

Here is what's happening at Felicity House in May



## May Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	1	2 Pilates & Stretch 4pm – 5:30pm  Pilates & Stretch 6pm – 7:30pm	3 Book Lovers 2pm – 3pm Open Hours 3:00-5:00pm
6	7 Anime SIG 4pm – 6pm Town Hall 6pm – 7pm	8	9 Abstract Art 3:00 pm- 5:00pm  Abstract Art 6:00pm- 8:00pm	10 Open Hours 1pm – 5pm Barre 4pm – 5:00pm
13	14 Feminist Art 6pm-8pm	15	16 Abstract Art 6:00pm- 8:00pm	17 Open Hours 1pm – 5pm LEGO SIG 2pm – 3pm Improv 5:00pm-6:30pm
20 Open Door: Ali Stroker 6pm-8pm	21 Writer's Room 6pm – 8pm	22	23 Circle 4 6pm – 7:30pm	24 FELICITY HOUSE CLOSED
27	28 Circle 1 3:30pm – 5pm  Circle 3 6pm – 7:30pm	29	30 Circle 2 6:00pm – 7:30pm	31 Open Hours 3pm – 5pm Movie Lovers SIG 4:00pm-5:00pm Movie Night 5pm

Visit our Website

# Event Descriptions

## **Fitness: Pilates & Stretch, Thursday, May 2nd, 4:00pm-5:30pm or 6:00pm-7:30pm**

Pilates strengthens the muscles of the core while encouraging length throughout the entire body. We will end the class with some stretches to release the back and hips. Workout clothes and clean socks are mandatory.

## **SIG: Book Lovers, Friday May 3rd, 2:00pm-3:00pm**

The Book Lover's Special Interest Group will be reading *Gilded Hour* by Sara Danti which takes place in New York City in 1883. This historical fiction novel follows Anna Savard and her cousin Sophie, both graduates of the Woman's Medical School. Both women must decide to treat the city's most vulnerable patients, even if doing so may put everything they've strived for in jeopardy by anti-vice crusader, Anthony Comstock. Reading the book is not mandatory.

## **Open Hours: Fridays, May 3rd & 31st from 3:00pm-5:00pm & May 10th & 17th from 1:00pm-5:00pm**

Open Hours are opportunities to use the lounge, art studio, and other public spaces at Felicity House to socialize, puzzle, relax, or work on projects. A guest artist will be available to assist with projects. Open to community members only.

## **SIG: Anime, Tuesday, May 7th, 4:00pm-6:00pm**

For this month, the anime group will watch *JoJo's Bizarre Adventure* which tells the story of the Joestar family, a family whose various members discover they are destined to take down supernatural foes using unique powers.

## **Town Hall: Tuesday, May 7th, 6:00pm-7:00pm**

Town Hall is a leadership meeting that helps us plan future programming. All Felicity House participants are invited to join, listen, bring up ideas, and share feedback on current programs and events. Comments can be shared during the meeting or by putting them in the suggestion box.

## **Workshop: Abstract Art, Thursday, May 9th 3:00pm-5:00pm and 6:00pm-8:00pm & Thursday, May 16<sup>th</sup>, 6:00pm-8:00pm**

Led by an art educator from the Museum of Modern Art, participants will create an abstract layered work of art that combines found photographic images of nature with acrylic paint, washes of ink, watercolor pencil, and a type of rubbing technique called "frottage".

## **Fitness: Barre, Friday, May 10th, 4:00pm-5:00pm**

Barre is back! Fitness instructor and Director of the Yoga Room in Astoria, Jenn Schulte, will be teaching the fundamentals of Ballet Barre work (without the bar). Participants will do strengthening and toning exercises for their legs, followed by some cardio. Workout clothes and clean socks are mandatory.

## **Lecture: Feminist Art, Tuesday, May 14th, 6:00pm-8:00pm**

Discover the history of feminist art, its origins and predecessors, and contemporary interpretations. Together we will cover famous art works such as Judy Chicago's "The Dinner Party" and Martha Rosler's "Semiotics of the Kitchen" and also review the works produced by current feminist artists.

## **SIG: LEGO SIG, Friday, May 17th, 2:00pm-3:00pm**

Another month, another opportunity for LEGO enthusiasts to get together in this monthly special interest group. We will build together with individual bricks and advanced LEGO sets.

## **SIG: Improv, Friday, May 17th, 5:00pm-6:30pm**

Curious about Improv? This monthly SIG offers a low-pressure opportunity to exercise your acting muscles. The Improv SIG is led by professional instructors from The PIT who will lead us through improv games and the basics of Yes, And. Come prepared to get silly and push yourself outside of your comfort zone.

## **Open Door: Ali Stroker, Monday, May 20th, 6:00pm-8:00pm**

Join us for a performance and lecture with groundbreaking performer Ali Stroker, who made history as the first actress in a wheelchair on Broadway. She continues her extraordinary career starring as 'Ado Annie' in Oklahoma. This event is open to the public; RSVP is required. Community members are invited to bring family and friends. The event will be held at 160 Fifth Avenue.

## **SIG: Writer's Room, Tuesday, May 21st, 6:00pm-8:00pm**

The Writer's Room is a casual and quiet space where community members can come to work on facilitated writing prompts with a professional writing instructor. There will be an optional opportunity to share your work and receive feedback.

## **Circles:**

**Circle 1** Tuesday, May 28th, 3:30pm-5:00

**Circle 2**, Thursday, May 30th, 6:00pm-7:30

**Circle 3**, Tuesday, May 28th, 6:00pm-7:30

**Circle 4**, Thursday, May 23rd, 6:00pm-7:30

## **SIG: Movie Lovers, Friday, May 31st, 4:00pm-5:00pm**

This May marks the 42nd anniversary of the release of the first Star Wars film (*A New Hope*). To celebrate, come join the Movie SIG for a guided discussion about this film and the next installment of the Skywalker saga (*Star Wars*:

Rise of Skywalker). We will also examine the impact of Industrial Light and Magic, the visual effects company founded by George Lucas and creator of many of the special effects in our favorite movies!

### Movie Night: The Incredibles, Friday, May 31st, Friday 5:00pm

For May's movie night, we'll watch The Incredibles, an animated classic about a family of undercover superheroes. Between trying to live a quiet suburban life and hiding their superpowers, the Parr family must also confront a vengeful foe and his evil robot. Pizza and popcorn will be provided.

---

## HAVE YOU RSVP'D YET?

Join us for a performance and lecture with Broadway Actress, Ali Stroker. Ali made history as the first actress in a wheelchair to appear on Broadway and continues her successful career as "Ado Annie" in Oklahoma!

Monday, May 20th, 2019  
6:00pm performance  
reception to follow  
160 Fifth Ave, 2nd Floor, New York, NY  
10010

Seating is limited.

[RSVP HERE](#)



---

Do you know a woman with autism who is looking for a social community?  
Connect with us today and discover what Felicity House has to offer.

To make a referral send us an email at [info@felicity-house.org](mailto:info@felicity-house.org) or click here:

[Make a Referral](#)

STAY CONNECTED

