February 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]

Thursday | 2/1
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 | 2/5
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 | 2/6
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 | 2/8
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.

Monday | 2/12
**Movie Matinee: Casablanca**
*Film duration: 1h 42m*

Join AFA for a Monday Movie Matinee of the classic romantic drama *Casablanca*. The story, set during World War II, revolves around Rick Blaine, played by Humphrey Bogart, who owns a nightclub in Casablanca. His world is turned upside down when his former lover, Ilsa Lund (Ingrid Bergman), walks into his club with her husband, a resistance leader. Torn between love and sacrifice, Rick faces challenging decisions in a city filled with political intrigue. Now, as the plot thickens and relationships are tested, will Rick make the ultimate sacrifice for love? The answer lies in a suspenseful twist that leaves audiences eagerly anticipating the film's resolution. What sacrifices would you make for love in a world filled with uncertainty? Come to the AFA Teal Room to find out. Refreshments will be served.

Tuesday | 2/13
**Broadway Hour with Sing for Your Seniors: Melodies of Love**

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 | 2/14

**AFA's Valentine's Day Masquerade Ball**

*2:30pm – 4:00pm*

Step into a world of enchantment this Valentine's Day at AFA's Valentine’s Day Masquerade Ball. Immerse yourself in an afternoon of music, dance, creativity and connection. Masked in elegance, let the ambiance sweep you away as you share magical moments with loved ones. Join us for an extraordinary celebration where every heartbeat is a dance, and every smile tells a story. Embrace the enchantment—because every moment deserves its own special mask. Will you be there to uncover the magic and celebrate love?

**All are encouraged to wear formal or semi-formal attire (Colors: black, gold, and/or red) and a masquerade mask, if desired.**

Thursday | 2/15

**Creative Arts with Jodie: Listen and Draw**

Join recreational therapist Jodie Berman, MS, CTRS, CMD, 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. Listen and Draw will provide an opportunity to express yourself creatively, sing along to holiday music, reminisce and dance with friends.

Tuesday | 2/20

**Glass Creations with Naomi**

Join fused-glass art instructor Naomi Rabinowitz for an engaging and fun glass 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.
Wednesday | 2/21
**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.

Monday | 2/26
**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 | 2/27
**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 | 2/28
**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 | 2/29
**Gardening Class with Sallie: Blooms of Love**

Horticultural therapist Sallie Stutz will lead an enriching gardening class. We will engage in an active discussion about Valentine’s Day, the popular flowers of this holiday and discuss some of our favorite memories of celebrating. Sallie will demonstrate how to make a small floral arrangement and you will have the opportunity to make your own to take home.