

JUNE 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 9:30-12:00: Exploration in Visual Arts with Bethany 10:30- 11:30: Stretch & Tone with Kathy	AM 9:30-10:30: Forever Young with Zandra 10:45- 11:45: Ping Pong with Dexter	AM 9:30-10:30: Seated Yoga w Irene 10:00-12:00: Computers w/ Alex 10:30-11:30: Stretch & Tone with Kathy	AM 10:00-12: Arts in the garden workshop w/ Kathy 10:30:Computers w/ the Library 10:45: Feldenkrais Method 10:45: Ping Pong w/ Dexter 11:00: Knitting w/ the Library	AM 9:30-10:30: Forever Young with Zandra 10:45-11:45 Road Runners Striders Walking Club w/ Sid
PM	PM	PM	PM	PM
12:30-1:30: Balance Fitness w/Sid 1:00- 3:00: Exploration in Visual Arts with Bethany	1:00-4:00: People, Places, & Things Art Workshop w/ Michael	1:00-4:00: Art Workshop w/ John 1:00 – 2:00: Zumba and Fitness w/ Charisma 1:30: Scrabble 2:00: Bridge	1:00-4:00: Sewing with Davida 2:00: Movie	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	SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS:	SPECIAL EVENTS
4 th : Doll making with Davida 1:30 pm – 4:30 pm 11 th : Jewels with Judy at 1:30 18 st : Doll Making with Davida 1:30pm -- 4:30 pm 25 th : Jewels with Judy at 1:30	5 th : Homecare in Retirement Workshop 11:00- 12pm 26 th : Advance Care Planning Workshop 1:00pm- 2:00pm	6 th , 20 th : Senator Serrano's Rep (11:00-2:00 pm) 6 th : Hunter College Nursing Students Return 9:30 am-12:00 (ongoing) 13 th : Jewelry making with Empire BlueCross 2:00 pm 20 th : Fully integrated duals advantage (FIDA) workshop 11:00am	7 th : Trip- Central Park Conservancy and The MET 14 th : Tai Chi Swing with Martha 1:00- 2:00 pm 21 th : BINGO with Pat 1:00 pm 21 th : Nutrition workshop with Martha 2:15 pm. 28 th : B-Day's Celebration 1:00pm	22 th : Four Freedom Presentation with Ryan 10:45 am. 29 th : Trip – City Island

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING