

**Monday:**

5pm, Arrival to JFK

7pm, Arrival to NYC apartment

**Tuesday:**

11 am, Meet with Fellowship Director at fellowship apartment

- go over facilities in the apartment
- go around shops in the area
- buy metrocard (public transit card)
- head over to apex (by foot or public transit)

12 - 1:30 pm, Arrival Lunch with Steven Rand, Executive Director, and Fellowship Director

7:00 – 8:00 pm, A Bulgarian Celebration, with Yasna Voices & Gail Archer, at Columbia University, Free

- A Bulgarian Celebration, with Yasna Voices & Gail Archer, at St. Paul's Chapel, Columbia University. Live music

**Wednesday:**

12:00 - 1:30pm Investing Fundamentals and Due Diligence, online, Free

- Ritta McLaughlin from the Financial Industry Regulatory Authority (FINRA) Investor Education Foundation explains investing fundamentals and due diligence.

2:45 - 3:15 pm Meeting with the Fellowship Director, in person

3:30 - 4:30 pm Therapy, in person

7:00 – 9:00 pm Wednesday Drop-In Improv Class, in person, \$15, you will do this activity with another person

- Join us for a fun and supportive improv class where you'll:
  - Build Confidence: Overcome stage fright and express yourself freely.
  - Master Improv Basics: Learn to set up scenes, listen actively, and build on each other's ideas.
  - Have Fun: Laugh, play, and connect with other creative people.
  - No experience necessary! Just bring your enthusiasm and willingness to play.

## **Thursday:**

11:00 am – 12:00 pm, Meet Me in the Kitchen: Making Healthy Choices, in person, Free

- Nutritionist Lauren C. Kelly offers creative twists on classic recipes, food prep and cooking trends. From appetizers, to entrees, to dessert, learn how to design menus using helpful tips and current research findings for better health and eating.

3:30 – 5:30 pm, Listening for Bias: The Politics and Potential of Speech AI, in person, Free

- In this conversation, we will wrestle with questions of who gets to design AI speech technology and how we can develop these to respond to communities' needs. Ultimately, we want this discussion to present a vision of how AI technology design requires collaboration between developers, researchers, and communities to help advance responsible and ethical AI speech technologies.

7:00 – 8:30 pm, Blackface in Conversation: Racial Geographies and Transatlantic Entanglements Exploring Racial Impersonation: A Roundtable Discussion, in person, Free

- Join us for a compelling evening that examines the persistence of blackface and racial impersonation across cultures and historical contexts. This event brings together prominent scholars and artists to discuss the enduring legacy of these practices and how they shape ideologies of race-making.

## **Friday:**

9:00am – 12:00pm, Harlem Street Tree Care, in person, Free

- Volunteers will learn how to aerate, cultivate, mulch, and identify street trees. They will also learn about the important roles street trees play in New York City. Volunteers should dress in clothes that can get dirty and closed toe shoes. Face masks may be worn at your discretion.

2:45 – 4:15 pm, Explore Union Square

- Union Square is very lively, take a moment to walk around, and maybe even check out the market
  - Union Square GreenMarket in Union Square Park, Union Square W & E 17th St, New York, NY 10003
  - Union Square near the market there are chess tables set up; sit down and play with someone : )
  - The Strand, 828 Broadway, New York, NY 10003

6:30 – 8:30 pm, Bhakti Life: Bhagwad Gita Study Community, in person, Free

- Join us for an uplifting journey through the Bhagavad Gita, where we explore inspiring stories, uncover valuable life lessons, and connect ancient wisdom to our modern metropolitan lives.

### **Saturday:**

9:00 – 11:00 am, McGolrick Bird Club, in person, Free, you will do this activity with another person

- We get neighbors, artists, skaters and weirdos birding. Free walks are held every Saturday at 9am, year-round. Meet at the Russell & Driggs entrance to McGolrick park.

3:00 – 4:30 pm, Circle Line Tour, in person, \$37 (prepaid by apex)

- See NYC Landmarks, Statue of Liberty, Amazing Views of NYC in 90 Minutes

### Free Evening

### **Sunday:**

9:00 – 10:00 am, Quaker Meeting

- The Quaker way of worship is a Meeting of people who seek the inner Light. We sit in silence - no minister leads us; no formal prayers are said nor hymns sung; no religious symbols are displayed. We believe in divine guidance. We wait for the holy spirit to speak in and through us. This voice we hear is neither an opinion nor a political observation. It comes from the deepest part of the soul. It fills both speaker and listener with profound joy, and touches on the eternal. After sitting in silence and allowing for a suitable period of waiting, if someone is so moved to speak, his or her words may enrich the understanding of those present. Both our silence and our spoken words bring us closer together and to God.

10:15 am – 12:45 pm, Financial District Walking Tour, Free, tour map provided by apex

- This is the city's buzzing financial heart, home to Wall Street and glittering skyscrapers. Sidewalks bustle during the week and, after work, young professionals fill the restaurants and bars of the South Street Seaport and pedestrian-only Stone Street. The sombre National September 11 Memorial and Museum, in the footprint of the Twin Towers, is also here. Above it all is the observatory atop One World Trade Center.

2:00 – 3:00pm Afro-Haitian Folkloric Dance Class

- Experience the power of traditional Haitian dance with live drumming, connecting movement, rhythm, and culture in an energizing and deeply expressive class. No experience needed—just let the rhythm guide you!