



APRIL 2024: SOCIAL SERVICES, SUPPORT GROUPS & NUTRITION AT THE OLDER ADULT CENTERS

The Center: 343 E. 70th St. at First Ave. | Main Building: 331 E. 70th St. | Saint Peter's: 619 Lexington Ave, Entrance on E. 54th St.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>10:00-11:00 Psychology and Cinema <i>with Corin</i> In Psychology and Cinema, each week will consider a topic like anxiety, friendship, or loss, using impactful scenes from movies as case studies. Join us for engaging discussions and shared experiences as we explore the intersection of the mind and the silver screen, using carefully selected film clips to spark meaningful conversations. Sun Room</p>	<p>1:00-3:00 Social Services Walk-in Hours (NO SESSION 4/1& 4/8) Schedule an appointment with a Social Services team member Center Interview Room</p>	<p>*CLOSED 4/2*</p> <p>1:00-2:00 (NO SESSION 4/2) Beads of Joy in English <i>with Freya and Ren</i> Through color-beading activities, we create a safe and nurturing space where seniors can explore their creativity, express themselves, and connect with others meaningfully. Through beading we can relax, unwind, and engage in a joyful activity that promotes self-expression. 331 Room 4B</p>	<p>9:00-12:00 Social Services Walk-in Hours (NO SESSION 4/10) Schedule an appointment with a Social Services team member Center Interview Room</p>			<p>10:00-10:45 Mindfulness Stretching and Meditation <i>with Simone</i> Come and experience the joy of gentle stretching and a journey into mindful meditation. Sun Room</p>

2:30-3:30
(4/2 没课)
快乐珠子(汉语)
 FREYA AND REN
 本课程利用彩色珠子创造一个丰富有爱的氛围，大家充分发挥想象力的同时，可以增进与其他会员的互动和友谊。
 教室：331-4B

<p>OLDER ADULT SERVICES</p> <p>To learn more about Older Adult Services at Lenox Hill Neighborhood House please visit www.lenoxhill.org/olderadultservices or call the Center Front Desk at 212-218-0319.</p>	<p>SOCIAL SERVICES APPOINTMENTS</p> <p>To make an appointment with the Social Services team, please call 212-218-0569. Leave your name, phone number and a brief message, and a member of the team will call you back.</p>	<p>HOLIDAY CLOSURES</p> <p>The Center at 343 E. 70th Street will be closed on Tuesday, April 2. Activities in 331 E. 70th will continue as planned on April 2.</p>
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