



HOSPITALITY COMMITTEE FOR UNITED NATIONS DELEGATIONS, INC.


ROOM GA-0142 – GENERAL ASSEMBLY BUILDING - UNITED NATIONS - NEW YORK, NY - 10017

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REQUESTS FOR PROGRAMS ARE REQUIRED

March 2021

Please Post for All Delegates and Their Families

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1	2 <u>10:30 AM</u> *Exercise Class: Strength and Cardio Training	3	4 <u>1:00 PM</u> National Arts Club Archaeology Talk: <i>Jerusalem Before King David</i> with Dr. Peter Feinman	5 <u>9:30-10:45 AM</u> *Gentle Yoga	6	
7	8	9 <u>10:30 AM</u> *Exercise Class: Strength and Cardio Training	10 <u>11:00 AM-1:00 PM</u> * Quilting Club	11 <u>12:00 Noon-2:00 P.M.</u> * French Discussion Group	12 <u>9:30-10:45 AM</u> *Gentle Yoga	13	
14	15 <u>3:00 PM</u> `An Oasis of Healing: Practical Tips for Self Care as We Transition Into Spring	16 <u>10:30 AM</u> *Exercise Class: Strength and Cardio Training	17 <u>11:00 AM</u> * “Mommy & Me” Toddler Play Group	18 <u>11:00 AM</u> * Book Club: <i>The Dutch House</i> with Author Ann Patchett	19 <u>9:30-10:45 AM</u> *Gentle Yoga	20 	
21	22	23 <u>10:30 AM</u> *Exercise Class: Strength and Cardio Training	24	25 <u>5:00 PM</u> An Hour of Beauty with Chanel	26 <u>9:30-10:45 AM</u> *Gentle Yoga	27	
28	29 <u>1:45 PM</u> *New York City Gardens Club <i>Oysters: A NY Legacy</i> by Roxanne Zimmer, PhD, Cornell Cooperative Extension Center	30 <u>10:30 AM</u> *Exercise Class: Strength and Cardio Training	31 <u>10:30 AM-12:00 Noon</u> Walk in Central Park (masks, social distancing)	<p style="text-align: center;">English Language Classes</p> <p>English Language Classes: <i>Classes are set to run through 19 May, with rolling enrolment. Please contact Penelope Goodfriend at pennvgfriend@aol.com for more information.</i></p> <p>Advanced English Conversation & Film Discussion: <i>Classes will resume on Friday, 26 February, 10:00 A.M.-12:00 Noon. Classes will run through 16 April. Please contact rseret@aol.com for additional information.</i></p>			