## **Trinity Commons** Programs

# November 2023

Come to Trinity Commons, 76 Trinity Place, for FREE learning opportunities, workforce development, Know Your Rights talks, fitness programs, and community activities.

### Mondays (NOVEMBER 6, 13, 20)

#### ENL-ESOL Class for Adults: 10am-12:30pm

Free 12-week ESOL class for those who want to learn English, whether to feel more confident, to socialize, or for work. Participants will practice speaking, listening, reading, and writing in English.

#### Drawing Class: 6:30-8pm

Class for beginning artists who want to learn how to draw or sketch-or simply want to improve their skills.

### Tuesdays (NOVEMBER 14, 21, 28)

#### English Language Circles: 9:30–10:45am OR 6:30–7:45pm

Free drop-in English language conversation circles that provide opportunities for people to meet up, learn, and practice English.

#### Pilates: 9:30-10:30am

This beginner-friendly class improves posture, balance, and flexibility through a series of low-impact, controlled exercises.

#### Brooklyn Craft: 10am-1pm

Join Brooklyn Craft Company for a variety of workshops at the Compassion Market, including needlework crafts, brushlettering, and loom weaving.

#### GED Adult Classes: 10-11:30am

This 12-week course will meet your high school equivalency learning needs and help prepare you to take the GED Exam.

#### Community Tai Chi: 6:30-7:30pm

This 12-week Tai Chi Chuan class supports stress relief and improves flexibility, circulation, and mindset.

### Wednesdays (NOVEMBER 1, 15, 29)

#### ENL-ESOL Class for Adults: 10am-12:30pm

#### Community Open Soccer: 12–2pm

Have a leisurely kick around, practice your footwork or participate in a light-hearted scrimmage.

## Thursdays

#### (NOVEMBER 2\*, 16, 30)

English Language Circles: 11:30am–12:45pm OR 6:30–7:45pm

#### GED Adult Classes: 10-11:30am

#### Barre: 9:30-10:30am

(\*NO BARRE CLASS ON NOVEMBER 2) This beginner-friendly, low-impact, and high-intensity movement class is designed to strengthen your body.

#### Brooklyn Craft: 10am-1pm

#### Art Exploration Circle: 6:30-8pm

A six-week exploration through art, improvisation, and storytelling. Share your experience with fellow community members who can listen, receive, and exchange insights.

# Fridays

### (NOVEMBER 3, 17)

#### Pre-GED Class: 10-11:30am

Build your skills to prepare for entry into future High School Equivalency classes.

#### Know Your Rights: 10am-2pm

Learn about migrant rights, employment, housing, criminal justice, ICE enforcement, civics, health, and other civil liberties.

#### Community Open Basketball: 12–2pm

Enjoy a leisurely shoot around, practice dribbling skills, or participate in a light-hearted basketball game.

## Friday Night Dance Party: 6:30–8pm

#### (NOVEMBER 3)

Enjoy a drop-in party to with music and refreshments while meeting fellow Lower Manhattan residents. RSVP is preferred, but not required.

## Questions?

Email Kim Westcott: KWestcott@trinitywallstreet.org.

## Learn more at trinitywallstreet.org/trinitycommonsprograms