

<b>"Monthly Calendar- April 2021 for English Speaking/Hindi/Gujarati Speaking Seniors Calendar Subject to change without notice"</b>					<b>Zoom Activity</b>
<b>Date</b>	<b>Day</b>	<b>Activity</b>	<b>Timings</b>	<b>Facilitator</b>	<b>Activity</b>
04/01/2021	Thursday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/02/2021	Friday	<b>Speaker Series</b>	<b>11:00 am - 12:00 pm</b>		Speaker Series
04/02/2021	Friday	<b>Mental Health Group Session with Ruby</b>	<b>4:00PM to 5:00PM</b>	<b>Ruby Shridher</b>	Talk With Ruby
04/02/2021	Friday	<b>Movie with Seniors</b>	<b>8:00PM to 10:00PM</b>	<b>Kavita Shah</b>	Watching Movie
04/04/2021	Sunday	Computer class	10:30AM to 12:30PM	Prof. Rajasekhar Vangapaty	
04/05/2021	Monday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/06/2021	Tuesday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/07/2021	Wednesday	<b>Spiritual Talk</b>	11:00 AM to Noon	<b>Narinder Kapoor</b>	Spiritual Talk
04/07/2021	Wednesday	Creative writing	2:00PM to 3:00PM	Dr Nalini Juthani	Creative writing
04/07/2021	Wednesday	Art Class	4:00 PM To 5:00PM	Pooja shah	Art Class
04/08/2021	Thursday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/09/2021	Friday	New year celebrations	11:00 am - 12:00 pm	Gourab Nayan	Health Talk
04/09/2021	Friday	<b>Low impact dance</b>	<b>3:00pm -4:00pm</b>	Sadia Mohaimin	
04/11/2021	Sunday	Computer class	10:30AM to 12:30PM	Prof. Rajasekhar Vangapaty	
04/12/2021	Monday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise

04/13/2021	Tuesday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/14/2021	Wednesday		<b>10:30 am - 12:00 pm</b>		
04/14/2021	Wednesday	Creative writing	2:00PM to 3:00PM	Dr Nalini Juthani	Creative writing
04/14/2021	Wednesday	Art Class	4:00 PM To 5:00PM	Pooja shah	Art Class
04/15/2021	Thursday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/16/2021	Friday	Grow NYC	11:00AM- 12:00PM	Susie Spodek	Susie
04/16/2021	Friday	<b>Mental Health Group Session with Ruby</b>	<b>4:00PM to 5:00PM</b>	<b>Ruby Shridher</b>	Talk With Ruby
04/18/2021	Sunday	Computer class	10:30AM to 12:30PM	Prof. Rajasekhar Vangapaty	
04/19/2021	Monday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/20/2021	Tuesday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/20/2021	Tuesday	FDNY Safety Training	11am- 12:00pm	Dept of Aging	
04/21/2021	Wednesday		<b>11:00 AM to Noon</b>		
04/21/2021	Wednesday	Creative writing	2:00PM to 3:00PM	Dr Nalini Juthani	Creative writing
04/21/2021	Wednesday	Art Class	4:00 PM To 5:00PM	Pooja shah	Art Class
04/22/2021	Thursday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/23/2021	Friday		<b>11:00AM- 12:00PM</b>		
04/23/2021	Friday	<b>Cooking and Craft</b>	<b>3:00pm -4:00pm</b>	Kavita Shah/Geetha Jamballi	<b>Cooking and Craft</b>

04/25/2021	Sunday	Computer class	10:30AM to 12:30PM	Prof. Rajasekhar Vangapaty	
04/26/2021	Monday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/27/2021	Tuesday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/27/2021	Tuesday	FDNY Safety Training	11am- 12:00pm	Dept of Aging	
04/28/2021	Wednesday		11:00 am - 12:00 pm	Kavita Shah/Geetha Jamballi	
04/28/2021	Wednesday	Creative writing	2:00PM to 3:00PM	Dr Nalini Juthani	Creative writing
04/28/2021	Wednesday	Art Class	4:00 PM To 5:00PM	Pooja shah	Art Class
04/29/2021	Thursday	Yoga session	9:00 am - 10:00 am	Bala Subramanian	Yoga/Exercise
04/30/2021	<b>Friday</b>		11:00AM- 12:00PM		
04/30/2021	Friday	<b>Mental Health Group Session with Ruby</b>	<b>4:00PM to 5:00PM</b>	<b>Ruby Shridher</b>	Talk With Ruby