May 2024
AFA Teal Room Community Classes
322 8th Ave | 7th floor | New York, NY 10001

All classes are scheduled from 2:30 p.m. - 3:30 p.m.
[Unless otherwise stated]

Tuesday | 5/2
**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 | 5/6
**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.

Tuesday | 5/8
**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 | 5/9
**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 | 5/13  
**AFA Tulip Day Tea Party with AFA's Jackie**

Step into a world of blooming tulips and friendship at the AFA Tulip Day Tea Party! Join Jackie for an afternoon filled with soothing tea, delightful snacks and heartwarming moments shared through an engaging group activity. Let the tulips weave their colorful tales of love, hope and connection into your life during this afternoon of fun.

Tuesday | 5/14  
**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 | 5/15  
**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 | 5/16  
**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.

Monday | 5/20
**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.

Tuesday | 5/21
**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.

Wednesday | 5/22
**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 | 5/23
**Gardening Class with Sallie: AFA in FULL Bloom**

Join horticultural therapist Sallie Stutz for a springtime gardening class. In this session we will learn about all the flowers that are in full bloom—begonias, peonies, tulips. Sallie will present some flowers to explore as we talk about their likes and differences. Everyone will plant and take home their own begonia.

Tuesday | 5/28
**An Afternoon of Music with Concerts in Motion**

Join AFA for an afternoon of reminiscence and music with Concerts in Motion. Concerts in Motion is 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.

Wednesday | 5/29
**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.