Tuesday | 8/1
**Summer Concert Series: An Afternoon of Music with Concerts in Motion**

Join AFA for an afternoon of reminiscence and music with Concerts in Motion, a New York City-based 501(c)(3) not-for-profit organization that provides uplifting music that transforms lives, brings back memories and makes anywhere feel like home.

Wednesday | 8/2
**Dance & Movement with AFA's Jackie**

Join AFA’s manager of therapeutic programing, Jackie Gatto, MS, R-DMT, CDP, for a rhythmic and uplifting afternoon of dance and movement to awaken the body and inspire the soul, both sitting in chairs and standing. A variety of props will be used to encourage you to move your body in different ways, while enticing creativity. No prior dance experience necessary. Please wear comfortable clothing and secure shoes.

Thursday | 8/3
**Thursday Jazz with The Anthony Ferrara Jazz Trio**

AFA welcomes you to our Education and Resource Center for some beautiful music, presented by the Anthony Ferrara Jazz Trio. Enjoy the sweet, familiar sounds of jazz in a relaxing atmosphere.
Monday | 8/7

**Monday Movie Matinee: Momma Mia!**

*Film duration: 1h 49m*

Join AFA for a Monday Movie Matinee presenting the musical comedy “Momma Mia!” With music based on the songs by the pop group ABBA, the plot takes you on an interesting wedding journey for a sneaky bride-to-be. As Donna *(Meryl Streep)*, a small hotel owner in the Greek islands, preps for her daughter’s wedding—Sophie *(Amanda Seyfried, the sneaky bride)*, has a plan. She secretly invites three men from her mother's past and investigates each with hopes to find her real father... Who will it be? Come have a seat in AFA’s Education and Resource Center to find out. Light snacks and beverages will be provided.

Tuesday | 8/8

**Summer Concert Series: Broadway Hour with Sing for Your Seniors**

Join AFA and Sing for Your Seniors for an afternoon filled with heartwarming Broadway music. Sing For Your Seniors Sessions are customized, live musical concerts that help make meaningful connections with the community. Multiple SFYS performing artists will share 45 minutes of songs and stories accompanied by a pianist, creating a diverse program and joyful environment. Following the session, you will have the opportunity to engage in a 15-minute “meet & mingle” social time with the performers.

Wednesday | 8/9

**Chair Yoga with Cleymar Yoga**

Recharge your mind and body with Cleymar Yoga in the AFA Teal Room. In this Chair Yoga session you will be guided through gentle poses that provide grounding and a sense of peace.

Thursday | 8/10

**Gardening Class with Sallie: Gorgeous Geraniums & Summer Flowers**
2:30 p.m. – 3:30 p.m.

Join horticultural therapist Sallie Stutz for an enriching gardening class. We will engage in an active discussion as we learn all about geraniums and other summer flowers. Sallie will present a few geranium plants while teaching us how to care for them. Everyone will plant their own summer flowering plant to take home.

Monday | 8/14

**TimeSlips with Linda**

Celebrate Broadway and get in where you fit in! Join Linda Cholodenko, a musical theatre veteran and certified teaching artist, for an afternoon of showtunes and creativity. In each session you will warm up by singing along to familiar Broadway hits and follow fun and simple movement instructions. Each session will close with TimeSlips, an activity where we become storytellers through creative and imaginative discovery. This program is accessible and open to all.

Tuesday | 8/15

**Summer Concert Series: Music Concert with Sarah**

Transform your day with music. Enjoy a relaxing guitar and vocal performance by NYC-based performer Sarah Crane. Sing and dance along while Sarah serenades familiar tunes from a variety of decades.

Thursday | 8/17

**Fun & Games with Jodie: 5 Senses Jeopardy**

Join recreational therapist Jodie Berman, MS, CTRS, CMDCP, for an afternoon of fun and games. Experience a variety of sights, songs, tastes, textures and scents in this fun and interactive game, inspired by the popular show *Jeopardy*. Players will be encouraged to participate in a variety of ways where they can play to win or just have fun. Join us for an hour of engagement that stimulates all five senses in a social and supportive environment. Upon registration, please contact Jackie Gatto if you have any questions regarding food allergies and/or restrictions.
Monday | 8/21
Mindful Monday: Reiki & Meditation with Stephanie
2:30 p.m. – 3:30 p.m.

Start your week with relaxation. Join us at AFA for Reiki & meditation guided by Reiki Master Stephanie Gregoire-Drakes. In this session, you will experience the healing powers of Reiki and relaxation offered through meditation.

Tuesday | 8/22
Summer Concert Series: Acoustic Guitar Concert with Josh - Classic Rock & Beyond

Relax and unwind with live acoustic guitar tunes with Josh Santiago. Josh is a guitarist and singer based in NYC and his love for music permeates through his upbeat performances. Josh performs in several classic rock cover groups - most notably his band, WALRUS, NYC’s premier Beatles jam band. Expect to hear your favorite hits from the classic rock catalog and beyond.

Wednesday | 8/23
Glass Creations with Naomi

Join fused-glass jewelry instructor Naomi Rabinowitz for an engaging and fun jewelry-making art class. You will create easy-to-make pieces using pre-cut glass, available in hundreds of beautiful colors. Naomi will guide you through simple instructions and then fire your creation in her kiln at home. After this process, you will be contacted to pick up your completed piece of jewelry in the Education and Resource Center.

Thursday | 8/24
Creative Arts with Jodie: Listen and Draw

Join recreational therapist Jodie Berman, MS, CTRS, CMDCP, for an afternoon of creative arts. Listen and Draw is a music-inspired art session where you will
experience how we visually and emotionally respond to different genres of music. Drawing to music is inspired by Expressionist artist Wassily Kandinsky, and how his perceptions of color and sound can be reflected through art. We will engage in experiential exercises using a variety of creative materials and experience how multi-sensory perceptions can be interpreted through art and music.

Tuesday | 8/29
**Summer Concert Series: An Afternoon of Music with Concerts in Motion**

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Wednesday | 8/30
**Poetry with Rachel**

Stimulate the brain and get creative at AFA. Join Rachel Pearl for an enriching poetry class in which you will have opportunities to explore creative writing and read/depict inspiring poetry.

Thursday | 8/31
**Exploring the Intrepid Sea, Air & Space Museum at AFA**

Join the Intrepid Museum in AFA’s Education and Resource Center. In this session, you will experience a multi-sensory experience that includes artmaking, music, sharing stories, exploring historic photographs and handling historic objects.