**Ongoing Classes**

All classes are free for patients and caregivers. Materials are also provided.

- All classes are held at the Martha Stewart Center for Living except for the *Yoga, *Tai Chi, *Tai Chi Vitality, and *Fall Prevention exercise classes. See these classes for location details.

- Seating is limited. You must call 212-241-3040 to register for all classes.

- For health tips and program reminders, follow us on twitter: @centerforliving

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The Center will be closed on Friday, December 31, 2010 for New Year’s Eve Day; Monday, January 17th, 2011 for Martin Luther King’s Birthday; & Monday, February 21, 2011 for President’s Day.

*Yoga*

Chair Yoga: This class incorporates seated Yoga poses with standing and walking practice to improve agility, gait, balance and coordination. This class is advanced/intermediate and is appropriate for people who can sit, stand and walk without difficulty.

**Classes:** Every Monday, 10:30 AM – 11:30 AM.

**Instructor:** Deborah Quilter.

**Room:** Annenberg Building, 10th Floor, Room 10-30.

This class is currently full. Please call 212-241-3040 to be put on the waiting list.

*Tai Chi*

This class is entirely done standing, while participants have slow, fluid range of motion movements, following the instructors lead. The movements improve balance and coordination.

**Classes:** Every Monday, 12:00 PM – 1:00 PM.

**Room:** Annenberg Building, 10th Floor, Room 10-30.

**Instructor:** Chiu Ng.

*Tai Chi Vitality*

Chair Tai Chi: Using relaxed and graceful movements, Tai Chi develops stability, strengthens body and mind and promotes general health. Qigong triggers the body’s innate ability to heal itself. Everyone will learn easy pressure point techniques to help alleviate many common problems, including pain, depression and anxiety.

**Classes:** Every Wednesday, 12:00 PM – 1:00 PM.

(No class February 16th & February 23rd).

**Room:** Annenberg Building, 10th Floor, Room 10-30.

**Instructor:** Lewis Paleias.

**NEW CLASS! Meditation Sessions ( begins January 6th )**

No meditation experience necessary. All levels of meditators are welcome. Sessions will be lead by Patricia Bloom and occasional guests.

**Classes:** Every Thursday, 9:00 AM – 10:00 AM.

**Room:** The Martha Stewart Center for Living, Conference Room.

Register for classes at 212 241 3040

Follow us on twitter: @centerforliving
**Elixirs of Youth**
Here’s to your health! Pack a punch in your blender and learn to make juices and smoothies to stay hydrated.
**TUESDAY, JANUARY 4TH, 10:00 AM – 11:30 AM.**
**FACILITATOR: AMANDA PARRISH-BLOCK, NEW YORK JUNIOR LEAGUE VOLUNTEER.**
**REFRESHMENTS SERVED.**

**Simple Exercises for Building Strong Bones**
This class is taught with 1lb. or 2lb. hand weights (depending on comfort level), while participants remain seated and work on upper body muscles. There are also some stretching exercises which include the lower body, but are done seated.
**CLASSES: JANUARY 7TH & 21ST, FEBRUARY 4TH & 18TH, MARCH 4TH & 18TH, APRIL 1ST, 15TH & 29TH, 12:15 PM – 12:45 PM.**
**ROOM: THE MARTHA STEWART CENTER FOR LIVING, CONFERENCE ROOM.**
**INSTRUCTOR: SIOBHAN SUNDEL, NURSE PRACTITIONER MYRIAM CARTAGENA, MEDICAL CLINICAL ASSOCIATE.**

**Senior Lunch Discussion Group – New Year’s Resolutions**
Participants will begin the New Year thinking about changes they would like to make going forward, if any. Also, they will be introduced to the art of journaling. They will be given a journal and handouts—including a list of questions to help them begin journaling with enthusiasm and imagination.
**TUESDAY, JANUARY 18TH, 11:00 AM – 12:00 PM.**
**FACILITATOR: CAROL BLAYDON, NEW YORK JUNIOR LEAGUE VOLUNTEER. LUNCH SERVED.**

**For Caregivers & Patients: Arts & Minds and The Studio Museum in Harlem**
Art conversation and workshop for people with dementia and their caregivers. People living with memory problems report that art conversations and workshops contribute to their well-being: looking at art and discussing it together is stimulating and inspiring; making art can improve your mood and reduce stress. Join us for this exciting encounter with African American Art and try your hand at watercolor painting.
**TUESDAY, JANUARY 18TH, 3:00 PM – 4:30 PM.**
**SPEAKER: CAROLYN HALPIN, EXECUTIVE DIRECTOR OF ARTS & MINDS WITH EDUCATORS FROM THE STUDIO MUSEUM OF HARLEM.**

**Fall Prevention Program**
**Fall Stop…Move Strong (12-SESSION PROGRAM)**
This 12-session program includes exercise and education which is designed to help improve strength, flexibility, balance and confidence, and to reduce your risk for falls. The program has been successful in helping keep New Yorker’s on their feet for the past eight years!
**A 12-WEEK COURSE BEGINS WEDNESDAY, JANUARY 19TH, 10:15 AM – 11:30 AM.**
**ROOM: ICAHN BUILDING, 1425 MADISON AVENUE, GROUND FLOOR, SEMINAR ROOM.**
**INSTRUCTORS: CELESTE CARLUCCI, FITNESS INSTRUCTOR AND JULIE KARDACHI, OCCUPATIONAL THERAPIST.**

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REGISTER FOR CLASSES AT 212 241 3040

FOLLOW US ON TWITTER: @CENTERFORLIVING
Ask the Doctor Series:
How Does Meditation Improve Health and Happiness?
This workshop will introduce participants to the health benefits of meditation, and some of the research which has demonstrated these benefits. Participants will learn about the effects of stress on the body, and how meditation can prevent the adverse effects of stress, improve health, and increase happiness. Instruction on simple meditation techniques will be given. The Ask the Doctor Series is a forum which encourages patients and/or caregivers to ask questions and have a discussion with a doctor.
WEDNESDAY, JANUARY 5TH, 12:00 PM – 1:00 PM.
SPEAKER: PATRICIA BLOOM, MD, GERIATRICIAN AT THE COFFEY GERIATRICS PRACTICE.

Heart Smart
Keep your heart strong! Learn how to prevent heart disease, know the symptoms and explore treatment alternatives.
TUESDAY, JANUARY 25TH, 10:00 AM – 11:30 AM.
FACILITATOR: SHAWNA HOLZER, NEW YORK JUNIOR LEAGUE VOLUNTEER.
REFRESHMENTS SERVED.

Portrait of My Heart
Do you wear your heart on your sleeve? Share a piece of your heart through poetry and art in time for Valentine’s Day.
TUESDAY, FEBRUARY 1ST, 10:00 AM – 11:30 AM.
FACILITATOR: AMANDA PARRISH-BLOCK, NEW YORK JUNIOR LEAGUE VOLUNTEER.

Caring for the Caregiver:
Caregiver Educational Sessions
The A to Z’s of caring for a loved one with memory problems. This group is designed for the person caring for a loved one with memory problems. We will discuss the nature, causes and treatments available for those experiencing memory problems. We will learn about the resources available to maximize quality of life and plan for the future needs of both the caregiver and the care receiver.
WEDNESDAY, FEBRUARY 2ND, 9TH, 16TH & 23RD, 12:00 PM – 1:30 PM.
SPEAKER: ELIZABETH FINE, L.C.S.W. MOUNT SINAI GERIATRIC PSYCHIATRY DEPARTMENT.
CALL DIRECTLY TO REGISTER FOR THIS: 212-659-9230.

Caring for the Caregiver:
Stress Reduction Course (8-WEEK COURSE)
Caregivers frequently feel overwhelmed by the to-do lists, caring for your loved one, wrestling with a myriad of emotions, and a loss of connection and meaning. It adds up to significant stress. Mindfulness-Based Stress Reduction is a simple meditation-based practice developed at the University of Massachusetts over 30 years ago and widely used in medical centers across the country and around the world to reduce stress and stress-related illnesses. Through the 8 weeks, participants develop a personal meditation practice that leads to greater ease, relaxation, health and well-being.
THIS IS AN 8-WEEK COURSE AND TWO COURSES ARE OFFERED:
ONE BEGINS ON FEBRUARY 2ND & AGAIN ON APRIL 27TH.
SESSIONS HELD ON WEDNESDAYS, 6:00 PM – 7:30 P.M.
INSTRUCTORS: JOAN GRIFFITHS-VEGA & PATRICIA A. BLOOM, M.D.
Caring for the Caregiver:  
**Arts & Minds for Caregivers**

Caregivers of people with dementia need meaningful engaging activities to maintain a high quality of life. The visual arts offer endless possibilities for exchanging ideas, sharing memories, raising questions and experiencing beauty. This workshop is designed to teach caregivers how to provide engaging art experiences for themselves and their care recipients in museums and at home to improve relationships, reduce stress and improve difficult behaviors.  
**MONDAY, FEBRUARY 7TH, 3:00 PM – 4:30 PM.**  
**SPEAKER: CAROLYN HALPIN, EXECUTIVE DIRECTOR OF ARTS & MINDS.**

**Astounding Antioxidants**

The super heroes of the food pyramid! Come taste how treats like chocolate and berries can be helpful.  
**TUESDAY, FEBRUARY 8TH, 10:00 AM – 11:30 AM.**  
**FACILITATOR: AMANDA PARRISH-BLOCK, NEW YORK JUNIOR LEAGUE VOLUNTEER.**  
**REFRESHMENTS SERVED.**

**Planning and Paying for Long-Term Care**

This talk is for patients and/or caregivers and it will discuss the financial considerations of long term care.  
**WEDNESDAY FEBRUARY 9TH, 2:00 PM – 3:00 PM.**  
**SPEAKER: MARTIN PETROFF, ATTORNEY AT LAW.**

Mindful Meditation for Patients  
**(8-WEEK COURSE)**

Mindfulness Based Stress Reduction has enabled thousands of people to experience decreases in physical and psychological symptoms, reduction in pain or a greater ability to deal with pain, greater enjoyment of life, and improved ability to cope with stress. People participate for many reasons, including family or job stress, heart disease, anxiety, pain and many other types of chronic illness. The course is highly participatory, and requires commitment! Participants practice at home for 45-60 minutes per day.  
**THIS 8-WEEK COURSE IS OFFERED ON THURSDAYS, 2:00 PM – 4:30 PM. BEGINS JANUARY 27TH & AGAIN ON APRIL 28TH. CALL INSTRUCTOR PATRICIA BLOOM, MD TO JOIN THIS CLASS AT 212-241-1782.**  
**TUITION IS $400; TUITION ASSISTANCE IS AVAILABLE.**

Senior Lunch Discussion Group – Loving Yourself & Good Self Esteem

Participants will discuss the ways they can boost their self-esteem. They will understand how self-esteem develops from within themselves. Discussion will include self-presentation as well as self-preservation. Affirmations and positive thinking will be emphasized.  
**TUESDAY, FEBRUARY 15TH, 11:00 AM – 12:00 PM.**  
**FACILITATOR: CAROL BLAYDON, NEW YORK JUNIOR LEAGUE VOLUNTEER.**  
**LUNCH SERVED.**

Ask the Doctor Series: Understanding Memory Loss for Patients & Caregivers

This session will discuss the challenges facing a caregiver of a patient with memory loss. We will go over strategies on how to overcome these challenges, including strategies for changing the environment, changing behaviors and the medications that are available. The Ask the Doctor Series is a forum which encourages patients and/or caregivers to ask questions and have a discussion with their doctors.  
**WEDNESDAY, FEBRUARY 16TH, 2:00 PM – 3:00 PM.**  
**SPEAKER: EILEEN CALLAHAN, M.D., GERIATRICIAN AT THE COFFEY GERIATRICS PRACTICE.**  
**REFRESHMENTS SERVED.**
Caring for the Caregiver: Relax & Restore Yourself
A rejuvenating workshop for busy caregivers. To be of maximum help to our loved ones, we also need to take time out to take care of ourselves. Simple lifestyle changes can often make a huge difference in reducing daily stress and tension. In this workshop you will learn simple and easy, everyday techniques to relax mind and body. Hands-on Mindful Massage Therapy with Guided Meditation will also be available to participants. Space is limited. Please register early.
**WEDNESDAY, FEBRUARY 23RD, 11:00 AM – 12:00 PM.**
**SPEAKER: JD ELDER, LMT, MASSAGE THERAPY PROGRAM COORDINATOR, BROOKDALE DEPARTMENT OF GERIATRICS AND PALLIATIVE MEDICINE, MOUNT SINAI SCHOOL OF MEDICINE.**

Anandamali “Blissful Garlands”
For thousands of years strands of beads have stood for decoration, prayer and self-expression. Come make your own Anandamali meaningful bead jewelry.
**TUESDAY, MARCH 1ST, 10:00 AM – 11:30 AM.**
**FACILITATOR: AMANDA PARRISH-BLOCK, NEW YORK JR. LEAGUE VOLUNTEER.**

**NEW PROGRAM!**
Arthritis Foundation Exercise Program (8-WEEK COURSE)
This 8-week program is a gentle group exercise and education program designed specifically for people with arthritis. The program’s multiple components accommodate people in wheelchairs or who have mobility challenges. Each class includes a variety of exercises that can be performed while sitting; endurance building routines; relaxation exercises; balance; and health education topics. Enjoyable, safe and effective!
**AN 8-WEEK COURSE BEGINS ON FRIDAY, MARCH 4TH, 2:30 PM – 3:30 PM.**
**ROOM: ANNENBERG BUILDING, 10TH FLOOR, ROOM 10-30.**
**INSTRUCTOR: LICHIANA AMIGO, CERTIFIED FITNESS INSTRUCTOR, ARTHRITIS FOUNDATION. THIS PROGRAM IS MADE POSSIBLE BY A GENEROUS GRANT FROM THE NEW YORK CITY COUNCIL.**

Bereavement Group
Many people find it extremely useful to process the difficult feelings of grief in a group setting. Often family members, friends and co-workers find it difficult to speak about the deceased loved one, and thus meeting with other bereaved individuals who are coping with similar life circumstances helps to reduce isolation and increase hopefulness. This group meets for six-weeks and participants are helped to explore key elements of the grief process: Coping with the reality of the loss; Managing the feelings and reactions of grief; Rebuilding social networks and relearning roles; Creating meaning in a changed world.
**SIX MONDAYS, MARCH 7TH & 21ST, APRIL 4TH & 18TH, MAY 2ND & MAY 16TH, 12:00 PM TO 1:00 PM.**
**FACILITATOR: SHEILA BARTON, L.C.S.W., COFFEY GERIATRICS.**

Bone Weakness
What is osteoporosis? What are the risks? Learn about testing bone density and prevention.
**TUESDAY, MARCH 8TH, 10:00 AM – 11:30 AM.**
**FACILITATOR: SHAWNA HOLZER, NEW YORK JUNIOR LEAGUE VOLUNTEER.**
**REFRESHMENTS SERVED.**

Senior Lunch Discussion Group – Genetics versus Life Style
Participants will be encouraged to share information about family background and longevity as well as lifestyle rituals. Life styles will be examined for healthy ways to stimulate mind and body. Participants will share favorite outings. Places to eat, museums, and other easy access areas in the city that offer events and exhibits for a reasonable cost. The group will compile a list of places that are enjoyable and accessible.
**TUESDAY, MARCH 15TH, 11:00 AM – 12:00 PM.**
**FACILITATOR: CAROL BLAYDON, NEW YORK JUNIOR LEAGUE VOLUNTEER.**
**LUNCH SERVED.**

Register for classes at 212 241 3040
Follow us on Twitter: @CENTERFORLIVING
Arts & Minds and the Museum for African Art

Art conversation for people with dementia and their caregivers. People living with memory problems report that art conversations and workshops contribute to their well-being: looking at art and discussing it together is stimulating and inspiring; making art can improve your mood and reduce stress.

Join us for this hands-on encounter with the arts of Africa.

MONDAY, APRIL 11TH, 3:00 PM – 4:30 PM.
SPEAKER: CAROLYN HALPIN, EXECUTIVE DIRECTOR OF ARTS & MINDS. WITH EDUCATORS FROM THE MUSEUM FOR AFRICAN ART.

Pet Therapy at the Martha Stewart Center for Living

We would like to introduce you to our newest Volunteer, Joaquin. Joaquin is a Cocker Spaniel, who will be working with his owner Diane Maguire, to comfort our patients while they are waiting for their doctor. Joaquin is a hypo-allergenic dog. Therefore, those who are allergic to dogs will not have a reaction to Joaquin. Joaquin and his owner Diane are certified through the Good Dog Foundation and working with the Mount Sinai Volunteer Department Pet Assisted Therapy Program.

JOAQUIN AND DIANE WILL BE AT THE CENTER EVERY OTHER FRIDAY (BEGINNING JANUARY 14TH) FROM 11:00 AM – 12:00 PM AND WILL BE MAKING THEIR ROUNDS EVERY TWO WEEKS THEREAFTER.

REGISTER FOR CLASSES AT 212 241 3040
FOLLOW US ON TWITTER: @CENTERFORLIVING
April is Fall Prevention Month
at The Martha Stewart Center for Living!

Home Safety
Keep your home safe. You will learn how to assess each room, prepare for an emergency as well as some handy fire tips.
TUESDAY, APRIL 12TH, 10:00 AM – 11:30 AM.
FACILITATOR: SHAWNA HOLZER, NEW YORK JUNIOR LEAGUE VOLUNTEER. REFRESHMENTS SERVED.

Preventing Falls Among Older Adults
This talk will discuss the prevalence and risk factors for falls in older adults and review the effective methods of preventing falls. The session will also include a brief demonstration of suggested exercises to help with balance.
WEDNESDAY, APRIL 20TH, 1:30 PM – 2:30 PM.
SPEAKER: LINDA LEVEEN, SOCIAL WORK INTERN, MOUNT SINAI MEDICAL CENTER. REFRESHMENTS SERVED.

Senior Lunch Discussion Group – Fall Prevention
Participants will discuss a very important problem of the aging body—falling. There will be handouts, a video, demonstration of prevention techniques and a discussion of concerns. There will also be information around the waiting areas during the month of April for “Fall Prevention Month.” The New York Junior League will hold a raffle to encourage participation in the fall prevention program—enter and win in many ways.
TUESDAY, APRIL 26TH, 11:00 AM – 12:00 PM.
FACILITATOR: CAROL BLAYDON, NEW YORK JUNIOR LEAGUE VOLUNTEER. LUNCH SERVED.

Comprehensive Caregivers Resource Program
Are you a family member, a companion or a paid caregiver caring for a person with dementia? Do you have questions? Don’t know where to go for answers? Or not know what questions to ask?

We want to help. This new program will provide you with personalized guidance, helping you through the maze of resources available to you. Our social workers at Coffey Geriatrics will consult with you. Call 212-241-9263.

Common Yoga Questions
HERE ARE SOME COMMON QUESTIONS PEOPLE ASK THE INSTRUCTOR, DEBORAH QUILTER, ABOUT TAKING THE SENIOR YOGA CLASS AT THE MARTHA STEWART CENTER FOR LIVING:

1. Do I need to be flexible?
No. One of the greatest misconceptions about Yoga is that you need to be young and flexible to practice this ancient healing art. If you practice regularly, you will become stronger and more supple.

2. I saw some pictures of difficult yoga poses, will we be doing those?
We don’t do extreme postures in this class. You can get many benefits from simple, easy, comfortable poses. Yoga should not be painful.

3. Will I need to get up and down from the floor?
The Yoga class is done seated in chairs, standing and walking.

4. What if I get tired and can’t keep up?
You can sit down and rest whenever you need to.