



## Upcoming Free Events in Senate District 26: May 2011

If you would like to receive this list via email, let us know – send your name, address, and email address to [liz@lizkrueger.com](mailto: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 5/3/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Tai Chi

**10:00 AM** Bryant Park, Upper Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Bryant Park Yoga

**11:30 AM** Bryant Park, Le Carrousel, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Nature:* Meet the Birds

**12:00 PM** Central Park: [Belvedere Castle](#) Mid-Park at 79th Street, 212-772-0210  
*Walking Tour:* “Amble Through the Ramble”

**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** Barnes & Noble 555 Fifth Ave, 212-697-3048  
*Books & Poetry:* Rex Ryan “Play Like You Mean It: Passion, Laughs, and Leadership in the World’s Most Beautiful Game”

**1:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700  
*Movies:* “Lightkeepers”

**2:00 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

**3:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St. 212-980-1700  
*Exercise:* Tai Chi

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry:* Holocaust Remembrance Day: Poetry and Songs

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180  
*Books & Poetry:* Richard North Peterson "The Devil's Light"

### **Wednesday 5/4/11**

**11:00 AM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> Street, 212-980-1700  
*Exercise:* Strength and Weight Exercise Class

### **Wednesday 5/4/11 cont'd**

**11:00 AM** Central Park, Outside the Dairy Gift Shop, mid-Park at 65<sup>th</sup> Street, 212-794-4064  
*Walking Tour:* Views from the Past Tour

**12:00 PM** Barnes & Noble 555 Fifth Ave, 212-697-3048  
*Books & Poetry:* Shania Twain "From This Moment On"

**1:00 PM** Bryant Park, 5<sup>th</sup> Ave at 41<sup>st</sup> Street, 212-768-4242  
*Exercise:* Bryant Park Fencing

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry:* Deborah Valenze "Milk: A Local and Global History"

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810  
*Books & Poetry:* Dick Van Dyke "My Lucky Life in and out of Showbiz"

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180  
*Books & Poetry:* Jennifer Grant "Good Stuff: A Reminiscence of My Father, Cary Grant"

### **Thursday 5/5/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Tai Chi

**10:30 AM** Health Advocates for Older Adults, 237 East 62<sup>nd</sup> St, 212-980-1700  
*Exercise:* Alexander Technique

**12:00 PM** Central Park The Charles A. Dana Discovery Center, inside the Park at 110th Street between Fifth and Lenox Avenues 212-860-1370

*Walking Tour:* Manhattan Adirondacks Tour

**12:30 PM** Barnes & Noble 555 Fifth Ave, 212-697-3048

*Books & Poetry:* Jesse James "American Outlaw"

**2:00 PM** Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210

*Walking Tour:* The Castle and its Kingdom Tour

**6:00 PM** Bryant Park, Lawn, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242

*Exercise:* Bryant Park Yoga

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833

*Books & Poetry:* Christopher Payne "Asylum: Inside the Closed World of State Mental Hospitals"

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

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

*Movies:* Screening of "A Sense of Loss"

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810

*Books & Poetry:* Mika Brezinski "Knowing Your Value: Women, Money, and Getting What You Want"

### **Friday 5/6/11**

**12:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Activity:* Bridge

**12:30 PM** Barnes & Noble 555 Fifth Ave, 212-697-3048

*Books & Poetry:* Betty White "If You Ask Me(And Of Course You Won't)"

**2:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Activity:* Ballroom Dancing

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180

*Books & Poetry:* Star Jones "Satan's Sisters"

### **Saturday 5/7/11**

**10:15 AM** Health Advocates for Older Adults, 404 East 87<sup>th</sup> St, 212-980-1700

*Seminar:* Home Safety

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

**12:00 PM** Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210  
*Walking Tour:* The Castle and its Kingdom Tour

**12:30 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700  
*Movies:* "The Lightkeepers"

**2:00 PM** Central Park, The Charles A. Dana Discovery Center, inside the Park at 110th Street between Fifth and Lenox Avenues 212-860-1370  
*Walking Tour:* A Road Once Traveled Tour

**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:* In concert with cellist Samuel Magill

### **Sunday 5/8/11**

**12:00 PM** Central Park The Charles A. Dana Discovery Center, inside the Park at 110th Street between Fifth and Lenox Avenues 212-860-1370  
*Walking Tour:* Manhattan Adirondacks Tour

**2:00 PM** Central Park, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064  
*Walking Tour:* Views from the Past Tour

**2:00 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Movies:* "Swept from the Sea"

### **Monday 5/9/11**

**10:30 AM** Health Advocates for Older People, 921 Madison Ave, 212 980-1700  
*Exercise:* Arthritis Exercise Program

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180  
*Books & Poetry:* Ann Bannon "Women in the Shadows"

**7:30 PM** Hunter College, 695 Park Ave, Faculty Dining Room, 212-772-4007  
*Books and Poetry:* Darin Strauss

### **Tuesday 5/10/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Tai Chi

**10:00 AM** Bryant Park, Upper Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Bryant Park Yoga

**11:30 AM** Bryant Park, Le Carrousel, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Nature:* Meet the Birds

**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

**12:00 PM** Central Park: [Belvedere Castle](#) Mid-Park at 79th Street, 212-772-0210  
*Walking Tour:* "Amble Through the Ramble"

**12:30 PM** Baruch College, 55 Lexington Ave, Newman Vertical Campus, Room 14-220, 646-312-3231  
*Lecture:* The Madoff Clawbacks: Whose Money Is It?

**12:45 PM** Baruch College, 55 Lexington Ave, Building 3-150, 646-312-4310  
*Discussion:* Labor Unions and Education: Historical and Current Challenges for Teachers

**1:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700  
*Movies:* "Inside Job"

**2:00 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

**3:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St. 212-980-1700  
*Exercise:* Tai Chi

**6:00 PM** Baruch College, 125 East 25<sup>th</sup> St, Newman Library, Room 750, 646-312-3974  
*Lecture:* Bernie Madoff: The Wizard of Lies

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry:* Grant Achatz "Life, on the Line: A Chef's Story of Chasing Greatness, Facing Death, and Redefining the Way We Eat"

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810  
*Books & Poetry:* Jen Lancaster "If You Were Here"

### **Wednesday 5/11/11**

**11:00 AM** Central Park, North side of the Tavern on the Green, inside the Park at 67th Street, 212-874-7874

*Walking Tour:* Tavern and Its Green

**11:00 AM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> Street, 212-980-1700

*Exercise:* Strength and Weight Exercise Class

**1:00 PM** Bryant Park, 5<sup>th</sup> Ave at 41<sup>st</sup> Street, 212-768-4242

*Exercise:* Bryant Park Fencing

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833

*Books & Poetry:* Christine Roussel "The Art of Rockefeller Center"

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810

*Books & Poetry:* Maya Angelou "Great Food, All Day Long"

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180

*Books & Poetry:* Albert Brooks "2030: The Real Story of What Happens to America"

### **Thursday 5/12/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242

*Exercise:* Tai Chi

**10:30 AM** Health Advocates for Older Adults, 237 East 62<sup>nd</sup> St, 212-980-1700

*Exercise:* Alexander Technique

**12:00 PM** Central Park The Charles A. Dana Discovery Center, inside the Park at 110th Street between Fifth and Lenox Avenues 212-860-1370

*Walking Tour:* Manhattan Adirondacks Tour

**2:00 PM** Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210

*Walking Tour:* The Castle and its Kingdom Tour

**6:00 PM** Bryant Park, Lawn, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242

*Exercise:* Bryant Park 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

*Movies:* Screening of "What We Leave in Our Wake"

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833

*Books & Poetry:* Eric Alterman “Kabuki Democracy: The System Vs. Barack Obama”

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180

*Books & Poetry:* Gever Tulley “50 Dangerous Things (You Should Let Your Children Should Do)”

### **Friday 5/13/11**

**12:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Activity:* Bridge

**2:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Activity:* Ballroom Dancing

### **Saturday 5/14/11**

**10:15 AM** Health Advocates for Older Adults, 404 East 87<sup>th</sup> St, 212-980-1700

*Seminar:* Nutrition & Well-Being

**11:00 AM** Health Advocates for Older Adults, 404 East 87<sup>th</sup> St, 212-980-1700

*Exercise:* Chair Yoga

**12:00 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

**12:30 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Movies:* “Inside Job”

### **Sunday 5/15/11**

**12:00 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

**2:00 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833

*Movies:* “The Guguleta Seven”

### **Sunday 5/15/11 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:* In concert with pianist Charles Jones

## **Monday 5/16/11**

**10:30 AM** Health Advocates for Older People, 921 Madison Ave, 212 980-1700  
*Exercise:* Arthritis Exercise Program

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry:* Janna Gur "From Knishes to Hummus: Tracing the Past and Future of Jewish and Israeli Cuisine"

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180  
*Books & Poetry:* William Deresiewicz "Jane Austen Education"

**7:30 PM** Hunter College, 695 Park Ave, Faculty Dining Room, 212-772-4007  
*Books and Poetry:* Nicole Krauss

## **Tuesday 5/17/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Tai Chi

**10:00 AM** Bryant Park, Upper Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Bryant Park Yoga

**11:30 AM** Bryant Park, Le Carrousel, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Nature:* Meet the Birds

**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

**12:00 PM** Central Park: [Belvedere Castle](#) Mid-Park at 79th Street, 212-772-0210  
*Walking Tour:* "Amble Through the Ramble"

**1:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700  
*Movies:* "Life As We Know It"

**2:00 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

**3:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St. 212-980-1700  
*Exercise:* Tai Chi



**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry.* Panel Discussion of Mystery Writers “Cause of Death: Choose Your Weapon”

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810  
*Books & Poetry.* Scott Weiland “Not Dead and Not for Sale”

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180  
*Books & Poetry.* Alexandra Styron “Reading My Father”

### **Wednesday 5/18/11**

**11:00 AM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> Street, 212-980-1700  
*Exercise:* Strength and Weight Exercise Class

**11:00 AM** Central Park, North side of the Tavern on the Green, inside the Park at 67<sup>th</sup> Street, 212-874-7874  
*Walking Tour:* Tavern and Its Green

**1:00 PM** Bryant Park, 5<sup>th</sup> Ave at 41<sup>st</sup> Street, 212-768-4242  
*Exercise:* Bryant Park Fencing

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry.* Patricia O'Connor “How Words Evolve: A Darwinian Look at the English Language”

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810  
*Books & Poetry.* Candace Bushnell “Summer and the City”

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180  
*Books & Poetry.* Robert Lipsyte “Accidental Sportswriter”

### **Thursday 5/19/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Tai Chi

**10:30 AM** Health Advocates for Older Adults, 237 East 62<sup>nd</sup> St, 212-980-1700  
*Exercise:* Alexander Technique

**12:00 PM** Central Park The Charles A. Dana Discovery Center, inside the Park at 110<sup>th</sup> Street between Fifth and Lenox Avenues 212-860-1370  
*Walking Tour:* Manhattan Adirondacks Tour

**2:00 PM** Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210  
*Walking Tour:* The Castle and its Kingdom Tour

**6:00 PM** Bryant Park, Lawn, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Bryant Park Yoga

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry:* Arlene Romoff "Cochlear Implants"

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180  
*Books & Poetry:* Joe Nesbo "The Snowman"

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810  
*Books & Poetry:* Steve Earle "I'll Never Get out of this World Alive"

### **Friday 5/20/11**

**12:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700  
*Activity:* Bridge

**2:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700  
*Activity:* Ballroom Dancing

### **Saturday 5/21/11**

**10:15 AM** Health Advocates for Older Adults, 404 East 87<sup>th</sup> St, 212-980-1700  
*Seminar:* Fever and Infection

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

**12:00 PM** Central Park, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064  
*Walking Tour:* Views from the Past Tour

**12:30 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700  
*Movies:* "Life as We Know It"

**2:00 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

**3:00 PM** Barnes & Noble 555 Fifth Ave, 212-697-3048  
*Books & Poetry:* Chelsea Handler "Lies that Chelsea Handler Told Me"

## **Sunday 5/22/11**

**12:00 PM** Central Park, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064

*Walking Tour:* Views from the Past Tour

**2:00 PM** Central Park, The Charles A. Dana Discovery Center, inside the Park at 110th Street between Fifth and Lenox Avenues 212-860-1370

*Walking Tour:* A Road Once Traveled Tour

**2:00 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833

*Movies:* "Oil on Ice"

## **Monday 5/23/11**

**10:30 AM** Health Advocates for Older People, 921 Madison Ave, 212 980-1700

*Exercise:* Arthritis Exercise Program

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833

*Books & Poetry:* Paul Shaw "Helvetica and the NYC Subway System"

## **Tuesday 5/24/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242

*Exercise:* Tai Chi

**10:00 AM** Bryant Park, Upper Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242

*Exercise:* Bryant Park Yoga

**11:30 AM** Bryant Park, Le Carrousel, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242

*Nature:* Meet the Birds

**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

**12:00 PM** Central Park: [Belvedere Castle](#) Mid-Park at 79th Street, 212-772-0210

*Walking Tour:* "Amble Through the Ramble"

**1:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Movies: "A Solitary Man"*

**2:00 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*

**3:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St. 212-980-1700  
*Exercise: Tai Chi*

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry: Stephen Duer "Cypress Hill Cemetery"*

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810  
*Books & Poetry: Anthony Bourdain "Medium Raw: A Bloody Valentine to the World of Food"*

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180  
*Books & Poetry: Mitchell Zuckoff "Lost in Shangri-La: An Epic True Story of a WW2 Plane Crash into the Stone Age"*

### **Wednesday 5/25/11**

**11:00 AM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> Street, 212-980-1700  
*Exercise: Strength and Weight Exercise Class*

### **Wednesday 5/25/11 cont'd**

**1:00 PM** Bryant Park, 5<sup>th</sup> Ave at 41<sup>st</sup> Street, 212-768-4242  
*Exercise: Bryant Park Fencing*

**7:00 PM** Barnes & Noble Union Square 33 East 17<sup>th</sup> St. 212-253-810  
*Books & Poetry: Jimmy Fallon "Thank You Notes"*

### **Thursday 5/26/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise: Tai Chi*

**10:30 AM** Health Advocates for Older Adults, 237 East 62<sup>nd</sup> St, 212-980-1700  
*Exercise: Alexander Technique*

**12:00 PM** Central Park The Charles A. Dana Discovery Center, inside the Park at 110th Street between Fifth and Lenox Avenues 212-860-1370  
*Walking Tour: Manhattan Adirondacks Tour*

**2:00 PM** Central Park, Belvedere Castle, mid-Park at 79th Street, 212-772-0210

*Walking Tour: The Castle and its Kingdom Tour*

**6:00 PM** Bryant Park, Lawn, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242

*Exercise: Bryant Park Yoga*

**7:00 PM** Barnes & Noble 150 East 86<sup>th</sup> Street, 212-369-2180

*Books & Poetry: Jennifer Haigh "Faith"*

### **Friday 5/27/11**

**12:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Activity: Bridge*

**2:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Activity: Ballroom Dancing*

### **Saturday 5/28/11**

**10:00 AM** Central Park, Outside the Dairy Gift Shop, mid-Park at 65th Street, 212-794-4064

*Walking Tour: Views from the Past Tour*

**11:00 AM** Health Advocates for Older Adults, 404 East 87<sup>th</sup> St, 212-980-1700

*Exercise: Chair Yoga*

**12:00 PM** Central Park, North side of the Tavern on the Green, inside the Park at 67th Street, 212-874-7874

*Walking Tour: Tavern and Its Green*

**12:30 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700

*Movies: "A Solitary Man"*

**2:00 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*

### **Sunday 5/29/11**

**2:00 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*

### **Tuesday 5/31/11**

**7:30 AM** Bryant Park, Fountain Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Tai Chi

**10:00 AM** Bryant Park, Upper Terrace, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Exercise:* Bryant Park Yoga

**11:30 AM** Bryant Park, Le Carrousel, 6<sup>th</sup> Avenue & 42<sup>nd</sup> Street, 212-768-4242  
*Nature:* Meet the Birds

**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

**12:00 PM** Central Park: [Belvedere Castle](#) Mid-Park at 79th Street, 212-772-0210  
*Walking Tour:* "Amble Through the Ramble"

**1:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St, 212 980-1700  
*Movies:* "Black Swan"

**2:00 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

**3:00 PM** Health Advocates for Older Adults, 341 East 87<sup>th</sup> St. 212-980-1700  
*Exercise:* Tai Chi

**6:30 PM** Mid-Manhattan Library, 455 Fifth Ave., 1-212-340-0833  
*Books & Poetry:* Ina Saltz "Body Type: Intimate Messages Etched in Flesh"