

MAY 2019 – OLDER AMERICANS & MENTAL HEALTH MONTH



**Educational
Alliance**
Older Adult Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>- NORC 465 Grand Street - MCC 197 E. Broadway</p>	<p>- Sirovich 331 East 12th Street - Project ORE 331 East 12th Street</p>	<p>1 9:30am Wellness Walk Through East River Park -NORC</p>	<p>2 3:00pm Yom Ha Shoah -MCC</p>	<p>3</p>
<p>6 11:00am Humor Therapy with Shao - MCC 1:15pm Drumming Workshop w/Musical IQ - NORC</p>	<p>7   </p>	<p>8 9:00am Wellness Walk Through Central Park -MCC 11:00am Rally at NYC City Hall - 24th Annual Aging Advocacy Day #FairCity4AllAges NYC City Hall Steps</p>	<p>9 3:00pm Jeanette Solomon Intergenerational Project with P.S. 140 Afterschool - NORC 2:30pm Costume Creation for May 31st Art Explosion - Project Ore</p>	<p>10 12:00pm Mother's Day Lunch followed by 1:30pm Tea & Musicales - Sirovich 5:30pm Zumba Party - Sirovich 1:15pm Ice Cream & a Movie (Mary Poppins Returns) - NORC</p>
<p>13 11:00am Mental Health Workshop with Shao - MCC 1:15pm Drumming Workshop w/Musical IQ - NORC</p>	<p>14 All EA Sites Closed For Staff Conference</p>	<p>15 9:30am Wellness Walk Through East River Park - NORC 9:30am Trip to The New York Botanical Garden with Shao - MCC 2:30pm Dog Therapy w/Oak Animal Planet will be filming us on-site! - Project ORE</p>	<p>16 3:00pm Jeanette Solomon Intergen. Project with P.S. 140 Afterschool - NORC 2:30pm Costume Creation for May 31st Art Explosion - Project Ore 1:30pm-2:15pm Capoeira Workshop & Performance with AfroBrazilArts - Sirovich</p>	<p>17 2:00pm Ice Cream & a Movie (Young @ Heart) - Sirovich 1:15pm Ice Cream & a Movie (If Beale Street Could Talk) - NORC DEADLINE TO REGISTER W/YOUR PROGRAM FOR ART EXPLOSION SHOWCASE ON MAY 31ST</p>
<p>20 11:00am Homeopathic Hot Pack making with Shao - MCC 11:00am Mindful Drawing Workshop with Hannah - Sirovich</p>	<p>21 1:00pm Mindful Meditation with Nelson -MCC 2:00pm Nutrition Workshop with Dietitian Amelia - Sirovich</p>	<p>22 9:00am Wellness Walk Through Central Park -MCC 9am Trip to NY Aquarium in Coney Island - NORC 2:00pm Mental Health Workshop - Project ORE</p>	<p>23 3:00pm Jeanette Solomon Intergen. Project - NORC 2:30pm Costume Creation for May 31st Art Explosion - Project Ore 4:00 - 6:00pm Older Americans Art Exhibit - MCC 4:30pm Rally For Age Justice - Union Square Park</p>	<p>24 2:00pm Let's Laugh! - Project ORE 1:15pm Ice Cream & a Movie (Vice) - NORC</p>
<p>27 All EA Sites CLOSED </p>	<p>28 2:00pm Nutrition Workshop with Dietitian Jhack and ElderPlan - Sirovich 2:00pm Sirovich Members perform - "Abuelito dime tú" Show at Teatro Circulo at 64 East 4th Street</p>	<p>29 National Health and Fitness Day 9:30am Wellness Walk Through East River Park - NORC 1:30pm National Health and Fitness Day Event - Sirovich</p>	<p>30 2:00pm Glucose and Cholesterol Screening - NORC 2:30pm Costume Creation for May 31st Art Explosion - Project Ore</p>	<p>31 2:00pm - 4:00pm Older Americans Month / Pride Month Celebration All EA members are invited to express & celebrate who you are, whoever you are! - Sirovich Auditorium</p>