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<th>Sunday</th>
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<td>New Year’s Day</td>
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<tr>
<td>11AM–12PM Chair Yoga</td>
<td>10:30AM-12PM Chair Yoga, QiGong, Tai Chi Easy Fusion</td>
<td>10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion</td>
<td>10:30AM-12PM Acting for the Small Screen: Creating Zoom Movies &amp; Virtual Theater</td>
<td>9:45AM-10:45AM Sparkle &amp; Shine Decluttering Workshop</td>
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<td>12:30PM-2PM Improv Workshop</td>
<td>1PM-2PM Guided Meditation</td>
<td>12PM-1PM Guided Meditation</td>
<td>10:45AM-11:45AM Current Events</td>
<td>10:30AM-11:30AM Stretch &amp; Strengthen</td>
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<td>3PM-4PM QiGong</td>
<td>1:30PM-2:30PM Current Events</td>
<td>1:30PM-2:30PM Current Events</td>
<td>12:30PM-1:30PM Breath, Balance, and Coordination w/Kate</td>
<td>12PM-1:30PM Subway Art: Virtual Tour</td>
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<tr>
<td>4:00 – 5:00 Monday MindSet</td>
<td>3:00PM – 4:00PM Breathe, Stretch, Shake it Out, Let it Go</td>
<td>3:00PM – 4:00PM Breathe, Stretch, Shake it Out, Let it Go</td>
<td>2PM-3:30PM The Legacy of Superstition</td>
<td>2PM-2:45PM Great American Songbook</td>
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<td>4PM-5:30PM Leaving a Legacy, Not a Landfill</td>
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<td>4PM-5PM Music Appreciation</td>
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<td>Chair Yoga</td>
<td>Poetry w/ Bill Z</td>
<td>Stretch &amp; Strengthen</td>
<td>Guided Autobiography</td>
<td>QiGong</td>
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**10:30AM-12PM**
- Poetry w/ Bill Z
- Chair Yoga
- Stretch & Strengthen
- Guided Autobiography
- QiGong
- Virtual Tour: Art on the Avenue

**11AM-12:30PM**
- Chair Yoga, QiGong, Tai Chi Easy Fusion
- Adventures in Cooking - Cannoli's
- Guided Meditation
- Current Events
- Mastering Face Masks with a Hearing Loss
- Book Discussion Group: Clear Light of Day by Anita Desai

**12PM-1:30PM**
- Guided Meditation
- Current Events
- Guided Meditation
- Current Events
- Mastering Face Masks with a Hearing Loss
- Book Discussion Group: Clear Light of Day by Anita Desai

**12:30PM-2:30PM**
- Guided Meditation
- Current Events
- Guided Meditation
- Current Events
- Mastering Face Masks with a Hearing Loss
- Book Discussion Group: Clear Light of Day by Anita Desai

**1:30PM-2:30PM**
- Guided Meditation
- Current Events
- Guided Meditation
- Current Events
- Mastering Face Masks with a Hearing Loss
- Book Discussion Group: Clear Light of Day by Anita Desai

**2PM-3:30PM**
- Guided Meditation
- Current Events
- Guided Meditation
- Current Events
- Mastering Face Masks with a Hearing Loss
- Book Discussion Group: Clear Light of Day by Anita Desai

**2:30PM-3:30PM**
- Guided Meditation
- Current Events
- Guided Meditation
- Current Events
- Mastering Face Masks with a Hearing Loss
- Book Discussion Group: Clear Light of Day by Anita Desai

**3:30PM-4:30PM**
- Guided Meditation
- Current Events
- Guided Meditation
- Current Events
- Mastering Face Masks with a Hearing Loss
- Book Discussion Group: Clear Light of Day by Anita Desai

**4:00 – 5:00**
- Guided Meditation
- Current Events
- Guided Meditation
- Current Events
- Mastering Face Masks with a Hearing Loss
- Book Discussion Group: Clear Light of Day by Anita Desai

**Monday MindSet**
- Poetry w/ Bill Z
- Stretch & Strengthen
- Guided Autobiography
- QiGong
- Virtual Tour: Art on the Avenue

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**18**
- DOROT Closed
- Martin Luther King Jr. Day

**19**
- 10:30AM-12PM Poetry w/ Bill Z
- 11AM-12PM Out @ DOROT
- 1PM-2PM Stretch & Strengthen
- 2PM-3PM Guided Autobiography
- 3:30PM-4:30PM Behind the Curtain: Costume Highlights from the Met Opera and Broadway

**20**
- 10:30AM- 11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion
- 12PM-1PM Guided Meditation
- 1:30PM-2:30PM Current Events
- 3:30PM – 4:30PM Hold for Si-Yo Music Society Foundation Concert

**21**
- 10:30AM-11:30AM Chair Yoga, QiGong, Tai Chi Easy Fusion
- 12PM-1PM Guided Meditation
- 1:30PM-2:30PM Current Events
- 3:30PM – 4:30PM Hold for Si-Yo Music Society Foundation Concert

**22**
- 9:45AM-10:45AM Sparkle & Shine Decluttering Workshop
- 10:30AM-11:30AM Stretch & Strengthen
- 10:30AM-11:30AM Stretch & Strengthen
- 12PM-1:30PM Itzhak Perlman's Jewish Violin
- 12PM-1:30PM Itzhak Perlman's Jewish Violin
- 2PM-2:45PM Shabbat@Home
| 25 | 10:30AM-12PM | Chair Yoga |
|    | 12:30PM-2PM  | Improv Workshop |
|    | 2PM-3PM      | French Conversation Group |
|    | 3PM-4PM      | QiGong |
|    | 4:00 – 5:00  | Monday MindSet |
| 26 | 10:30AM-12PM | Poetry w/ Bill Z |
|    | 1PM-2PM      | Stretch & Strengthen |
|    | 2:30PM-4PM   | More Than Sports Discussion Group |
|    | 4PM-5PM      | Author Talk: The Great Kosher Meat War of 1902 |
| 27 | 10:30AM-11:30AM | Chair Yoga, QiGong, Tai Chi Easy Fusion |
|    | 12PM-1PM     | Guided Meditation |
|    | 1PM-3:30PM   | Pearls of Wisdom Monthly Meeting |
|    | 1:30PM-2:30PM | Current Events |
|    | 3:30PM-5PM   | Community Arts Monthly Meetup |
| 28 | 10:45AM-11:45AM | Current Events |
|    | 12:30PM-1:30PM | Breath, Balance, and Coordination w/Kate |
|    | 2PM-3:30PM   | Storytelling Workshop |
|    | 2:30PM-3:30PM | Guided Deep Relaxation Yoga Nidra Total Rejuvenation with Nobue |
|    | 4PM-5PM      | Music Appreciation |
| 29 | 10:30AM-11:30AM | Stretch & Strengthen |
|    | 12PM-1:30PM  | The Tenement Museum |