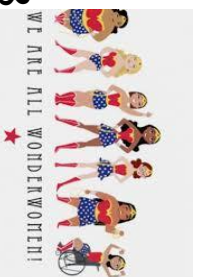


MARCH 2018 ACTIVITY CALENDAR

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>10:30-11:30: Stretch & Tone with Kathy</p>	<p>AM</p> <p>9:30-10:30: Forever Young with Zandra 10:30: RIOC Shopping Bus 10:45: Ping Pong w/ Dexter</p>	<p>AM</p> <p>9:30-10:30: Seated Yoga w Irene 10:00-12:00: Computers w/ Alex 10:30-11:30: Stretch & Tone w/ Kathy</p>	<p>AM</p> <p>10:30: Computers w/ the Library 10:45: Feldenkrais Method 11:00: Knitting w/ the Library</p>	<p>AM</p> <p>9:30-10:30: Forever Young with Zandra 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 1:30-2:30: Financial Literacy w/ Peter Lew</p>	<p>PM</p> <p>1:00-4:00: Art Workshop w/ John 1:00: Bridge 1:00: Zumba and Fitness w/ Charisma Starting March 7th 1:30: Scrabble</p>	<p>PM</p> <p>1:00-4:00: Sewing w/ Davida (Starts March 15th) 2:00: Movie</p>	<p>PM</p> <p>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 3:00-4:30: Genealogy w/Lynn</p>
<p>SPECIAL EVENTS</p> <p>5th: Jewels w/ Judy (1:00-3:00pm) 12th: MetroCard Van (11-12:30pm) 12th: Doll Making w/Davida (1:30pm-3:30pm) 19th: Jewels w/ Judy (1:30-3:30pm) 26th: Doll Making with Davida (1:30-3:00pm) 26th: Cooking Demo with Louella (2:00 pm)</p>	<p>SPECIAL EVENTS</p> <p>AARP Tax Assistance every Tuesdays until April 17, 2018 (9AM-1PM) 13th: Sewing Room, Ribbon Cutting with Ravenswood Refreshments will be served.</p>	<p>SPECIAL EVENTS</p> <p>7th, 14th, 21st, 28th: Columbia University Occupational Therapy students (1:00-2:00 pm) 7th, 21st: Assembly Member Seawright Rep (10-2:00 pm) 14th, 28th: Senator Serrano's Rep (11:00-2:00 pm)</p>	<p>SPECIAL EVENTS:</p> <p>1st: NYU Langone Health Breast and Colorectal Workshop (11:00am) 8th: Chemical Safety w/ NYC Poison Control Center (11AM) 15th: Medi Blue intro to services (11:00 am) 22th: BINGO W/ PAT (1pm) 29th: Birthday Celebration (1:00pm-2:00pm) Live Performance</p>	<p>SPECIAL EVENTS</p> <p>TRIPS 9th: Paper on Art Exhibition (12PM) 16th: Women's History Celebration 23th: Fashion Show at Covello (10:30pm)</p>



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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING