



OCTOBER 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>9:30-10:30: Mindful Meditation & Relaxation with Prafulla</p> <p>10:30- 11:30: Total Body with Linda</p>	<p>AM</p> <p>9:30-10:30: Forever Young with Zandra</p> <p>10:45- 11:45: Ping Pong with Dexter</p>	<p>AM</p> <p>9:30-10:30: Seated Yoga – Irene</p> <p>9:30-12:30: Nursing Students</p> <p>10:00-12:00: Computers - Alex</p> <p>10:30- 11:30: Total Body</p>	<p>AM</p> <p>10:30 -12 :Computers w/Library</p> <p>10:45- 11:45: Feldenkrais Method</p> <p>10:45-12: Ping Pong - Dexter</p> <p>11:00-12:30: Knitting –Yolanda</p> <p>11-1: <i>Medicare Assistance with Neil (Starts 10/11)</i></p>	<p>AM</p> <p>9:30-10:30: Forever Young with Zandra</p> <p>10:45-11:45 Road Runners Striders Walking Club - Sid</p>
<p>PM</p> <p>12:30-1:30: Balance Fitness - Sid</p>	<p>PM</p> <p>1:00-4:00: People, Places, & Things Art Workshop - Michael</p>	<p>PM</p> <p>1:00-4:00: Art Workshop - John</p> <p>1:30-4:45: Scrabble</p> <p>2:00-4:45: Bridge</p>	<p>PM</p> <p>1:00-4:00: Sewing with Davida</p> <p>2:00-4:45: Movie</p>	<p>PM</p> <p>1:00-3:00: Computers - Alex</p> <p>1:00-4:00: Art Workshop -John</p> <p>1:00-3:00: Korean Social</p> <p>2:00-3:00: Seated Yoga - Irene</p>
<p>SPECIAL EVENTS</p> <p>1st: <i>Bed Bugs Prevention workshop 11:00 am</i></p> <p>1st: <i>Jewels with Judy at 1:30</i></p> <p>8th: CLOSED COLUMBUS DAY</p> <p>15th: <i>Jewels with Judy at 1:30</i></p> <p>22ND: <i>Doll Making/Open Sewing with Davida 1:30pm -- 4:30 pm</i></p> <p>29th: <i>Jewels with Judy at 1:30</i></p>	<p>SPECIAL EVENTS</p> <p>9th : <i>Doll Making/Open Sewing with Davida 1:30pm -- 4:30 pm</i></p> <p>23rd: <i>Bake Sale 11:30 to 2:00</i></p> <p>23rd: <i>BINGO with Pat 1:00 pm</i></p>	<p>SPECIAL EVENTS</p> <p>3rd: <i>Workshop 11 am “How to communicate with your doctor “</i></p> <p>31th: <i>Halloween Party! DJ sponsored by Integra 1:30 pm.</i></p>	<p>SPECIAL EVENTS</p> <p>4th: <i>AdvantAge Survey Kick-Off event 1:00 p.m.</i></p> <p>11th: <i>Epic and Medicare Info workshop 11:00 am</i></p> <p>25th: <i>Swing Tai Chi Birthdays Celebration with Martha 1:00 pm</i></p>	<p>SPECIAL EVENTS</p> <p>05th: <u><i>Tech Literacy Course 10:30 am (Cornell Tech).</i></u></p> <p>19th: <i>Museum Of Jewish Heritage A Living Memorial To The Holocaust 11:30 a.m.</i></p> <p>26th : <i>Walmart Trip 10:00 a.m.</i></p>

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING