

MARCH 2019


Center for Adult Life Enrichment 516.374.4747 The Carriage House-37 East Rockaway Road, Hewlett, NY 11557

Lee Gerardi, Executive Director

Website: www.hw-cale.com email: hwcale@aol.com

We welcome all at CALE!

Come join us for coffee or tea

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special NEW SUNDAY CONCERT: Naomi Lehman Pianist on 3/24/19 from 1-3PM See Flyer (Mbrs Free Non-Mbr \$5) Please RSVP with Lee by 3/11/19 (Sponsored by Marilyn Cranin)</p>	<p>Additional Parking at Hewlett House: 86 East Rockaway Road (one block away) FREE Pick up service Please Marty's schedule</p> <p>Bus Transportation: N31/32 on Broadway</p>	<p>** Funded by Nassau County Dept. of Aging Town of Hempstead</p>	<p>Our sponsors & contributors Bristol NW Community Chest So. Shore DIME Community Bank Inwood Charities Fund NCJW Seawane Golf & Country Club Bagel Boss, Trader Joes & Walls Bakery</p>	<p>1 9:30 Painting & Drawing 10:30 Tai Chi with Joe** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>
<p>4 10:00 Flexercise with Claire & Francis & Rita 11:00 Social & Major Topics 1:00 Lynbrook Restorative ADAM SCHWARTZ: Lecture Pulmonary Health Program & Snacks 1:30 Intermediate French</p>	<p>5 10:00 Current Events with Carol Sponsor: Claire Ganzfried in memory of Lester 11:00 Creative Writing Class 11:15 Barrie Miller Exercise ** 1:00 RON BROWN: Lecture "The Neighborhoods of New York: China Town, Little Italy, Jewish Lower East Side ... (Sponsored by Inwood Charities Fund)</p>	<p>6 10:00 Exercise Class with Claire 12:00 Canasta/Mahjong 12:30 Social Bridge 1:00 Conversational French</p>	<p>7 10:00 Singing Group 11:30 Chair Yoga**with Connie 1:00 Advisory Council Meeting Bagels & Coffee (sponsored in memory of Lester Ganzfried)</p>	<p>8 9:30 Painting & Drawing 10:30 Tai Chi with Joe ** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>
<p>11 10:00 Flexercise with Claire 11:00 Social & Major Topics 12:30-1:30 New Sip & Paint Art Program-No Talent-Just Fun: Members Free, Non-Mbrs \$10 Supplies provide-RSVP by 3/4/19 with Lee & guest M. Wachter 1:30 Intermediate French</p>	<p>12 10:00 Current Events with Carol Sponsor: Claire Ganzfried in memory of Lester 11:00 Creative Writing Class 10am-12pm Health Assessment with Carol 11:15 Arthritis Exercise - Cancelled 1:00 SQUEAKY CLEAN Duet Band>Returns Sponsored by Rita Palley (Cookies/Tea & Coffee -Invite a Friend!)</p>	<p>13 10:00 Exercise Class with Claire 12:00 Canasta/Mahjong 12:00 Social Bridge 1:00 Conversational French 1:00 COMMITTEE MEETING Important: May GALA prep.</p>	<p>14 10:00 Singing Group 11:15** Chair Yoga**with Connie 1:00 JOHN KENDRICK "Man of Lamancha" (Sponsored by Inwood Charities Fund)</p>	<p>15 9:30 Painting & Drawing 10:30 Tai Chi with Joe** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>
<p>18 10:00 Flexercise with Claire 11:00 Social & Major Topics 12:30 (New) CHESS / SCRABBLE Game Day- Come Join us RSVP by with Lee 3/11/19 1:30 Intermediate French</p>	<p>19 10:00 Current Events with Carol Sponsor: Claire Ganzfried in memory of Lester 11:00 Creative Writing Class 11:15 Arthritis Exercise with **Barrie 1:00 STUART MARKUS Concert: Singer-Songwriter-Guitarist Returns by Popular demand (sponsored by Dorothy Shapiro) (Coffee & Cake The Dime)</p>	<p>20 10:00 Exercise Class with Claire 12:00 Canasta/Mahjong 12:30 Social Bridge 1:00 Conversational French</p>	<p>HAPPY 21 SPRING  10:00 Singing Group 11:15 Chair Yoga** 1:00 Enjoy Entertainer - ED RYAN Singer Songwriter, Musician & Comedian (sponsored by NCJW) (Coffee & Cake Sponsored by Walls)</p>	<p>22 9:30 Painting & Drawing 10:30 Tai Chi with Joe** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>
<p>25 10:00 Flexercise with Claire 11:00 Social & Major Topics 12:00 Book Club "Eleanor Oliphant is Completely Fine" Group review with Claire & Brown Bag Lunch 1:30 Intermediate French</p>	<p>26 10:00 Current Events with Carol (Sponsored by Rita Paley) 11:00 Creative Writing Class 11:15 Arthritis Exercise with **Barrie 12:00 Brown Bag Lunch 1:00 Joseph Margolin: Martin Luther King Jr."Are we closer to the mountaintop"</p>	<p>27 10:00 Exercise Class with Claire 12:00 Canasta and Mahjong 12:30 Social Bridge 1:00 Conversational French</p>	<p>28 10:00 Singing Group 11:15 Chair Yoga** 1:00 Liz Ropers-Lecture "The Story of the Yiddish Book Center"</p>	<p>29 9:30 Painting & Drawing 10:30 Tai Chi with Joe** 12:00 Canasta 12:30 Word Games 12:30 Bridge</p>