August 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]

Thursday | 8/1
**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 | 8/5
**Monday Music: Summer Concert Series with Concerts in Motion**

Join AFA for a 10-week summer concert series in partnership with Concerts in Motion, 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. This intergenerational program will consist of one-hour concerts, featuring performances by professional musicians and/or highly talented college and high school students from NYC. Some concerts may also include high school students from local schools in the audience. All musicians are trained in person-centered trauma-informed care (PCTIC) and perform familiar, uplifting music, designed to stimulate memory and spread joy. Each concert will include time for interactive discussion to promote intergenerational connections.

Tuesday | 8/6
**Dance & Movement with AFA's Jackie**

Join AFA’s therapeutic programming manager, 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.

Wednesday | 8/7
**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.

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Tuesday | 8/13
**Orpheus Chamber Orchestra Performance**

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.

Wednesday | 8/14

**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 | 8/15

**Creative Arts with Jodie: 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. Listen and Draw will provide an opportunity to express yourself creatively, sing along to music, reminisce and dance with friends.

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Tuesday | 8/20

**Broadway Hour with Sing for Your Seniors**

Join AFA and Sing for Your Seniors (SFYS) for an afternoon filled with heartwarming Broadway music. SFYS 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 | 8/21

**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.

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Wednesday | 8/28

**Movie Matinee: Summertime**

*Film duration: 1h 40m*

Immerse yourself in the enchanting world of *Summertime*, a cinematic masterpiece that captures the essence of the sunniest season. The story unfolds in a quaint seaside town, where the days are long, the nights are warm, and mysteries lurk beneath the surface. Our protagonist, a charismatic yet enigmatic stranger, arrives in town, stirring up a whirlwind of emotions and events that will change the lives of the townsfolk forever. As the summer progresses, friendships are tested, romances bloom, and secrets from the past threaten to emerge. The town’s tranquil facade begins to crumble, revealing a web of intrigue that will keep you on the edge of your seat. Just when you think you’ve figured it all out, a shocking twist leaves you hanging on that will make your heart race and your mind reel. What secrets does the stranger hold? What will happen when the truth comes out? Join us in the AFA Teal Room to find out. Refreshments will be served.

Thursday | 8/29

**Gardening Class with Sallie: Scent-sational Lavender—Craft Your Garden!**

Join horticultural therapist Sallie Stutz for an enriching gardening and craft class. In this session, we will learn about the relaxing and aromatic lavender plant. We will engage in active discussion about its scent, unique qualities, history and your memories of this plant. Following this discussion, Sallie will guide you in a lavender-inspired craft.