

January 2019, Wellness Calendar – 150 E 42nd Street



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
		New Year's Day	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Yoga - Open Level Flow and restorative Yoga 5:15-6:15 PM 4th Fl. Rm 4A-8	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Tai Chi for Self Care 5:15-6:15 PM 4th Fl. Rm 4A-8		
6	7	8	9	10	11	12
	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Take Time to Meditate Mindfulness Workshop 5:15-6:15 PM 4th Fl. Rm 4A-8		Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Nutrition Counseling w/ Maria Rodriguez Yoga - Open Level Flow and restorative Yoga 5:15-6:15 PM 4th Fl. Rm 4A-8	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Tai Chi for Self Care 5:15-6:15 PM 4th Fl. Rm 4A-8	Nutrition Counseling w/ Jennifer Kartashevsky	
13	14	15	16	17	18	19
	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Take Time to Meditate Mindfulness Workshop 5:15-6:15 PM 4th Fl. Rm 4A-8	Reach Your Peak Fitness Class led by Andrew Randall 5:30-6:15 PM 4th Fl. Rm 4A-12	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Yoga - Open Level Flow and restorative Yoga 5:15-6:15 PM 4th Fl. Rm 4A-8	Cooking Demonstration 12:00 PM at MSH Stream via Facebook live: facebook.com/mountsinainyc Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Tai Chi for Self Care 5:15-6:15 PM 4th Fl. Rm 4A-8		
20	21	22	23	24	25	26
	Martin Luther King Day		Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Nutrition Counseling w/ Maria Rodriguez Yoga - Open Level Flow and restorative Yoga 5:15-6:15 PM 4th Fl. Rm 4A-8	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Tai Chi for Self Care 5:15-6:15 PM 4th Fl. Rm 4A-8		
27	28	29	30	31	1	2
	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Take Time to Meditate Mindfulness Workshop 5:15-6:15 PM 4th Fl. Rm 4A-8	Reach Your Peak Fitness Class led by Andrew Randall 5:30-6:15 PM 4th Fl. Rm 4A-12	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Yoga - Open Level Flow and restorative Yoga 5:15-6:15 PM 4th Fl. Rm 4A-8	Walking Group led by Valerie Ruffin, 1:00-2:00 PM Meet in the lobby of 42nd St. (weather permitting) Tai Chi for Self Care 5:15-6:15 PM 4th Fl. Rm 4A-8		