

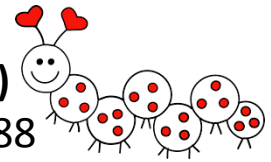


FEBRUARY 2019 ACTIVITY CALENDAR

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><u>9:30-10:30</u>: Mindful Meditation & Relaxation with Prafulla</p> <p><u>10:30- 11:30</u>: Total Body with Linda</p>	<p>AM</p> <p><u>9:00- 1:00</u>: AARP TAX ASSISTANCE ONGOING!</p> <p><u>9:30-10:30</u>: Forever Young with Zandra</p> <p><u>10:45- 11:45</u>: Ping Pong with Dexter</p>	<p>AM</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>AM</p> <p><u>10:00-11:00</u>: Road Runners Striders Walking Club & core strength training –Asteria</p> <p><u>11:00-12:00</u> Ping Pong – Dexter</p> <p><u>11:00-12:00</u> Knitting – Yolanda</p>	<p>AM</p> <p><u>9:30-10:30</u>: Forever Young with Zandra</p> <p><u>10:45-12:00</u>: Spanish with Irene</p>
<p>PM</p> <p><u>12:30-1:30</u>: Balance Fitness - Sid</p> <p><u>1:00- 3:00</u>: Columbia University Occupational Therapy Students</p>	<p>PM</p> <p><u>1:00-4:00</u>: People, Places, & Things Art Workshop – Michael</p> <p><u>2:00-4:45</u>: Bridge</p>	<p>PM</p> <p><u>1:00-4:00</u>: Art Workshop – John</p> <p><u>1:30-4:45</u>: Scrabble</p>	<p>PM</p> <p><u>1:00-4:00</u>: Sewing with Davida</p> <p><u>2:00-4:45</u>: Movie</p>	<p>PM</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>
SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS:	SPECIAL EVENTS
<p><u>4th & 19th</u> : Doll Making/Open Sewing with Davida 1:30pm – 4:30</p> <p><u>11th & 25th</u> : <i>Jewels with Judy at 1:30</i></p> <p><u>18th</u>: CLOSED</p>	<p><u>5th</u>: Healthy Eating for Healthy Aging workshop w/ Hospital for Special Surgery</p> <p><u>12th</u>: Essential Oils Workshop 11:00</p> <p><u>19th</u>: Bake Sale 11- 1:00 P.M.</p> <p><u>26th</u>: Osteoarthritis workshop w/ Hospital for Special Surgery 11:00</p> <p><u>26th</u>: BINGO with Pat 1:00 – 2:30</p>	<p><u>13th</u>: John’s Art Show 3:00 – 5pm</p> <p><u>16th & 20th</u> : Senator Serrano constituent hours (11am-2pm)</p> <p><u>20th</u>: Book Club meeting with Library 3:30- 5:00 P.M.</p> <p><u>27th</u>: Black History Month Celebration 1:00- 3:00 p.m.</p>	<p><u>14th</u>: Free Manicures 11:00 a.m.</p> <p><u>14th</u>: Valentine’s Day Party 1:30</p> <p><u>21st</u>: Swing Tai Chi with Martha 1- 2:00 P.M.</p> <p><u>28th</u>: Birthdays Celebration with Live Music Sponsored by Concerts in Motion 1:00</p>	<p><u>22th</u> :<i>Brooklyn Museum Trip 11:30- 2:30 p.m.</i></p>

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING