



## MONDAY

### Brain Games

4:30 PM-5:30 PM

Play a variety of games, solve riddles, and have fun!  
*This workshop is now full.*

### Mindfulness

5:00 PM-6:00 PM

Open your eyes to how you can bring a little more mindfulness into your everyday life.  
*This workshop is now full for High School Students*

### Music

5:30 PM-7:00 PM

Engage in storytelling and deep listening of the music – we'll see how the generations are connected by a shared love of music.

## TUESDAY

### Chess

4:00 PM-5:00 PM

Strengthen your skills and make an intergenerational connection across the chess board!  
*This workshop is now full for High School Students*

### Story Circles

5:30 PM-6:30 PM

We all have a story to tell. So, spend an hour each week engaging in Story Circles.  
*This workshop is now full for adults.*

### Tech Help

5:30 PM-6:30 PM

Strengthen your tech skills and have all your questions answered in an intergenerational setting.

## WEDNESDAY

### Current Events

4:30 PM-5:45 PM

Reflect on current events and social issues as they relate to your lives.  
*This workshop is now full for adults.*

### Sensory Art

5:00 PM-6:30 PM

Reconsider your domestic space through engaging the sense of touch, utilizing existing objects and elements in the home.

### New York Treasures

4:30PM - 6:00PM

Join a multigenerational discussion of New York's immigrant history and share your own New York story

## THURSDAY

### LGBTQ+ Affinity Group

4:30 PM-6:00 PM

Connect over what it means to be a member of the LGBTQ+ community and learn from one another's experiences.

### Story Circles

5:00 PM-6:00 PM

We all have a story to tell. So, spend an hour each week engaging in Story Circles.  
*This workshop is now full.*

### Theater

5:00 PM-6:15 PM

Explore your creativity with theater and improv games.

Workshops run from Monday, January 30 through Thursday, March 16, 2023

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