



MAY 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: Exploration in Visual Arts 10:30: Stretch & Tone w/ Kathy	AM 9:30: Forever Young w/ Zandra 10:30: RIOC Shopping Bus 10:45: Ping Pong w/ Dexter	AM 9:30-10:30: Seated Yoga w Irene 10:00-12:00: Computers w/ Alex 10:30-11:30: Stretch & Tone w/ Kathy	AM 10:00: 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: Forever Young w/ 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: Exploration in Visual Arts	1:00-4:00: People, Places, & Things Art Workshop w/ Michael	1:00-4:00: Art Workshop w/ John 1:00: Bridge 1:00: Zumba and Fitness w/ Charisma 1:30: Scrabble	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 3:00-4:30: Genealogy w/Lynne
SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS:	SPECIAL EVENTS
7 th : <i>Chemical Safety at Home presentation</i> 11:00 am 7 th : <i>Doll making with Davida</i> 1:30 pm 14 th : <i>MetroCard Van</i> 11:00 am 14 th : <i>Colorectal Workshop</i> 11:00 am 14 th : <i>Jewels with Judy</i> at 1:30 21 st : <i>Doll Making with Davida</i> 1:30pm 21 st : <i>Senior Week Kickoff</i> (at lunch) – Special Desserts every day this week 28 th : CLOSED FOR MEMORIAL DAY	1 st : Trip to MOMA 11:30 am	2 nd , 16 th : <i>Assembly Member Seawright's Rep</i> (11-2:00 pm) 9 th , 23 th : <i>Senator Serrano's Rep</i> (11:00-2:00 pm) 16 th : <i>Cooking Demo with Louella</i> 2:00 23 rd : <i>Mary Lou Art Salon Reception</i> 3:00-5:00pm 30 th : <i>Hunter College Nursing Students Return</i> 9:30 am	10 th & 11 th : <i>Mental Health First Aid Training</i> 9:00am -12:00 pm 17 th : <i>Bronx Museum of Arts</i> 24 th : <i>BINGO with Pat</i> 1:00 pm 26 th : Birthdays celebration 1:00 pm	4 th : <i>TED TALK with Joyce Short</i> 11:15 am. <i>Special guest Rebecca Seawright.</i> 25 th : Healthy Brain Workshop with Alz. Association

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

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