



SEPTEMBER 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>10:00-12:00: Computers - Alex</p> <p>10:30- 11:30: Total Body with Linda</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>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>3rd: CLOSED LABOR DAY</p> <p>10th : Bed Bugs Prevention workshop 11:00 am</p> <p>10th: Doll Making/Sewing with Davida 1:30pm -- 4:30 pm</p> <p>17th: Jewels with Judy at 1:30</p> <p>24th: Doll Making/Open Sewing with Davida 1:30pm -- 4:30 pm</p>	<p>SPECIAL EVENTS</p> <p>11th: IDNYC returns</p> <p>11th: Brighton Beach Trip @11:00</p> <p>25th: BINGO with Pat @ 1:00</p>	<p>SPECIAL EVENTS</p> <p>12th: Breast Cancer Lecture with Mount Sinai Hospital @11:00</p> <p>12th: Swing Tai Chi with Martha 1:00 p.m.</p> <p>12th: Hunter Nursing Students 9:30 a.m.</p> <p>12th: Gardening Meeting 2:30</p> <p>19th: Belmont Trip</p> <p>26th: Falls Prevention with Columbia O. T students 1:00</p>	<p>SPECIAL EVENTS:</p> <p>13th: Arthur Ave Trip 10:30</p> <p>20th: PEARLS presentation at 11:00</p> <p>20th: General Meeting at 1:00pm</p> <p>27th: Birthdays Celebration with Live Music 1:00 pm</p>	<p>SPECIAL EVENTS</p> <p>14th: Closing at 3:00</p> <p>21th: END OF SUMMER POTLUCK PARTY 1:30 PM TO 4:00 PM .</p>

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING