


JULY 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>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>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>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>1:00 – 2:00: Zumba and Fitness w/ Charisma</p> <p>1:30: Scrabble</p> <p>2:00: Bridge</p>	<p>PM</p> <p>1:00-4:00: Sewing with Davida</p> <p>2:00: 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>2nd : Senator Serrano's Rep (11:00-2:00 pm)</p> <p>2nd: Doll making with Davida 1:30 pm – 4:30 pm</p> <p>9th: Jewels with Judy at 1:30</p> <p>16th: SUNY Downstate Medical Center research study presentation 11 am</p> <p>16th: Doll Making with Davida 1:30pm -- 4:30 pm</p> <p>23th: Jewels with Judy at 1:30</p>	<p>SPECIAL EVENTS</p> <p>10th : VOLS Presentation (10:45 am)</p>	<p>SPECIAL EVENTS</p> <p>4th : CLOSED Independence Day</p> <p>11th & 25th: Seawright constituent hours (10am-1pm)</p> <p>18th:Senator Serrano's Rep (11-2pm)</p> <p>18th : Research Study by SUNY Downstate Medical Center Receive \$25 (10am- 3:00pm)</p> <p>18th: Diabetes and Diet sponsored by Hospital for Special Surgery (2:00pm-3pm)</p> <p>25th: Jewelry making with Empire Blue Cross Blue Shield (2pm-3pm)</p>	<p>SPECIAL EVENTS:</p> <p>12th: Trip- Coney Island Self-Transportation @10:30am</p> <p>19th: BINGO with Pat 1:00 pm</p> <p>26th: Swing Tai Chi B-Day's Celebration with Martha 1 pm.</p>	<p>SPECIAL EVENTS</p> <p>06th: Trip – QNS Museum 11:00am</p>

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING