

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<p>CENTER CLOSED</p> 	<p>ZUMBA GOLD W/AMIRA 10:00 TO 11:00 CHINESE FOLK DANCE 1:00 TO 3:00 YOGA W/ MIMI 1:30 TO 2:30</p>	 <p>ZUMBA fitness W/ MARIA 10:00 TO 11:00 BINGO 1 TO 3</p>	 <p>HAIR CUT 10:00 TO 1:00 SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00</p>	<p>SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00 LEISURE GAMES 2:00 TO 4:00 CHINESE FOLK DANCE 1:00 TO 3:00 BINGO 1:00 -3:00</p>
9	10	11	12	13
<p>EXERCISE W/ MARIA VERONICA 11:00 TO 12:00</p>  <p>DANCING PARTY DJ VALENTIN</p>  <p>1:00 TO 3:00</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 CHINESE FOLK DANCE 1:00 TO 3:00 YOGA W/ MIMI 1:30 TO 2:30</p>	<p>MOVIE DAY 1:15 TO 3 MY BIG FAT GREEK WEDDING</p>  <p>BINGO 1:00 TO 3:00</p>	 <p>HAIR CUT 10:00 TO 1:00 SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00</p> 	<p>Nutrition Presentation 11:00 TO 12:00</p>  <p>NUTRITION LESSON CHINESE FOLK DANCE 1:00 TO 3:00 BINGO 1:00 TO 3:00</p>
16	17	18	19	20
<p>CENTER CLOSED</p> <p><i>Our lives begin to end the day we become silent about things that matter.</i></p> <p>Martin Luther King, Jr.</p> 	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 CHINESE FOLK DANCE 1:00 TO 3:00 YOGA W/ MIMI 1:30 TO 2:30</p>	<p>MOVIE DAY 1:15 TO 3 OVERBOARD</p>  <p>BINGO 1:00 TO 3:00</p>	 <p>HAIR CUT 10:00 TO 1:00 SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00</p> 	<p>SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00 BINGO 1:00 TO 3:00 LEISURE GAMES 2:00 TO 4:00 CHINESE FOLK DANCE 1:00 TO 3:00</p>
23	24	25	26	27
 <p>EXERCISE W/ MARIA VERONICA 11:00 TO 12:00 DANCING PARTY DJ JULIO 1:00 TO 3:00</p> 	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 YOGA / MIMI 1:00 TO 3:00 TRIP TO TRADER'S JOE AT 9:00 am</p>	<p>MOVIE DAY 1:15 TO 3 AND SO IT GOES</p>  <p>HEALTH PRESENTATION STEPS TO PHYSICAL & MENTAL WELLNESS AT 11:30 TO 12:00</p>	 <p>HAIR CUT 10:00 TO 1:00 MOVIE DAY 1:15 TO 3:00 SPANISH MOVIE TOC TOC</p> 	<p>SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00 BINGO 1:00 TO 3:00 LEISURE GAMES 2:00 TO 4:00 CHINESE FOLK DANCE 1:00 TO 3:00</p>
30	31			
 <p>EXERCISE W/ MARIA VERONICA 11:00 TO 12:00 DANCING PARTY WOODY 1:00 TO 3:00</p> 	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 CHINESE FOLK DANCE 1:00 TO 3:00 YOGA w/ MIMI 1:30 TO 2:30</p>	<p>BOUTIQUE TUESDAYS & FRIDAYS 11: 00 TO 3:00 LOCATED IN THE BASEMENT</p>	 <p>Be Healthy! Eat well, Live well.</p>	<p>CCNS CATHERINE SHERIDAN SENIOR CENTER 35-24 83RD STREET JACKSON HEIGHTS NY 11372 718-458-4600 MON-FRI 8:30-4:30</p> <p><i>This Photo by Unkr</i></p>