

**Monday, March 29 – June 21**

**1:00-2:00 pm**

**Enjoying Poetry**

**Class # 22072**

**Facilitator: Ted Steinberg**

Unfortunately, many people's experience with poetry begins and ends in classrooms, and despite the best efforts of teachers, those classroom experiences are often remembered in terms of tests, memorization of terms, and, too often, bewilderment. Teachers usually cannot focus on the beauty and the power of poetry or on the enjoyment of poetry because those things cannot be tested and given standardized scores. But in fact, poetry is beautiful and powerful and was written to be enjoyed. So those elements will be the focus of this class as we look at poems, both canonical and current, and learn to enjoy and appreciate them.

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**Tuesday, March 30 – June 22**

**12:30-1:30 pm**

**Current Events**

**Class # 22071**

**Facilitator: Rotating members**

Join this group for lively weekly discussions. Bring your point of view to discuss, understand, and explore local, national, international, political, economic and social issues in a respectful, meaningful, and active way.

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**Tuesday, March 30 – June 22**

**2:00-3:00 pm**

**New Yorker Magazine: Discussion Group**

**Class #22075**

**Facilitator: Arlene Burrows**

An informal, peer led gathering of people interested in discussing the articles and topics (and don't forget the cartoons) found weekly in this wonderful magazine.

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**Wednesday, March 31 – June 23**

**1:00-2:00 pm**

**Yiddish Club (Every other week)**

**Class #22076**

**Facilitator: Tova Kristal**

Yiddish Speakers and anyone who understands is welcome. This is an opportunity to practice your Yiddish, learn a little, share stories and have a few laughs.

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**Thursday, April 1 – June 24**

**9:00-10:00 pm**

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**Class #22074**

A weekly program of music, speakers or films on many subjects. A schedule of upcoming presenters will be posted soon. Past programs have included virtual tours of museums and landmarks, performances by local musicians, readings by poets, artist talks and more.

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**Thursday, April 8 – June 17**

**1:00-2:00 pm (Every other week)**

**Breathing and transforming life experiences into the Winter of our Lives**

**Class # 22077**

**Facilitator: Yonina Foster, Ph.D**

Join Yonina Andrea Foster, Ph.D, as she leads a class in mindfulness, inviting participants to see the shape-shifting of our wisdom integrated into the wholeness of our elder wisdom years. Add to our toolboxes for our journey, breathwork, activities from Reb Zalman Schachter-Shalomis (zl) work on Age-ing to Sage-ing, song, chant, and creative opportunities. We will reflect on our individual and shared life experiences, to bring into the Fall and Winter of our lives greater ease, forgiveness, laughter, and peace. Prior experience: your life!

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**Friday, April 9 – June 18**

**9:30- 10:30 am (Every other week)**

**Friday Fit-Chat with BlueCross BlueShield**

**Class # 22073**

**Facilitator: Jennifer Johnson**

Join Jennifer Johnson, Health Promotion Coordinator with BlueCross BlueShield of Western New York, for a virtual, informal presentation and discussion. Each month will have a planned Health and Wellness related topic to discuss with sub-topics for each Friday fit-chat. During these 30 minute sessions Jennifer will share info, tips, and teach techniques to help you achieve your best physical, mental and emotional you! Friday Fit-Chats meet every other week at 9:30 am.

**April – Stress Awareness Month**

4/9 Physical Stress Management Techniques (exercise, breathing techniques, progressive muscle relaxation)

4/23 Mental/Emotional techniques (journaling, gratitude, mindfulness)

**May – High Blood Pressure Education Month**

5/7 High Blood Pressure Myths vs. Facts

5/21 DASH Diet or Mediterranean Diet?

**June- National Safety Month**

6/4 What's Your Risk for a Fall?

6/18 Preventing Falls at Home