



Why take a Class?

- ♦To Learn
- ♦To Interact
- ♦To Explore
- ♦To Contribute
- ♦To Connect
- ♦To Practice
- ♦To Socialize

Classes begin September
14, 2026

Classes end November
19, 2026

Contact Us

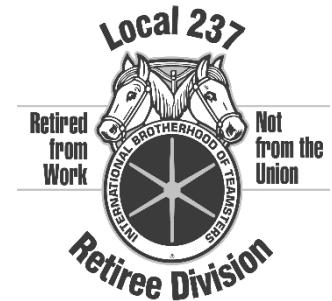
Phone: 212-807-0555

Email:

retirees2@local237.org

Web: www.local237.org

Retiree Division Class Schedule



2026

Company Name

Fall 2026 classes Schedule



Class Description

Monday

Community Crochet Class 10:00-12:00 noon

Learn free form crochet. Students will be able to crochet independently any project without pattern by end of sessions.

Introduction to painting (new class) 1:00-3:00pm

This class will teach you color theory, brush techniques, and more. Painting can stimulate your imagination and inspire you to explore your talent.

Tuesday

Tai Chi 10:00-12:00 Noon

Jan Childress will teach you the theory and practice of this ancient Chinese discipline of meditative movements.

Afro Fit 1:00-3:00pm

This class will be taught by professional Dancer Franck Muhel. Afro Fit targets different muscle groups at once for a full body workout.

Wednesday

Sit and Fit class 10:00 to 11:00 am

This class offers a low-impact workout combining seated aerobics, stretching, and flexibility training to improve balance and coordination. Some standing exercises use a chair for support. Light weights and stretch bands help boost strength and mobility, making it a gentle yet effective way to stay active.

Salsa Dancing 1:00-3:00pm

This class will be taught by professional Dancer Franck Muhel. The class will get you up and moving to the Latin beat. This is a great way to exercise and have fun while you are learning to dance.

Thursday

Intro to poetry 10:00am to 12:00PM (this is an online class)

Use images and language to write an original poem about a moment, person or place you've experienced. Guided by published poet [Lynn McGee](#), All level writers are welcome.

Tear Off and send your class selection.

Send to Retiree Division
216 West 14th Street, 6th Floor
New York NY, 10011

Day	Time	Classes	
Monday	10:00-12:00	Crochet	☐
	1:00-3:00pm	Painting	☐
Tuesday	10:00-12:00pm	Tai-Chi	☐
	1:00-3:00pm	Afro Fit	☐
Wednesday	10:00-11:00		☐
	Sit and Fit class		
	1:00pm-3:00pm	Salsa	☐
Thursday	10:00-12:00pm		☐
	Intro to poetry (online class)		

Please place a check ✓ on the classes you would like to attend.

Name: _____

Address: _____

City: _____ State: ____

Telephone: _____

Email: _____

To receive the link for the online poetry class, please include your e-mail.

