

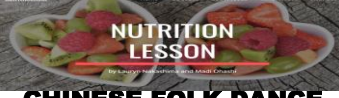









Monday	Tuesday	Wednesday	Thursday	Friday
<p>CCNS CATHERINE SHERIDAN SENIOR CENTER 35-24 83RD STREET JACKSON HEIGHTS NY 11372</p> <p>718-458-4600 MON-FRI 8:30-4:30</p>	<p>BOUTIQUE</p> <p>TUESDAYS & FRIDAYS</p> <p>11:00 TO 3:00</p> <p>LOCATED IN THE BASEMENT</p>	<p>BLOOD PRESSURE SCREENING 10:00 TO 12:00</p> <p>EXERCISE W/ MARIA VERONICA 10:00 TO 11:00</p> <p>Painting w/Justina 10 to 12</p> <p>COMPUTER CLASS 2:30 TO 3:30</p> <p>BINGO 1 TO 3</p>	<p>HAIR CUT 10:00 TO 1:00</p> <p>EXERCISE W/ GERARD 1:00 TO 2:00</p> <p>MOVIE DAY 2:15 TO 4:00</p>	<p>SIT AND FIT VIDEO EXERCISE 11:00 to 12:00</p> <p>LEISURE GAMES 2:00 TO 4:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p>
<p></p> <p>CROCHET W/ MICHELLE SOCIAL DANCING DJ VALENTIN</p> <p> 1:00 TO 3:00</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p> <p>YOGA W/ MIMI 1:30 TO 2:30</p>	<p>BLOOD PRESSURE SCREENING 10:00 TO 12:00</p> <p>EXERCISE W/ MARIA VERONICA 10:00 TO 11:00</p> <p>Painting w/Justina 10 to 12</p> <p>COMPUTER CLASS 2:30 TO 3:30</p> <p>BINGO 1 TO 3</p>	<p>HAIR CUT 10:00 TO 1:00</p> <p>EXERCISE W/ GERARD 1:00 TO 2:00</p> <p>MOVIE DAY 2:15 TO 4:00</p>	<p>Nutrition Presentation 11:00 TO 12:00</p> <p></p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p> <p>BINGO 1:00 TO 3:00</p>
<p>MR. SHU 100's BIRTHDAY CELEBRATION</p> <p></p> <p>SOCIAL DANCING W/ JULIO</p> <p>1:00 TO 3:00</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p> <p>YOGA W/ MIMI 1:30 TO 2:30</p>	<p>BLOOD PRESSURE SCREENING 10:00 TO 12:00</p> <p>Painting w/ Justina 10 to 12</p> <p>EXERCISE W/ MARIA VERONICA 10:00 TO 11:00</p> <p>COMPUTER CLASS 2:30 TO 3:30</p> <p>BINGO 1 TO 3</p>	<p>HAIR CUT 10:00 TO 1:00</p> <p>Prevent Elder Abuse Elder Abuse Project by Laurie Woods 11:00 to 12:00</p> <p>EXERCISE W/ GERARD 1:00 TO 2:00</p> <p>MOVIE DAY 2:15 TO 4:00</p>	<p>SELF DEFENSE BY VNS 11:00 TO 12:00</p> <p>LEISURE GAMES 11:00 to 12:00</p> <p>BINGO 1:00 TO 3:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p>
<p></p> <p>CROCHET W/ MICHELLE 10:00 TO 12:00</p> <p> SOCIAL DANCING W/ VALENTIN 1:00 TO 3:00</p>	<p>ZUMBA GOLD w/ AMIRA</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p> <p>YOGA W/ MIMI 1:30 TO 2:30</p>	<p>BLOOD PRESSURE SCREENING 10:00 TO 12:00</p> <p>EXERCISE W/ MARIA VERONICA 10:00 TO 11:00</p> <p>Painting w/ Justina 10 to 12</p> <p>COMPUTER CLASS 2:30 TO 3:30</p> <p>BINGO 1:00 TO 3:00</p>	<p>HAIR CUT 10:00 TO 1:00</p> <p>EXERCISE W/ GERARD 1:00 TO 2:00</p> <p>MOVIE DAY 2:15 TO 4:00</p>	<p>SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00</p> <p>BINGO 1:00 TO 3:00</p> <p>LEISURE GAMES 2:00 TO 4:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p>
<p></p> <p>CROCHET W/ MICHELLE 10:00 TO 12:00</p> <p> DANCING PARTY WOODY 1:00 TO 3:00</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p> <p>YOGA w/ MIMI 1:30 TO 2:30</p>	<p>BLOOD PRESSURE SCREENING EXERCISE W/ MARIA VERONICA 10:00-11:00</p> <p>Painting w/ Justina 10 to 12</p> <p>COMPUTER CLASS 2:30 TO 3:30</p> <p>BINGO 1:00 TO 3:00</p>	<p>Elder Abuse Prevention Wheatley Pritchard&Associates PLLC 11:00 to 12:00</p> <p>EXERCISE W/ GERARD 1:00 TO 2:00</p> <p> DANCING PARTY W/ JONATHAN 1:00 TO 3:00</p>	<p>Nutrition Presentation 11:00 to 12:00</p> <p></p> <p>BINGO 1:00 TO 3:00</p> <p>CHINESE FOLK DANCE</p>

