


AUGUST 2018 ACTIVITY CALENDAR

CARTER BURDEN/ROOSEVELT ISLAND SENIOR CENTER (546 MAIN ST.)
MON-FRI 9AM-5PM ❤️ LUNCH : 12PM ❤️ PHONE: 212-980-1888



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>AM</p> <p>10:00- 11:00: Total Body with Linda</p>	<p>AM</p> <p>9:30-10:30: Forever Young with Zandra</p> <p>10:45- 11:45: Ping Pong with Dexter</p>	<p>AM</p> <p>9:30-10:30: Seated Yoga w Irene</p> <p>9:45-11:30: Hunter College Nursing Students</p> <p>10:00-12:00: Computers w/ Alex</p> <p>10:30- 11:30: Total Body with Linda</p>	<p>AM</p> <p>10:30 -12 :Computers w/Library</p> <p>10:45- 11:45: Feldenkrais Method</p> <p>10:45-12: Ping Pong w/ Dexter</p> <p>11:00-12:30: Knitting with Yolanda</p>	<p>AM</p> <p>9:30-10:30: Forever Young with Zandra</p> <p>10:45-11:45 Road Runners Striders Walking Club w/ Sid</p>
<p>PM</p> <p>12:30-1:30: Balance Fitness w/Sid</p>	<p>PM</p> <p>1:00-4:00: People, Places, & Things Art Workshop w/ Michael</p>	<p>PM</p> <p>1:00-4:00: Art Workshop w John</p> <p>1:30-4:45: Scrabble</p> <p>2:00-4:45: Bridge</p>	<p>PM</p> <p>1:00-4:00: Sewing with Davida</p> <p>2:00-4:45: Movie</p>	<p>PM</p> <p>1:00-3:00: Computers w/Alex</p> <p>1:00-4:00: Art Workshop w/John</p> <p>1:00-3:00: Korean Social</p> <p>2:00-3:00: Seated Yoga w/ Irene</p>
<p>SPECIAL EVENTS</p> <p>6th : Jewels with Judy at 1:30</p> <p>13th: Doll Making/Sewing with Davida 1:30pm — 4:30 pm</p> <p>20th: Jewels with Judy at 1:30</p> <p>20th: Fire Safety Workshop with FDNY 11:00 a.m.</p> <p>27th: Doll Making/Sewing with Davida 1:30pm — 4:30 pm</p>	<p>SPECIAL EVENTS</p> <p>7th: Rockaway Ferry Trip 10:30</p> <p>21st: Bake Sale 11:30 to 2:00</p> <p>21st: BINGO with Pat</p> <p>1:00 to 2:30 pm.</p> <p>August 21st is Senior Citizens Day</p> 	<p>SPECIAL EVENTS</p> <p>1st, 15th , 29th:Senator Serrano's Rep (11-2pm)</p> <p>1st: Nutrition Workshop with Hunter Nursing Students 11:30</p> <p>8th: Aging Artfully trip 11:30am Self transportation</p> <p>8th & 22th: Seawright constituent hours (10am-1pm)</p>	<p>SPECIAL EVENTS:</p> <p>2nd: Arthur Avenue trip @ 10:30</p> <p>9th: Cooking Demo with Louella 1:00 pm</p> <p>23rd:Cooking Demo with Louella 1:00 pm</p> <p>30th: Birthdays Celebration 1 pm</p>	<p>SPECIAL EVENTS</p> <p>10th &17th: Research Study "What is the meaning of home to you?" 1:00 pm</p>

ALL PROGRAMMING IS FREE. VOLUNTARY CONTRIBUTION OF \$1.50 REQUESTED FOR LUNCH.

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