



JANUARY 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>9:30-10:30</u>: Forever Young with Zandra</p> <p><u>10:30-12:00</u>: Tech Literacy Course w Tanuj</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 –Asteria</p> <p><u>11:00-12</u>: Ping Pong – Dexter</p>	<p>AM</p> <p><u>9:30-10:30</u>: Forever Young with Zandra</p> <p><u>10:30-12:00</u>: Tech Literacy Course with Tanuj (1/18/19)</p> <p><u>11:00- 12:00</u>: Spanish Lessons /Language classes with Irene Irene (1/11)</p>
<p>PM</p> <p><u>12:30-1:30</u>: Balance Fitness - Sid</p>	<p>PM</p> <p><u>1:00-4:00</u>: People, Places, & Things Art Workshop – Michael (01/15/19)</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>
<p>SPECIAL EVENTS</p> <p><u>7th & 22nd</u>: Doll Making/Open Sewing with Davida 1:30pm – 4:30</p> <p><u>14th & 28th</u> : Jewels with Judy at 1:30</p> <p><u>21th</u>: CLOSED</p> <p><u>28th</u> : O.T Students New Session with Bianca & Darwin 1:30 p.m.</p>	<p>SPECIAL EVENTS</p> <p><u>1st</u>: CLOSED</p> <p><u>8th</u>: Asia Society Trip 11:30- 2:30</p> <p><u>15th</u>: Bake Sale 11- 1:00 P.M.</p>	<p>SPECIAL EVENTS</p> <p><u>2nd, 16th & 22nd</u>: Senator Serrano constituent hours (11am-2pm)</p> <p><u>16th</u>: Book Club meeting with Library 3:30- 5:00 P.M.</p>	<p>SPECIAL EVENTS:</p> <p><u>10th</u>: The New York Health Act Universal, guaranteed health care for all New Yorkers 1:00 p.m.</p> <p><u>17th</u>: Swing Tai Chi with T Martha 1- 2:00 P.M</p> <p><u>31th</u>:Hearing Loss Workshop w/Center for Hearing & Communication 10:30 a.m.</p> <p><u>31th</u>: Birthdays Celebration 1:00</p>	<p>SPECIAL EVENTS</p> <p><u>4th</u>: John’s art show 12:30- 3 p.m.</p> <p><u>25th</u>: Elder abuse workshop with D.A Catherine Christian 10:30 a.m.</p>

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

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