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

All classes are scheduled from **2:30pm - 3:30pm**
[Unless otherwise stated]

Monday | 12/4
**Monday Movie Matinee: It’s A Wonderful Life**
*Film duration: 2h 10m*

Join AFA for a Monday Movie Matinee presenting *It’s A Wonderful Life*. This classic holiday film follows the story of George Bailey, portrayed by James Stewart, a compassionate man who experiences financial struggles. On Christmas Eve, George contemplates his existence and an angel named Clarence steps in to show him an alternate reality where he never existed. This heartwarming classic directed by Frank Capra explores themes of selflessness, community and the profound impact one person can have on the lives of others. It's a timeless tale that reminds us of the importance of every person in shaping a better world. Let’s get in the holiday spirit and enjoy this wonderful film together. Refreshments will be served.

Tuesday | 12/5
**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 | 12/7
**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 | 12/11
Art Appreciation with Arts & Minds
Take time to experience art with others. Join AFA and Arts & Minds for an engaging 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.

Tuesday | 12/12
Broadway Hour with Sing for Your Seniors: Holiday & Broadway Classics
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 | 12/13
AFA’s Sweater Weather Get-Together Holiday Social
2:30 – 4 p.m.
Get ready to sleigh the fashion game at AFA’s Sweater Weather Get-Together. Unleash your inner holiday haute couture with the ugliest, coziest and downright festive sweaters you can find. This is not just any social; it’s a knit-tastic celebration of all things jolly and woolly. Join AFA for an afternoon of festive crafts, seasonal refreshments, holiday music and questionable fashion choices. Celebrate the season and end the year with laughter, creativity, and fun. All are encouraged to wear an ugly sweater or any holiday-themed attire.
Thursday | 12/14
Gardening Class with Sallie: Poinsettias, Paperwhite Bulbs, & Pines—Oh My!

Horticultural therapist Sallie Stutz will lead an enriching gardening class. We will engage in an active discussion about holiday plants such as poinsettias, paperwhite bulbs and Norfolk Pines. All are welcome to share their special holiday traditions and talk about the plants that decorated their homes during the holidays. Each participant will have the opportunity to make a holiday planting or arrangement depending on what is available in the marketplace.

Monday | 12/18
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 show tunes 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 | 12/19
Orpheus Chamber Orchestra Performance: Classical Music & Holiday Cheer

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 | 12/21
Fun & Games with Jodie: *Holiday-Themed* 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 AFA if you have any questions regarding food allergies and/or restrictions.

Wednesday | 12/27
**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 | 12/28
**Creative Arts with Jodie: *Holiday-Themed* 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. This holiday-inspired version of Listen and Draw will provide an opportunity to express yourself creatively, sing along to holiday music, reminisce and dance with friends.