

November 2023

AFA Teal Room Community Classes

322 8th Ave | 7th floor | New York, NY 10001

*All classes are scheduled at **2:30pm**
[Unless otherwise stated]*

Monday | 11/6

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.

Wednesday | 11/8

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 | 11/9

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 | 11/13

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 | 11/16

Art with Emily: “Art Dinner Party” – Celebrating Thanksgiving

Join creative arts therapist Emily Sharp, LCAT, ATR-BC, for an enriching art experience. This group will come together for an imaginary dinner party, in theme with Thanksgiving coming up later next week. Emily will “set the table” with a long piece of white paper and trace circular dinner plates for community members to sit at. You will be given opportunities to share favorite memories of shared meals (including Thanksgiving, if desired) and what some of your favorite foods are. Everyone can decorate their plate and draw some food, drinks and decorations that they would like to bring to the dinner party. This group prompt often creates a mood of festivity and nostalgia.

Monday | 11/20

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.

Wednesday 11/22

POP UP: Gratitude Brunch with AFA’s Jackie

11:00am – 12:00pm

Join AFA’s Jackie for a mid-morning, Thanksgiving-themed brunch. During this special pop-up event, we will indulge in a lovely meal together and participate in a simple creative project to focus on what we are grateful for. All are welcome to come to our community celebration of gratitude.

Monday | 11/27

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.

Wednesday | 11/29

Broadway Concert with The Caravan of Angels

Join AFA for a Broadway music performance with The Caravan of Angels. The Caravan of Angels Foundation is a nonprofit organization that makes theater more accessible by bringing professional singers into the community to perform a variety of familiar Broadway and other well-known songs. Sing along and enjoy some beautiful Broadway hits.

Thursday | 11/30

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 AFA if you have any questions regarding food allergies and/or restrictions.