conversation Circle
MONDAYS, 1:00-2:00 PM, ONGOING

Monday Member Salon
Each of us has an interesting story to tell, and every week, a Himan Brown member, or close relative or associate, will regale our community with a talk and discussion of mutual interest. Please join us to exchange your thoughts and ideas.
MONDAYS, NOVEMBER 2, 9, 23 & 30, 3:05-4:00 PM
(NOVEMBER 2) If You're Not Latino, Your Grandchildren Might Be - and Why We Should All Care About the Hispanic Community with Sonia Pérez
(NOVEMBER 9) The Mid-Terms: A Post-Election Analysis with Len Lubinsky
(NOVEMBER 23) Making Sense of the Israeli Elections with Menachem Katz
(NOVEMBER 30) Volunteering at the Fortune Society: Building People, Not Prisons with Barbara McNair

Beginner Mandala Origami Card Making with Jake Garfield
Using the new, easy to learn, art form of Mandala Origami and lots of rhinestones you will make very beautiful greeting cards.
TUESDAYS, 11:30 AM-12:30 PM, ONGOING

Bereaved Parents Group with Lilian Sicular and Eleanor Brickner
The death of a child is a loss that lasts forever. This group offers an opportunity to share your experience. This space is intended to offer support and connection and is an opportunity to foster community with others who have experienced this tragic loss.
TUESDAYS, 1:00-1:45 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 with Joanne Bernstein
This group meets every Sunday to discuss a short story, which is shared in advance.
SUNDAYS, 11:00 AM-12:00 PM, ONGOING

WRITING WORKSHOPS

Story Magic: Reading and Writing Fiction with novelist Amy Gottlieb
Each week, we'll read a short story and discuss what makes it work. Then we'll write from a prompt inspired by the story. We'll also talk about the creative process... from the sparks of inspiration to the rewards of revision. As we explore the craft of fiction, participants are invited to work on their own projects: short stories, vignettes, flash fiction or longer works. There will be opportunities to share writing for supportive feedback, if desired. Join for the reading and discussion... and, along the way, discover the joys and possibilities of fiction writing. This course is for readers, writers and anyone curious about the magic of a good story. Most of our readings are included in The *Penguin Book of the Modern American Short Story* (ed. John Freeman); other texts will be provided.
MONDAYS, ONGOING, 11:00 AM-12:20 PM
NO CLASS NOVEMBER 2

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, 1:30-3:00 PM, ONGOING

Writing Your Life with poet & essayist Janet R. Kirchheimer
Join Janet R. Kirchheimer for a memoir writing session in a supportive and safe space. Through a wide variety of prompts, you'll write at home, as well as sometimes in class, with guidance for taking your writing further. With Janet, you'll discuss writers and their books, the craft of writing, reading suggestions and much more. No writing experience is needed, just your willingness to try.
FRIDAYS, 10:30-11:45 AM, ONGOING – SESSION I
FRIDAYS, 12:00-1:15 PM, ONGOING – SESSION II
Participants need to sign up for Session I or II.

STUDIO ART

Open Studio
MONDAYS, 10:30 AM-12:30 PM, ONGOING

Painting & Drawing 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.
TUESDAYS, 10:30 AM-12:30 PM AND
1:00-3:00 PM, ONGOING

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, 10:30 AM-12:30 PM AND
1:00-3:00 PM & THURSDAYS, 1:00-3:00 PM, ONGOING

Draw • Paint • Collage with Susan Graham
This studio course explores how personality can be expressed indirectly through everyday objects, routines and environments. In addition to focusing on the face, students may create a visual diary of the things they own and the spaces they inhabit. Prompts include a portrait series or a "life inventory." Students choose their own materials and methods. The class welcomes beginners through advanced artists.
FRIDAYS, 10:30 AM-12:30 PM AND
1:00-3:00 PM, ONGOING

GAME PLAY

Advanced Beginner Bridge with Bruce Gershfield
MONDAYS, 11:00 AM-12:00 PM, ONGOING

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, 1:30-3:30 PM, ONGOING

Supervised Canasta with Michelle Marx
WEDNESDAYS, 10:00 AM-12:00 PM, ONGOING

Chess with Jerald Times
WEDNESDAYS, 11:30 AM-1:00 PM, ONGOING

Intermediate Bridge with Bruce Gershfield
WEDNESDAYS, 1:30-3:30 PM, ONGOING

Ping Pong at PingPod with Eric Faltraco
THURSDAYS, 2:00-4:00 PM, ONGOING
PingPod is located at 1470 Lexington A venue on the corner of 95th Street. A prepaid game card and reservations are required.

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

Get Up & Groove with Allison Friday
Come lose yourself on the dance floor. No experience necessary. We will sweat and smile together to songs from all genres while improving cardio and balance. (Speaking of balance, this class is designed for the over 60 crowd, so feel free to dance while holding onto a chair.) We will play with a number of Latin moves: Cumbia, Reggaeton, Salsa, Mambo, and Samba, as well as classic dance moves like jazz squares, grapevines, booty shakes, The Pony and The Twist, etc. Please join Allison Friday for this fun new class!
MONDAYS, 10:00-11:00 AM, ONGOING.

Total Body Fitness with José Perez (Session I) and Evelyn Nunlee (Session II)
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 AM & 12:05-1:00 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 AND WEDNESDAYS, 10:00-11:00 AM AND FRIDAYS, 11:00-12:00 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 THURSDAYS, 3:30-4:20 PM, ONGOING

Musical High-nrg Fitness! with Marina Kamen
Come experience this exciting new approach for a total body work out! Fun & fabulous perfect for all levels. Musical High-nrg Fitness combines awesome music together with your personal Vocalist trainer. You might even start singing along if you want! Feel like you are a dancer without complicated choreography while being entertained musically and vocally. Kick it up and get that sweat on or keep it at a basic level and simply walk in place or sway to the music. The choice is up to you! Either way, you will have a blast! So come join us and hear the music, feel the beat and Never Stop Movin' all while Having Better Times Workin' out!
WEDNESDAYS, 11:15 AM-12:05 PM, ONGOING

Pilates Mat with Meli Zinberg
The Pilates method was created by Joseph Pilates. The mat work relies on the body's own resistance, improving strength, stability, posture and flexibility. The mat is done with attention to breath, focus, fluidity and precision. It is suitable to all levels of fitness and for both men and women. Our mat work will adapt to individual needs as we gain flexibility, balance, strength and endurance. Must be able to lie down on a mat and to get up.
WEDNESDAYS, 3:15-4:15 PM, 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

Agility & Strength with Mary Copeland
This class focuses on improving movement in different directions and speeds; practicing combinations of movement that develop greater dexterity, coordination and range of motion. These movement patterns promote greater balance, strength and stability.
THURSDAYS, 10:00-10:50 AM, ONGOING

Sit & Be Fit with José Perez
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

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!
THURSDAYS, 1:00-3:00 PM, 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, 9:30-10:20 AM, ONGOING