June 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]

Monday | 6/3
**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 | 6/4
**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.

Wednesday | 6/5
**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 | 6/6
**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 | 6/10
**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.

Tuesday | 6/11
**Broadway Hour with Sing for Your Seniors**

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 | 6/12
**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.
Thursday | 6/13

**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 | 6/17

**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.

Tuesdays | 6/18 | 6/25 | 7/2 | 7/9 | 7/16 | 7/23

**AFA’s Artist in Residency Program – 6-week series**

**Pathways of Perception: A Journey with Mixed Media Collage**

Join Julian Klepper, visual artist and filmmaker, for a six-week artist in residency program. Each week, participants will explore their journey of self-expression and artistic discovery using various techniques of collaging. During this series, participants will create individual and collaborative collage art pieces. A new themed material will be incorporated into the class each week to spark creativity, awaken memories and evoke personal perceptions of the world. The art created over the previous five weeks will be displayed and shared with loved ones in the final art show for week six.
Thursday | 6/20

**Beyond Bingo with Jodie**

Step into the world of Beyond Bingo with Recreational Therapist Jodie Berman, MS, CTRS, CMDCP. This is not your typical bingo – it's a joyful and fun experience where everyone can play and win. In this Bingo-inspired game, we will use words, pictures and images that spark conversations, laughter and fond memories. Every game is a delightful journey, making Beyond Bingo the most engaging and inclusive bingo experience for everyone involved. Every session you will be presented with a new theme. What theme will it be this month? Join us at AFA to find out.

Monday | 6/24

**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.

Thursday | 6/27

**Gardening Class with Sallie: Basil & Beyond! An Herb Gardening Workshop & Pizza Party**

Join horticultural therapist Sallie Stutz for an enriching gardening class. In this session, we will learn about herbs and enjoy their flavors. We will engage in active discussion about their scent, taste and likes and differences. Sallie will provide two or three herb plants as examples and discuss how they grow and
how to care for them. Everyone will plant their own herbs to take home. Arrive with an appetite. Pizza will be served.