

JANUARY 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
AM 9:30-10:30: Skills in Motion w/ Charisma & Asphalt Green 10:30-11:30: Stretch & Tone w/ Kathy	AM 9:30-10:30: Forever Young w/ Zandra 10:30: RIOC Shopping Bus 11:00: Web Literacy Class Resumes Jan 9th	AM 9:30-10:30: Seated Yoga w Irene 10:00-12:00: Computers w/ Alex 10:30-11:30: Stretch & Tone w/ Kathy (Jan 3, 10)	AM 9:30-10:30: Skills in Motion w/ Charisma & Asphalt Green 10:30-12:00: Computers w/ the Library 10:45-11:45: Feldenkrais Method	AM 9:30-10:30: Forever Young w/ Zandra 10:45-11:45 Road Runners Striders Walking Club w/ Sid
PM	PM	PM	PM	PM
12:30-1:30: Road Runners Balance Fitness w/ Sid	1:00-4:00: People, Places, & Things Art Workshop w/ Michael	1:00-4:00: Art Workshop 1:00: Bridge w/ Fran 1:30: Scrabble	1:00-2:00: Mindful Meditation & Relaxation Group w/Prafulla 2:00: Movie 2:00-3:00 Web Literacy Class	1:00-3:00: Computers w/Alex 1:00-4:00: Art Workshop w/John 1:00-3:00: Korean Social 2:00-3:00: Seated Yoga w/ Irene 3:00-4:30: Genealogy w/Lynne
SPECIAL EVENTS 08 th : MetroCard Van (11-12:30) 08 th : Jewels w/ Judy (1:30-3:30pm) 16 th : CLOSED Martin Luther King Jr. Day 22 th : Jewels w/ Judy (1-3:00) Doll Making w/ Davida (3-5:00) 29 th : Doll Making w/ Davida (1:30-3:30pm)	SPECIAL EVENTS 9 th : Michael Returns (People, Places & Things) 9 th : Web Literacy Course resumes w/Vibhore	SPECIAL EVENTS 3 rd , 17 th , 31 st : Senator Serrano's Rep (11:00-2:00) 10 th :Senior Safety & Elder Abuse w/ ADA Catherine 11AM 17 th : Mental Health Presentation W/ NAMI (11AM) 17 th : Charismatic Calisthenics w/ Charisma (Jan 17,24,31) 1:00 pm – 2pm 24 th : Columbia O.T Students	SPECIAL EVENTS: 4 th : Pooled Trust & Home Care w/ Freedom Care (1:00pm) 11 th : Medicare Part B Outpatient Services (1:00pm) w/ Fox Rehab 18 th : Bingo w/Pat (1:00) 26 th : Birthday Celebration (1:00pm-2:00pm)	SPECIAL EVENTS 4 th : Genealogy w/ Lynne resumes 12 th : St. Vartan Cathedral (Trip) (space is limited)

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING