January 2024
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]

Wednesday | 1/3
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.

Thursday | 1/4
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 | 1/8
Movie Matinee: To Sir, With Love

Film duration: 1h 45m

Join AFA for a Monday Movie Matinee of the iconic film, To Sir, With Love. This classic 1967 film stars Sidney Poitier as an idealistic teacher who transforms a group of unruly students in a London school. As he navigates challenges and breaks down racial barriers, the climax raises a poignant question: Will his unconventional teaching methods ultimately succeed in winning the hearts and minds of his students, or will societal prejudices prevail? Come to the AFA Teal Room to find out. Refreshments will be served.
Tuesday | 1/9

**Piano Concert with Adam**

Adam Narimatsu will perform 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 | 1/11

**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.

Tuesday | 1/16

**Visual Arts with Julian: Collage and Image Transfer**

Join Julian Klepper, visual artist and filmmaker, for an engaging visual arts session. In this class, you will create unique pieces of artwork through collaging with tissue paper. In this process, you will use a technique known as image transfer to imbue the collages with meaning/and personal significance. Opportunities for discussion and sharing will occur throughout the session. This class uses art in a therapeutic manner, aiming to help express emotions, work on motor skills, create social bonds and connect with others.

Thursday | 1/18

**Creative Arts with Jodie: Listen and Draw**
Recreational therapist Jodie Berman, MS, CTRS, CMDCP, will present 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. Listen and Draw will provide an opportunity to express yourself creatively, sing along to holiday music, reminisce and dance with friends.

Monday | 1/22
**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 | 1/23
**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 | 1/24
**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 | 1/25
**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.