



# Weinberg Center for Balanced Living

@ The Manny Cantor Center - 197 East Broadway, NY, NY 10002

## September 2018 – Program Calendar / 活動時間表

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>We are implementing new policies regarding our meal program, to help address the challenges our members face when trying to access the lunch program.</b></p> <ul style="list-style-type: none"> <li><b>ONE TICKET PER PERSON.</b> You may no longer pick up meal tickets for friends.</li> <li><b>NO SAVING SEATS.</b> If you are waiting for a friend to arrive who has not yet picked up ticket, you must wait in the lobby for them.</li> <li><b>If you have questions or concerns, please visit the office (room 402) and speak to a staff member.</b></li> </ul>				
3 <b>CLOSED FOR LABOR DAY</b>	4 <b>NO JAZZ DANCE CLASSES TODAY</b> 9-10 Kung Fu Fan 9:30-11 Essex Market Walk/Shop 10-11 Tai Chi 37Form 2-4 SALT Team (6 <sup>th</sup> fl)	5 9-10 Chinese Ribbon 10-11 Pilates 10-11:30 Blood Pressure Check (6 <sup>th</sup> fl) <b>10-12:30 trip to Union Square Market – sign up in advance</b> 1-2 Spiritual Journeys 1-3 Chinese Beadwork 2-4 Singing Group (6A)	6 <b>NO YOGA TODAY</b> 10-12 Chinese Disc. <b>11-11:45 Alliance Stage Players Performance (404)</b> 1-2 Chair Fitness (5 <sup>th</sup> ) 1-3 Art Mosaic Tiles 1:30-2:30 Hoarding Workshop (must be pre-registered)	7 10-11 Dee Condition 10-12 Russian Discussion 10-12 Chinese Painting 1-3 Sewing/Crafts (4 <sup>th</sup> floor)
<b>CLOSED FOR ROSH HASHANAH</b> 10 & 11  <b>Rosh Hashanah is the Jewish New Year. The words are Hebrew. Rosh = head, the prefix ha = the, and Shana=year. Like the Chinese and Muslim calendars, the Jewish calendar is Lunar. The new month starts on the new moon.</b>  <i>L'Shana Tova! Is a greeting that means "to a good year"</i>		12 9-10 Ribbon Dance 10-11 Beg. Pilates 10-11:30 Blood Pressure Check (6 <sup>th</sup> fl) 1-2 Spiritual Journeys 1:30 – <b>Monthly Advisory Council Community Meeting</b> 1-3 Chinese Beadwork 2-4 Singing Group (6A)	13 10-11 Yoga 10-12 Chinese Disc. 10-12 Acting/Drama 1-2 Chair Fitness (5 <sup>th</sup> ) 1-3 Art Mosaic Tiles 1:30-2:30 Hoarding Workshop (must be pre-registered) <b>Primary Day! Remember to Vote!</b>	14 10-11 Dee Condition 10-12 Russian Discussion 10-12 Chinese Painting 1-3 Sewing/Crafts (4 <sup>th</sup> floor)
17 9-10 Chair Yoga 10-11 Body Condition <b>10-12 NYU Dental Screening (404)</b> 1-2 Tech Mondays 1-3 Bingo (6 <sup>th</sup> Fl) 2-3 Theater Dance 3-4 Zumba <b>11-1 Yuh-Line Niou's Mobile Office in Lobby</b>	18 9-10 Kung Fu Fan 10-11 Tai Chi 37Form 1-3 Painting Class 2-3 Beg. Jazz Dance 2-4 SALT Team (6 <sup>th</sup> fl) 3-4 Adv. Jazz Dance <b>Register for English as a Second Language Class! Room 404 2-5PM</b>	19 <b>CLOSED FOR YOM KIPPUR</b>  <i>Yom (Hebrew for "day") Kippur (from a word that means "atone") This solemn day is marked by fasting and prayers for forgiveness</i>	20 10-11 Yoga 10-12 Chinese Disc. 10-12 Acting/Drama 1-2 Chair Fitness (5 <sup>th</sup> ) 1-3 Art Mosaic Tiles 1:30-2:30 Hoarding Workshop <b>Register for English as a Second Language Class! Room 404 2-5PM</b>	21 10-11 Dee Condition 10-12 Russian Discussion 10-12 Chinese Painting 1-3 Sewing/Crafts (4 <sup>th</sup> floor)
<b>SUKKOT</b> 24 9-10 Chair Yoga 10-11 Body Condition 1-2 Tech Mondays 1-3 Bingo (6 <sup>th</sup> Fl) 2-3 Musical Theater Dance 3-4 Zumba  <b>Mid-Autumn "Moon" Festival</b>	<b>SUKKOT</b> 25 9-10 Kung Fu Fan 10-11 Tai Chi 37Form 1-2 Meditation 1-3 Painting Class 2-3 Beg. Jazz Dance 2-4 SALT Team (6 <sup>th</sup> fl) 2-5 ESOL Class 3-4 Adv. Jazz Dance	<b>SUKKOT</b> 26 9-10 Ribbon Dance 10-11 Beg. Pilates 10-11 Blood Pressure Check (6 <sup>th</sup> fl) <b>10:30-11:30 Current Events Discussion</b> <b>9-12:30 Central Park</b> 1-2 Spiritual Journeys 1-3 Chinese Beadwork 2-4 Singing Group (6A)	<b>SUKKOT</b> 27 10-11 Yoga 10-12 Chinese Disc. 1-2 Chair Fitness (5 <sup>th</sup> ) 1-2PM Conversation 1-3 Art Mosaic Tiles 1:30-2:30 Hoarding Workshop 2-5 ESOL Class <b>Sukkot Celebration 3-5PM 2<sup>nd</sup> Floor Garden</b>	<b>SUKKOT</b> 28 10-11 Dee Condition 10-12 Russian Discussion 10-12 Chinese Painting 1-3 Sewing/Crafts (4 <sup>th</sup> floor)
<p>The Jewish Festival of Sukkot (The Festival of Booths) is an 8-day holiday that commemorates the 40 years the Israelites wandered in the desert. Temporary structures, or "booths" are built during this time and used for meals and friendly gatherings.</p> <p><b>TWO GREAT HOLIDAYS WITH COMMON THEMES</b></p> <p>The Mid-Autumn Festival, also known as the "Moon Festival," is the second-largest holiday on the Chinese calendar (after the Lunar New Year). People celebrate with outdoor gatherings in the moonlight with family and friends, and prayers for a good life.</p>				

Unless noted above,  
 • EXERCISE Classes – 6<sup>th</sup> floor  
 • DISCUSSION classes – 4<sup>th</sup> Floor  
 • ART classes – "M" level