

# DECEMBER 2018 ACTIVITY CALENDAR

CARTER BURDEN/ROOSEVELT ISLAND SENIOR CENTER (546 MAIN ST.)

MON-FRI 9AM-5PM ♥ LUNCH : 12PM ♥ PHONE: 212-980-1888



<b>MONDAYS</b>	<b>TUESDAYS</b>	<b>WEDNESDAYS</b>	<b>THURSDAYS</b>	<b>FRIDAYS</b>
<p><b>AM</b></p> <p><u>9:30-10:30</u>: Mindful Meditation &amp; Relaxation with Prafulla</p> <p><u>10:30- 11:30</u>: Total Body with Linda</p>	<p><b>AM</b></p> <p><u>9:30-10:30</u>: Forever Young with Zandra</p> <p><u>10:30-12:00</u>: <i>Tech Literacy Course w Tanuj</i></p> <p><u>10:45- 11:45</u>: Ping Pong with Dexter</p>	<p><b>AM</b></p> <p><u>9:30-10:30</u>: Seated Yoga – Irene</p> <p><u>10:00-12:00</u>: Computers - Alex</p> <p><u>10:30- 11:30</u>: Total Body with Linda</p>	<p><b>AM</b></p> <p><u>10:00-11:00</u>: Road Runners Striders Walking Club –Asteria</p> <p><u>10:45-12</u>: Ping Pong – Dexter</p>	<p><b>AM</b></p> <p><u>9:30-10:30</u>: Forever Young with Zandra</p> <p><u>10:30-12:00</u>: <i>Tech Literacy Course with Tanuj</i></p>
<p><b>PM</b></p> <p><u>12:30-1:30</u>: Balance Fitness - Sid</p>	<p><b>PM</b></p> <p><u>1:00-4:00</u>: People, Places, &amp; Things Art Workshop – Michael</p> <p><u>2:00-4:45</u>: Bridge</p>	<p><b>PM</b></p> <p><u>1:00-4:00</u>: Art Workshop - John</p> <p><u>1:30-4:45</u>: Scrabble</p>	<p><b>PM</b></p> <p><u>1:00-4:00</u>: Sewing with Davida</p> <p><u>2:00-4:45</u>: Movie</p>	<p><b>PM</b></p> <p><u>12:00-3:00</u>: Korean Social</p> <p><u>1:00-3:00</u>: Computers - Alex</p> <p><u>1:00-4:00</u>: Art Workshop -John</p> <p><u>2:00-3:00</u>: Seated Yoga – Irene</p>
<p><b>SPECIAL EVENTS</b></p> <p><b>3<sup>rd</sup></b> : Elder Abuse Workshop From 11am – 12pm.</p> <p><b>3<sup>th</sup> &amp; 17<sup>th</sup></b>: Doll Making/Open Sewing with Davida 1:30pm – 4:30</p> <p><b>12<sup>th</sup></b>: <i>Jewels with Judy at 1:30</i></p> <p><b>24<sup>th</sup></b>: <u>CLOSING AT 1:00 P.M.</u></p> <p><b>31<sup>st</sup></b>: <u>CLOSING AT 1:00 P.M.</u></p>	<p><b>SPECIAL EVENTS</b></p> <p><b>4<sup>th</sup></b> : Chanukah Sing Along At 11:00 – 12:00 P.M.</p> <p><b>4<sup>th</sup></b>: <b>General Meeting (Very Important) From 2 – 3 Pm.</b></p> <p><b>11<sup>th</sup></b> : Bake Sale 11- 1:00 P.M.</p> <p><b>18<sup>th</sup></b>: Bingo With Pat @ 1:00</p> <p><b>25<sup>th</sup></b>: <u>CLOSED FOR CHRISTMAS</u></p>	<p><b>SPECIAL EVENTS</b></p> <p><b>5<sup>th</sup></b>: <u>FREE MAMMOGRAM SCREENING 10 A.M – 4 P.M</u></p> <p><b>12<sup>th</sup></b>: New York City Fire Museum Trip 11:00- 2:00 pm</p>	<p><b>SPECIAL EVENTS:</b></p> <p><b>6<sup>th</sup></b>: <i>Last Day for Medicare Assistance with Neal 11- 1 pm.</i></p> <p><b>13<sup>th</sup></b>: Swing Tai Chi with Martha from 1:00 – 2:00 p.m.</p> <p><b>20<sup>th</sup></b>: <u>HOLIDAY PARTY</u></p> <p><b>28<sup>th</sup></b>: Birthdays Celebration 1:00</p>	<p><b>SPECIAL EVENTS</b></p> <p><b>14<sup>th</sup></b>: <u>CLOSING AT 3:00 P.M.</u></p>

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING