WEDNESDAY’S DISCUSSION GROUPS
12:00–1:30PM
September 16 + 30
October 14 + 28
November 11

THURSDAY’S DISCUSSION GROUPS
3:30–5:00PM
READING ROOM-1 PACE PLAZA
September 10
Shades Reception & Urban Male Initiative
September 24
October 8 + 22
November 11 (Joint UMI & Shades)
November 19 (Joint UMI & Shades)

WELLNESS
12:30–1:30PM OR 3:30–4:30PM
GYMNASiUM
MONDAY’S, TUESDAYS + WEDNESDAY’S
OCTOBER, NOVEMBER + DECEMBER

PILATES
Mat pilates employs controlled breathing
during body weight resisted movements to
build core strength.

QIGONG
Qigong is an integration of physical postures,
breathing techniques, and focused intentions
involving: posture, (whether moving or sta-
tionary), breathing techniques, and mental
focus. Qigong movements reduce stress,
build stamina, increase and vitality.
MUSEUM FRIDAY’S
2:00PM
September 11
Museum of the City of New York (Hip Hop Revolution)

October 2
El Museo del Barrio (Urban Martyrs & Latter Day Santos)

November 5
National Museum of the American Indian (Ceramica de Los Ancestros: Central America’s Past Revealed & Glittering World: Navajo Jewelry of the Yazzie Family)

COMMUNITY SERVICE
URBAN FARMING—9:00AM–1:00PM
September 18
New Roots Farm, South Bronx

KNITTING FOR A CAUSE
(All work is donated to Harlem Hospital Pediatric Unit)

FRIDAY’S—12:30–2:00PM
October 9, 16, 23 + 30
November 6, 13, 20
December 4

ADOPT-A-SCHOOL
(ADDITIONAL INFORMATION FORTHCOMING)

END-OF-SEMESTER CELEBRATION
5:00PM
December 3
Shades & Urban Male Initiative

UNLESS OTHERWISE NOTED ALL DISCUSSION GROUPS WILL TAKE PLACE AT 41 PARK ROW, ROOM 905.

FOR ADDITIONAL INFORMATION, CONTACT: DENISE BELÉN SANTIAGO, (212) 346-1546 // DSANTIAGO@PACE.EDU