

**Upcoming Free Events in Senate District 26:
May 2012
Courtesy of State Senator Liz Krueger
Also available on the web at www.lizkrueger.com**

**If you would like to receive this list via email instead of regular mail, let us know –
send your name, address, and email address to liz@lizkrueger.com, with the
subject
“Free Events List”**

Please note: This schedule is subject to change – it is recommended that you call ahead to confirm these events.

Tuesday 5/1/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255
Exercise: Tai Chi

10:00 AM Bryant Park, Fountain Terrace, 212-382-2255
Exercise: Yoga

12:00 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Music: Dixieland Jazz

1:00 PM Bryant Park, 5th Avenue Terrace at 41st Street, 212-382-2255
Exercise: Bryant Park Fencing

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Movie: Glorifying the American Girl

3:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700
Exercise: Tai Chi

5:30 PM Bryant Park, 40th Street Plaza, 212-382-2255
Exercise: Bryant Park Juggling

7:00 PM Barnes & Noble 150 East 86th Street, 212-369-2180
Books & Poetry: Auma Obama “And Then Life Happens”

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810
Books & Poetry: Bethenny Frankel “Skinnydipping”

Wednesday 5/2/12

11:00 AM Health Advocates for Older Adults, 7 West 55th St, 212-980-1700

Exercise: Strength and Weight Exercise Class

12:30 PM Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210

Walking Tour: The Castle and its Kingdom Tour

6:00 PM Science, Industry and Business Library, 188 Madison Ave @ 34th St, Room 018 (917) 275-6975

Workshop: Using LinkedIn to Getting and Acing the Job Interview

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Jil S. Picariello "Jessica Lost: A Story of Birth, Adoption, and the Meaning of Motherhood"

Thursday 5/3/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255

Exercise: Tai Chi

12:00 PM Science, Industry and Business Library, 188 Madison Ave @ 34th St, Room 018 (917) 275-6975

Workshop: Three Steps to a Wow Job Search

12:30 PM Central Park, Charles A. Dana Discovery Center, inside the Park at 110th Street 212-772-0210

Walking Tour: Manhattan Adirondack Tour

12:30 PM Health Advocates for Older Adults, 239 East 62nd Street, 212-980-1700

Exercise: Chair Yoga

6:00 PM Bryant Park, The Lawn, 212-382-2255

Exercise: Yoga

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: David W. Blight "American Oracle: The Civil War in the Civil Rights Era"

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810

Books & Poetry: Sissy Spacek "My Extraordinarily Ordinary Life"

Friday 5/4/12

12:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212 980-1700
Activity: Bridge (please rsvp)

12:30 PM Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210
Walking Tour: Amble Through the Ramble

Saturday 5/5/12

10:15 AM Health Advocates for Older Adults, 404 East 87th St, 212-980-1700
Seminar: Senior Pain Management

10:30 AM Central Park, Inside the Park on the north side of West 81st Street at Central Park West 212-772-0210
Walking Tour: West Side Stories Tour

11:00 AM Health Advocates for Older Adults, 404 East 87th St, 212-980-1700
Exercise: Chair Yoga

12:30 PM Health Advocates for Older Adults, 341 East 87th Street, 212 980-1700
Movies: My Week with Marilyn

12:30 PM Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210
Walking Tour: The Castle and its Kingdom Tour

2:30 PM Central Park, Inside the Park at the southeast corner of 85th Street and Central Park West. 212-772-0210
Walking Tour: Seneca Village Tour

5:00 PM Bryant Park, 42nd Street and 6th Ave, 212-382-2255
Tours: Bryant Park Birding Tours

Sunday 5/6/12

12:30 PM Central Park, The Charles A. Dana Discovery Center, inside the Park at 110th St btw Fifth and Lenox Aves, 212-860-1370
Walking Tour: A Road Once Travelled

2:00 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863
Movie: Crooklyn

Sunday 5/6/12 cont'd

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Music: Charles Jones, Piano

Monday 5/7/12

10:30 AM Health Advocates for Older Adults, Madison Ave Pres. Church, 921 Madison Ave, 212-980-1700
Exercise: Arthritis Class

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863
Books & Poetry: Catherine Crier "Patriot Acts: What Americans Must Do to Save the Republic"

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810
Books & Poetry: Robert Caro "The Passage of Power: The Years of Lyndon Johnson, Volume 4"

Tuesday 5/8/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255
Exercise: Tai Chi

10:00 AM Bryant Park, Fountain Terrace, 212-382-2255
Exercise: Yoga

12:00 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Music: Dixieland Jazz

12:30 PM Central Park, Charles A. Dana Discovery Center, inside the Park at 110th Street 212-772-0210
Walking Tour: Manhattan Adirondack Tour

1:00 PM Bryant Park, 5th Avenue Terrace at 41st Street, 212-382-2255
Exercise: Bryant Park Fencing

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Movie: On With The Show

Tuesday 5/8/12 cont'd

3:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700

Exercise: Tai Chi

5:30 PM Bryant Park, 40th Street Plaza, 212-382-2255

Exercise: Bryant Park Juggling

6:00 PM Science, Industry and Business Library, 188 Madison Ave @ 34th St, Room 018 (917) 275-6975

Workshop: How to Get the Next Job Sooner

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Judith Gura "Design after Modernism: Furniture and Interiors 1970-2010"

Wednesday 5/9/12

11:00 AM Health Advocates for Older Adults, 7 West 55th St, 212-980-1700

Exercise: Strength and Weight Exercise Class

12:30 PM Central Park, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064

Walking Tour: Views from the Past Tour

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Laura Rittenhouse "Buffet's Bites: The Essential Investor's Guide to Warren Buffet's Shareholder Letters"

7:00 PM Barnes & Noble 150 East 86th Street, 212-369-2180

Books & Poetry: Christopher Buckley "They Eat Puppies, Don't They?"

Thursday 5/10/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255

Exercise: Tai Chi

10:30 AM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700

Exercise: Alexander Technique

12:30 PM Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210

Walking Tour: The Castle and its Kingdom Tour

Thursday 5/10/12 cont'd

2:00 PM Health Advocates for Older Adults, 239 East 62nd Street, 212-980-1700
Exercise: Chair Yoga

5:00 PM Bryant Park, 42nd Street and 6th Ave, 212-382-2255
Tours: Bryant Park Birding Tours

6:00 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Music: An Evening of Rock and Roll

6:00 PM Bryant Park, The Lawn, 212-382-2255
Exercise: Yoga

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863
Books & Poetry: James Rickards "Currency Wars: The Making of the Next Global Crisis"

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810
Books & Poetry: E.L. James "50 Shades of Grey"

Friday 5/11/12

12:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212 980-1700
Activity: Bridge (please rsvp)

7:00 PM Barnes & Noble 150 East 86th Street, 212-369-2180
Books & Poetry: Richard Skipper "Atta Girl: Biography of Peggy Pope"

Saturday 5/12/12

10:15 AM Health Advocates for Older Adults, 404 East 87th St, 212-980-1700
Seminar: Healthy Relationships

11:00 AM Health Advocates for Older Adults, 404 East 87th St, 212-980-1700
Exercise: Chair Yoga

12:30 PM Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210
Walking Tour: Amble Through the Ramble

Saturday 5/12/12 cont'd

12:30 PM Health Advocates for Older Adults, 341 East 87th Street, 212 980-1700
Movies: J. Edgar

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Music: Lyons Chamber Ensemble

2:30 PM *Central Park*, Inside the Park at Fifth Avenue and 72nd Street, in front of the statue of Samuel F. B. Morse, 212-772-0210
Walking Tour: Cross Park Promenade Tour

Sunday 5/13/12

12:30 PM Central Park, Inside Park at 67th and Central Park West, 212-360-2726
Walking Tour: Tavern and Its Green

1:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Music: NY Opera Forum Presents "The Impresario"

2:00 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863
Movie: Ma and Pa Kettle Go to Town

2:30 PM Central Park, Inside the Park at the southeast corner of 85th Street and Central Park West. 212-772-0210
Walking Tour: Seneca Village Tour

Monday 5/14/12

10:30 AM Health Advocates for Older Adults, Madison Ave Pres. Church, 921 Madison Ave, 212-980-1700
Exercise: Arthritis Class

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863
Books & Poetry: Andrew Smith "Fast Food and Junk Food: An Encyclopedia of What We Love to Eat"

7:00 PM Barnes & Noble 150 East 86th Street, 212-369-2180
Books & Poetry: April Bernard "Miss Fuller"

Monday 5/14/12 cont'd

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810
Books & Poetry: Toni Morrison "Home"

Tuesday 5/15/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255
Exercise: Tai Chi

10:00 AM Bryant Park, Fountain Terrace, 212-382-2255
Exercise: Yoga

12:00 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Music: Dixieland Jazz

12:30 PM *Central Park*, Inside the Park at Fifth Avenue and 72nd Street, in front of the statue of Samuel F. B. Morse, 212-772-0210
Walking Tour: Cross Park Promenade Tour

1:00 PM Bryant Park, 5th Avenue Terrace at 41st Street, 212-382-2255
Exercise: Bryant Park Fencing

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Movie: King of Jazz

3:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700
Exercise: Tai Chi

5:30 PM Bryant Park, 40th Street Plaza, 212-382-2255
Exercise: Bryant Park Juggling

6:00 PM Science, Industry and Business Library, 188 Madison Ave @ 34th St, Room 018 (917) 275-6975
Workshop: Long Term Care: What's Your Plan

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810
Books & Poetry: Billy Bob Thornton "The Billy Bob Tapes: A Cave Full of Ghosts"

Wednesday 5/16/12

11:00 AM Health Advocates for Older Adults, 7 West 55th St, 212-980-1700

Exercise: Strength and Weight Exercise Class

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Steve Duncan "Finding History in Sewers: Urban Explorations Around the World"

Thursday 5/17/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255

Exercise: Tai Chi

10:30 AM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700

Exercise: Alexander Technique

12:30 PM Central Park, The Charles A. Dana Discovery Center, inside the Park at 110th St btw Fifth and Lenox Aves, 212-860-1370

Walking Tour: A Road Once Travelled

2:00 PM Health Advocates for Older Adults, 239 East 62nd Street, 212-980-1700

Exercise: Chair Yoga

5:00 PM Bryant Park, 42nd Street and 6th Ave, 212-382-2255

Tours: Bryant Park Birding Tours

6:00 PM Bryant Park, The Lawn, 212-382-2255

Exercise: Yoga

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Max Alvarez "Cold War Hollywood-The Blacklist Years"

7:00 PM Barnes & Noble 150 East 86th Street, 212-369-2180

Books & Poetry: Mitchell Weiss "Life Happens: A Practical Guide to Personal Finances from College to Career"

Friday 5/18/12

12:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212 980-1700

Activity: Bridge (please rsvp)

Friday 5/18/12 cont'd

12:30 PM Central Park, Charles A. Dana Discovery Center, inside the Park at 110th Street 212-772-0210

Walking Tour: Manhattan Adirondack Tour

Saturday 5/19/12

10:15 AM Health Advocates for Older Adults, 404 East 87th St, 212-980-1700

Seminar: Nutrition for Seniors

10:30 AM Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210

Walking Tour: The Castle and its Kingdom Tour

11:00 AM Health Advocates for Older Adults, 404 East 87th St, 212-980-1700

Exercise: Chair Yoga

12:30 PM Health Advocates for Older Adults, 341 East 87th Street, 212 980-1700

Movies: Like Crazy

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis

B. Cullman Center, Bruno Walter Auditorium (212) 642-0142

Music: Shem Gibbory, Elizabeth Condon and Robert Merfield

2:30 PM Central Park, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064

Walking Tour: Views from the Past Tour

Sunday 5/20/12

12:30 PM Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210

Walking Tour: Amble Through the Ramble

2:00 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Movie: I Am Legend

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis

B. Cullman Center, Bruno Walter Auditorium (212) 642-0142

Music: Salute to Broadway

Sunday 5/20/12 cont'd

2:30 PM Central Park, Inside the Park on the north side of West 81st Street at Central Park West 212-772-0210

Walking Tour: West Side Stories Tour

Monday 5/21/12

10:30 AM Health Advocates for Older Adults, Madison Ave Pres. Church, 921 Madison Ave, 212-980-1700

Exercise: Arthritis Class

6:00 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142

Music: Songbook at LPA: Broadway's Future

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Bill McKibben "Earth: Making a Life on a Tough New Planet"

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810

Books & Poetry: Bill Bradley "We Can All Do Better"

Tuesday 5/22/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255

Exercise: Tai Chi

10:00 AM Bryant Park, Fountain Terrace, 212-382-2255

Exercise: Yoga

12:00 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142

Music: Dixieland Jazz

12:30 PM Central Park, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064

Walking Tour: Views from the Past Tour

1:00 PM Bryant Park, 5th Avenue Terrace at 41st Street, 212-382-2255

Exercise: Bryant Park Fencing

Tuesday 5/22/12 cont'd

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142

Movie: Flying Jazz

3:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700

Exercise: Tai Chi

5:30 PM Bryant Park, 40th Street Plaza, 212-382-2255

Exercise: Bryant Park Juggling

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810

Books & Poetry: Richard Ford "Canada"

Wednesday 5/23/12

11:00 AM Health Advocates for Older Adults, 7 West 55th St, 212-980-1700

Exercise: Strength and Weight Exercise Class

6:00 PM Science, Industry and Business Library, 188 Madison Ave @ 34th St, Room 018 (917) 275-6975

Workshop: Marketing Yourself with Confidence

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Dr. Stuart Firestein "Ignorance: How it Drives Science"

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810

Books & Poetry: Colin Powell "It Worked For Me In Life and Leadership"

Thursday 5/24/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255

Exercise: Tai Chi

10:30 AM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700

Exercise: Alexander Technique

12:30 PM Central Park, Inside Park at 67th and Central Park West, 212-360-2726

Walking Tour: Tavern and Its Green

Thursday 5/24/12 cont'd

2:00 PM Health Advocates for Older Adults, 239 East 62nd Street, 212-980-1700
Exercise: Chair Yoga

5:00 PM Bryant Park, 42nd Street and 6th Ave, 212-382-2255
Tours: Bryant Park Birding Tours

6:00 PM Bryant Park, The Lawn, 212-382-2255
Exercise: Yoga

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863
Books & Poetry: David Satter "It Was a Long Time Ago, and It Never Happened Anyway: Russia and the Communist Past"

7:00 PM Barnes & Noble Union Square 33 East 17th St. 212-253-0810
Books & Poetry: Jimmy Fallon "Thank You Notes"

Friday 5/25/12

12:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212 980-1700
Activity: Bridge (please rsvp)

12:30 PM *Central Park*, Inside the Park at Fifth Avenue and 72nd Street, in front of the statue of Samuel F. B. Morse, 212-772-0210
Walking Tour: Cross Park Promenade Tour

Saturday 5/26/12

10:15 AM Health Advocates for Older Adults, 404 East 87th St, 212-980-1700
Seminar: Bone Weakness

10:30 AM Central Park, Charles A. Dana Discovery Center, inside the Park at 110th Street 212-772-0210
Walking Tour: Manhattan Adirondack Tour

11:00 AM Health Advocates for Older Adults, 404 East 87th St, 212-980-1700
Exercise: Chair Yoga

12:30 PM Health Advocates for Older Adults, 341 East 87th Street, 212 980-1700
Movies: Dangerous Method

Saturday 5/26/12 cont'd

2:30 PM *Central Park*, Inside the Park at Fifth Avenue and 72nd Street, in front of the statue of Samuel F. B. Morse, 212-772-0210
Walking Tour: Cross Park Promenade Tour

Sunday 5/27/12

12:30 PM *Central Park*, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064
Walking Tour: Views from the Past Tour

Monday 5/28/12

10:30 AM Health Advocates for Older Adults, Madison Ave Pres. Church, 921 Madison Ave, 212-980-1700
Exercise: Arthritis Class

Tuesday 5/29/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255
Exercise: Tai Chi

10:00 AM Bryant Park, Fountain Terrace, 212-382-2255
Exercise: Yoga

12:00 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Music: Dixieland Jazz

12:30 PM *Central Park*, Inside the Park on the north side of West 81st Street at Central Park West 212-772-0210
Walking Tour: West Side Stories Tour

1:00 PM Bryant Park, 5th Avenue Terrace at 41st Street, 212-382-2255
Exercise: Bryant Park Fencing

2:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis B. Cullman Center, Bruno Walter Auditorium (212) 642-0142
Movie: Murder at the Vanities

Tuesday 5/29/12 cont'd

3:00 PM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700

Exercise: Tai Chi

5:30 PM Bryant Park, 40th Street Plaza, 212-382-2255

Exercise: Bryant Park Juggling

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Kate Ascher "Heights: Anatomy of a Skyscraper"

Wednesday 5/30/12

11:00 AM Health Advocates for Older Adults, 7 West 55th St, 212-980-1700

Exercise: Strength and Weight Exercise Class

12:30 PM Central Park, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064

Walking Tour: Views from the Past Tour

6:00 PM Science, Industry and Business Library, 188 Madison Ave @ 34th St, Room 018 (917) 275-6975

Workshop: Reshaping your Career for Today's Economy

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Angus Kress Gillespie "Crossing Under the Hudson: The Story of the Holland and Lincoln Tunnels"

7:00 PM Barnes & Noble 150 East 86th Street, 212-369-2180

Books & Poetry: Joseph Kanon "Istanbul Passage"

Thursday 5/31/12

7:30 AM Bryant Park, Fountain Terrace, 212-382-2255

Exercise: Tai Chi

10:30 AM Health Advocates for Older Adults, 341 East 87th Street, 212-980-1700

Exercise: Alexander Technique

12:30 PM *Central Park*, Inside the Park at Fifth Avenue and 72nd Street, in front of the statue of Samuel F. B. Morse, 212-772-0210

Walking Tour: Cross Park Promenade Tour

Thursday 5/31/12 cont'd

2:00 PM Health Advocates for Older Adults, 239 East 62nd Street, 212-980-1700

Exercise: Chair Yoga

5:00 PM Bryant Park, 42nd Street and 6th Ave, 212-382-2255

Tours: Bryant Park Birding Tours

6:00 PM Bryant Park, The Lawn, 212-382-2255

Exercise: Yoga

6:30 PM NYPL for the Performing Arts 40 Lincoln Center Plaza: Dorothy and Lewis

B. Cullman Center, Bruno Walter Auditorium (212) 642-0142

Movie: Shattered Glass

6:30 PM Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0863

Books & Poetry: Suzanne Smeaton "Reclaiming the Past: The Story of Re-creating the Original Frame for Washington 'Crossing the Delaware'"