

MAY 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
AM <u>10:30- 11:30</u> : Total Body with Linda	AM <u>9:30-10:30</u> : Forever Young with Zandra <u>10:45- 11:45</u> : Ping Pong with Dexter	AM <u>9:30-10:30</u> : Seated Yoga – Irene <u>10:00-12:00</u> : Computers – Alex <u>11:00-12:00</u> : Spanish w/Irene <u>10:30- 11:30</u> : Total Body with Linda	AM <u>10:00-11:00</u> : Road Runners Striders Walking Club & core strength training –Asteria <u>11:00-12:00</u> Ping Pong – Dexter <u>11:00-12:00</u> Knitting – Yolanda	AM <u>9:30-10:30</u> : Soul Glow Fitness with Keesha <u>10:45-11:45</u> : Core Strength training with Asteria
PM <u>12:30-1:30</u> : Balance Fitness - Sid	PM <u>12:30-1:30</u> : Chorus with 92 nd St Y School of Music <u>1:00-4:00</u> : People, Places, & Things Art Workshop – Michael	PM <u>12:30-1:30</u> : Chorus with 92 nd St Y School of Music <u>1:00-4:00</u> : Art Workshop – John <u>1:30-4:45</u> : Scrabble	PM <u>1:00-4:00</u> : Sewing with Davida <u>2:00-4:45</u> : Movie	PM <u>12:00-3:00</u> : Korean Social <u>1:00-3:00</u> : Computers - Alex <u>1:00-4:00</u> : Art Workshop -John
SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS:	SPECIAL EVENTS
<u>6th & 20th</u> : Jewels with Judy at 1:30 <u>13th</u> : Doll Making/Open Sewing with Davida 1:30pm – 4:30 <u>11th & 25th</u> : Seawright's constituent hours 1:00 – 3:00 p.m. <u>20th</u> : Water and Nutrition workshop with FDNY 11:00- 12:00 p.m. <u>27th</u> : Closed for Memorial Day	<u>07th</u> : Healthy Brain , Healthy Life Lecture with Sunnyside Community Center at 11:00 <u>21th</u> : Bake Sale 11- 1:00 P.M. SENIOR WEEK! 5/28-5/31 <u>28th</u> : BINGO w/PAT 1- 2:30 P.M.	<u>1st</u> : CLOSING AT 3:30 P.M. SENIOR WEEK! 5/28-5/31	<u>2th</u> : SAVE THE DATE! SENIOR RESOURCE FAIR FROM 10:00 – 1: 00 P.M (OPEN TO THE PUBLIC) <u>16th</u> : Swing Tai Chi with Martha 12:45 p.m. to 1:45 p.m. SENIOR WEEK! 5/28-5/31 <u>30th</u> : Birthday Celebration with Live Music Sponsored by Concerts in Motion 1:00	<u>3rd</u> : <i>The POWER of Posture at 1:00 p.m. with FOX Rehab</i> SENIOR WEEK! 5/28-5/31

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING