

MARCH 2020 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>9:00-5:00: Individual Psychotherapy with Marc Raybin (LCSW)</p> <p>9:30- 12:30: Blood Pressure Screening with Hunter's Nursing Students</p> <p>12:30-1:30: Balance Fitness - Sid</p> <p>1:30-2:30: Activities of Daily Living with Occupational Therapy Students</p>	<p>9:00-1:00: AARP Tax Assistance</p> <p>9:30-10:30: Yoga w/ Ying</p> <p>10:45- 11:45: Ping Pong with Dexter</p> <p>12:45-2:45: Chorus with Ann Y92</p> <p>1:00-4:00: People, Places, & Things Art Workshop – Michael</p> <p>2:30-3:30: Web Literacy w/ Cornell Tech</p>	<p>9:30-10:30: Seated Yoga – Irene</p> <p>10:30- 11:30: Soul Glow Fitness with Keesha</p> <p>12:45-2:45: Chorus with Ann Y92</p> <p>1:00-4:00: Art Workshop/John</p> <p>1:30-4:45: Scrabble</p>	<p>9:00-5:00: Individual Psychotherapy with Marc Raybin (LCSW)</p> <p>10:00-11:00: NYRR Walking Club with Nereida</p> <p>11:00-12:00: Ping Pong – Dexter</p> <p>1:00-4:00: Sewing with Davida</p> <p>1:00-4:30: Print Making w/Karin</p>	<p>10:00-11:00: Soul Glow Fitness with Keesha</p> <p>10-12:00: Clothing Construction and Alterations with Tina</p> <p>1:00-4:00: Art Workshop -John</p> <p>1:00-4:30: Clothing Construction and Alterations with Tina</p> <p>1:00-2:00: Web Literacy w/ Cornell Tech</p>
SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS
<p>9 & 23th : Jewels with Judy 2:00-4:00 p.m.</p> <p>16th : JoAnn Fabric 10:30 a.m.</p> <p>30: Arthur Ave Trip 1045 p.m.</p>	<p>17th : Bake Sale 11-1 p.m.</p> <p>31st : Medical Fraud Workshop with AARP 10:45</p> <p>31st : BINGO 1:00- 2:30 p.m.</p>	<p>4 & 18th : Doll Making with Davida 1:00-4:00 p.m.</p>	<p>5th : Falls Prevention with Medical Alert 11-12 p.m.</p> <p>12th : International Women's Day Celebration 1:30- 2:30</p> <p>26th : Monthly Birthday Celebration 1:00 p.m. – 2:00</p>	<p>6th : Art on Paper Trip 11:00</p> <p>13: Coffee Social with Ernie 3:00-4:00 p.m.</p> <p>20th : Walmart Green Acres 10:45</p> <p>27th : Foodbank Presentation 11:00 – 12pm.</p>