



OCTOBER 2017 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	AM 9:30-10:30: Seated Yoga w Irene 10:00-12:00: Computers w/ Alex 10:30-11:30: Stretch & Tone w/ Kathy 10:30 RIOC shopping bus	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 OCTOBER 4TH, RECEPTION 1:00: Bridge w/ Fran 1:30: Scrabble	12:30: Special Presentation (when announced below) 2:00: Movie	1:00-2:00: Mindful Meditation & Relaxation Group w/ Prafulla 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
SPECIAL EVENTS 2 nd : Jewels w/ Judy (1:30pm-3:30pm) 9 th : CLOSED 16 th : Crafting with Integra (1:00-2:30) Bag Making 16 th : Doll Making w/ Davida (2:30pm-4:30pm) 23 rd : Doll Making w/ Davida (1:30pm-3:30pm) 30 th : Jewels w/ Judy (1:30pm-3:30pm)	SPECIAL EVENTS 10 th , 17 th , 24 th , 31 st : Learning About Medicare (11:00am-2:00pm) *Tabling in Lobby* <u>IDNYC TO RETURN</u> <u>OCTOBER 19TH -27TH</u> <u>9:00-5:00</u>	SPECIAL EVENTS 4 th , 11 th , 18 th , 25 th : Wellness in the Community w/ Hunter College Nursing Students (9:30-11:30) 11 th : Winter Safety Seminar w/ Hunter College Nursing Students (@12:30pm) 11 th : Decorating & Crafting w/ Macy's (1:00pm-3:00pm) 18 th : Botanical Garden Trip w/ Striders Walking Club (@9:00am) *SIGN UP*	SPECIAL EVENTS: 12 th : Integra Event (12:30pm-1:30pm) Nutrition 12 th : Potluck Patio Party BRING A DISH TO SHARE (2:00pm-4:00pm) 19 th : Broadway Bingo (1:00pm-2:00pm) 26 th : Birthday Celebration (1:00pm-2:00pm)	SPECIAL EVENTS 6 th : Into to the New Computer Lab with Alex (1:00pm-3:00pm) 13 th : RI Storytelling Event (1:00pm-3:00pm) 27 th : Halloween Party w/ Live DJ Sponsored by Visiting Nurses (@1:00pm) BRING A FUN DISH TO SHARE

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING