October 2023
AFA Teal Room Community Classes
322 8th Ave | 7th floor | New York, NY 10001

All classes are scheduled at 2:30pm

Monday | 10/2
An Afternoon with Therapy Dogs
AFA in collaboration with The Good Dog Foundation will offer an hour-long therapy dog session that will fill your soul as they comfort you in AFA’s Education and Resource Center.

Tuesday | 10/3
Gardening Class with Sallie: All About Apples
Horticultural therapist Sallie Stutz will lead an enriching gardening class. We will engage in an active discussion as we learn all about apples, how they grow, what they look like and how they are harvested. Then we will have an apple tasting — red, green, and yellow varieties. The class will end with apple snacks and reminiscence.

Wednesday | 10/4
Art Appreciation with Arts & Minds
Take time to experience art with others. Join AFA and Arts & Minds for an engaging art experience. Art activates the senses, stimulates the brain and enlivens the imagination. In this session, a work of art from an NYC museum collection will be viewed and discussed. After, you will have opportunities to express yourself through your own artwork.
Thursday | 10/5
**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.

Tuesday | 10/10
**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 | 10/11
**Piano Concert with Adam**

Join pianist Adam Narimatsu as he performs an impromptu concert of jazz and pop favorites. Every performance features a new set list and dazzling musicianship (and maybe some singing, too!). Audience members are welcome to make requests and encouraged to clap or sing along. Sit back, relax and enjoy the music.

Thursday | 10/12
**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
Monday | 10/16
**Monday Movie Matinee: Willy Wonka & The Chocolate Factory**
*Film duration: 1h 38m*

Join AFA for a Monday Movie Matinee presenting the film *Willy Wonka & The Chocolate Factory*. A sweet boy, from a poor family, longs to find one of five golden tickets hidden inside Willy Wonka chocolate bar wrappers that will admit him to the mysterious and wild magical chocolate factory. One after another, tickets are discovered by very interesting children... But will Charlie find the last remaining ticket? Come to the AFA Teal Room to find out. Refreshments will be served.

Tuesday | 10/17
**Orpheus Chamber Orchestra Performance**

Join us in AFA’s Education and Resource Center for an afternoon filled with classical music performed by The Orpheus Chamber Orchestra. Orpheus Reflections™ brings the healing power of music to people living with Alzheimer’s disease and other forms of dementia and their caregivers. Music can bring emotional and physical closeness, help to ease stress and encourage positive interactions. This performance will include a string trio of Orpheus musicians performing works by Haydn, Beethoven, Schubert, Dvořák, and a selection of songs from the Great American Songbook.

Thursday | 10/19
**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.
Monday | 10/23
**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.

Tuesdays | 10/24, 10/31, 11/7, 11/14, 11/21 & 11/28
**AFA’s Artist in Residency Program – 6-week series**
**Fused Glass and Multimedia: Beyond the Horizon**

Join Naomi Rabinowitz, Fused-Glass, and Multimedia Artist/Teacher for a six-week artist in residency program. Each week, participants will be encouraged to reflect, reminisce and create art that expresses their inner self “beyond the horizon”. During this series, participants will create individual and collaborative mixed-media abstract and scenic paintings using glass and other small 3D objects. The art created over the previous five weeks will be displayed and shared with loved ones in the final art show for week six.

**Advanced registration is required.**
**Please register in separate form or call Jackie: 866-232-8484**

Wednesday | 10/25
**Reiki & Meditation with Stephanie**

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.
Thursday | 10/26

Dance & Movement with AFA's Jackie

Join AFA’s manager of therapeutic programming, 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.

Monday | 10/30

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.