




SEPTEMBER 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
<p>AM</p> <p><u>10:30- 11:30</u>: Total Body with Linda</p> 	<p>AM</p> <p><u>9:30-10:30</u>: Forever Young with Zandra</p> <p><u>10:45- 11:45</u>: Ping Pong with Dexter</p> <p><u>11:00-1:00</u>: BAKE SALE 9/17</p>	<p>AM</p> <p><u>9:30-10:30</u>: Seated Yoga – Irene</p> <p><u>10:30- 11:30</u>: Total Body with Linda</p>	<p>AM</p> <p><u>10:00-11:00</u>: NYRR Walk Club with Asteria</p> <p><u>10:30-12:00</u>: Computers Assistance with Anthony</p> <p><u>11:00-12:00</u> Ping Pong – Dexter</p> <p><u>11:00-12:00</u> Knitting – Yolanda</p>	<p>AM</p> <p><u>9:30-10:30</u>: Soul Glow Fitness with Keesha</p> <p><u>10-12:00</u>: <i>Clothing Construction and Alterations with Tina</i></p> <p><u>10:00-12:00</u>: Computers - Alex</p> <p><u>10:45-11:45</u>: Core Strength Training with Asteria</p>
<p>PM</p> <p><u>12:30-1:30</u>: Balance Fitness - Sid</p>	<p>PM</p> <p><u>1:00-4:00</u>: People, Places, & Things Art Workshop – Michael</p>	<p>PM</p> <p><u>1:00-4:00</u>: Art Workshop – John</p> <p><u>1:30-4:45</u>: Scrabble</p>	<p>PM</p> <p><u>1:00-4:00</u>: Sewing with Davida</p> <p><u>2:00-4:45</u>: Movie</p>	<p>PM</p> <p><u>1:00-3:00</u>: Computers - Alex</p> <p><u>1:00-4:00</u>: Art Workshop -John</p> <p><u>1:00-5:00</u>: <i>Clothing Construction and Alterations with Tina</i></p>
SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS	SPECIAL EVENTS
<p><u>2nd</u>: <i>Closed for Labor Day!</i></p> <p><u>9th</u>: <i>Blood Pressure Screening with Hunter Nursing Students 10-12:30.</i></p> <p><u>9th & 23rd</u>: <i>Jewels with Judy 1:30-3:30 p.m.</i></p> <p><u>16th & 30th</u>: <i>Doll Making/Open Sewing with Davida 1:30pm – 4:30</i></p> <p><u>30th</u>: <i>Meditation with Rondi 10:45</i></p>	<p><u>3rd</u>:<i>Doll Making w/Davida 1:30</i></p> <p><u>10th</u>: <i>Healthy Eating for Aging with Hospital for Special Surgery 11am- 12 p.m.</i></p> <p><u>17th</u>: <i>The 7 Habits of Happy People 11:00-12:00 p.m. with Humana</i></p> <p><u>24th</u>: B I N G O with Pat 1- 2:30.</p>	<p><u>11th</u>: <i>El Museo del Barrio 11- 3p.m.</i></p> <p><u>18th</u>: <i>F.I T museum 11-2:30 p.m.</i></p> <p><u>25th</u>: <i>Falls Prevention with O.T students from Columbia University</i></p>	<p><u>5th</u>: <i>El Barrio Market 11-1:30pm</i></p> <p><u>12th</u>: <i>Amway info session in English and Russian 1:00 p.m.</i></p> <p><u>26th</u>: <i>Birthday Celebration with Live Music Sponsored by Concerts in Motion 1:00 p.m.</i></p>	<p><u>6th</u>: <i>1:1 Tech Assistance with Cornell Tech Students. Sign up!</i></p> <p><u>13</u>: <i>Hanmi Bank Financial presentation 3:00 p.m.</i></p> <p><u>20th</u>: <i>Early Closure at 2:00 p.m.</i></p> 

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

PARTIALLY FUNDED BY NYC DEPARTMENT FOR THE AGING