

SPECIAL MAY EVENTS

HEALTH, SAFETY, & FUN FOR OLDER AMERICANS MONTH

FRI.	5	1:00	DANCING WITH DJ RICH
MON.	8	10:30	WHEEL OF FORTUNE" w/ TAYLOR FROM BEACON REHAB
TUES.	9	10:30	JOKERSIZE w/ HOWIE
FRI.	12	1:00	CELEBRATE MOTHER'S DAY: DANCING TO DJ RAY, GIFT FOR ALL WOMEN
MON.	15	10:30	NUTRITION WORKSHOP: LEARN ABOUT VITAMIN D & ITS MANY FUCTIONS WITH NERON
TUES.	16	10:30	"HOW TO PROTECT YOURSELF FROM ELDER ABUSE" – LIZ GULLO, ESQ
FRI.	19	10:30	NUTRITION WORKSHOP: "GLUTEN FREE DIET" – VNS CERTIFIED NUTRITIONIST
		1:00	THE GREAT AMERICAN SONG BOOK w/ SAL ARMEO
MON.	22	1:15	CENTER TALENT SHOW
TUES.	23	10:30	NY FOUNDATION FOR SENIOR CITIZENS: FIND OUT ABOUT THEIR REPAIR PROGRAM
THURS.	24	1:30	BOOK CLUB MEETS
FRI.	26	1:00	MAY BIRTHDAY PARTY DANCING TO DJ LOU
MON.	29		MEMORIAL DAY: CENTER CLOSED

DAILY ACTIVITIES

MONDAY, TUESDAY & FRIDAY 9:30 – CHAIR EXERCISE

MONDAY 10:45 "TRUE OR FALSE" GAME

MONDAY 1:00 – HEALTH TALK FOLLOWED BY BINGO

WEDNESDAY 9:45 – 10:15 – BELLY DANCE

WEDNESDAY 10:30 –11:30 - ZUMBA

WEDNESDAY 12:45 VAN TRIPS (SEE BACK PAGE FOR MORE INFO ON TRIPS)

**WENESDAY 1:30 – MUSEUM OF THE MOVING IMAGE – FILMAKING &
DOCUMENTRY CLUB**

**THURSDAY 9:30 –10:00 "ALL THE NEWS THAT'S FIT TO TALK ABOUT" –
DISCUSSION GROUP**

THURSDAY 10:15 – CHAIR YOGA

**FRIDAY 10:30 – MUSEUM OF THE MOVING IMAGE – THE ART BEHIND THE
SCREEN CLUB**

FRIDAY –10:00 -SIGN LANGUAGE

FRIDAY 9-3:30 – LEISURE POOL

FRIDAY 1-3:30 – LEISURE GAMES