

Central Harlem – Beatrice Lewis Senior Center* 2322 3rd Avenue, NY N.Y. 10035*212-289-9155

October 2017

MON.	TUES.	WED.	THURS.	FRI.
<p>2. INDIVIDUAL COMPUTER TRAINING-1030AM BALANCE EXERCISE-11AM ARTS&CRAFT-11:30 DRAMA CLASS- 11-12PM</p>	<p>3. DANCERCISE 10AM BEADING- 11AM STRETCHING-1-1:30 DISCUSSION GROUP-2pm</p>	<p>4. CHAIR EXERCISE 11AM DRAMA CLASS- 10AM CROCHETING-11AM DISCUSSION GROUP-2pm</p>	<p>5. BALANCE EXERCISE-11AM DANCERCISE- 12-1:30PM DISCUSSION GROUP-2pm</p>	<p>6. Cake Sale 10:30 DANCERCISE- 10:30 TAI YOGA- 11-12PM LATCH HOOK- 11:30 HOW TO USE YOUR DEVICES10AM-12PM</p>
<p>9. Center Closed in Observation of Columbus Day</p>	<p>10. DANCERCISE 10AM BEADING- 11AM STRETCHING-1-1:30 DISCUSSION GROUP-2pm</p>	<p>11. CHAIR EXERCISE 11AM DRAMA CLASS- 10AM CROCHETING-11AM DISCUSSION GROUP-2pm</p>	<p>12. BALANCE EXERCISE-11AM MUSIC FOR MEMORY 11-12PM DANCERCISE- 12-1:30PM DISCUSSION GROUP-2pm</p>	<p>13. GAME NIGHT 5-7:30 DANCERCISE- 10:30 TAI YOGA- 11-12PM LATCH HOOK- 11:30 HOW TO USE YOUR DEVICES10AM-12PM</p>
<p>16. Foot Care Wkshop 12:45 INDIVIDUAL COMPUTER TRAINING-1030AM BALANCE EXERCISE-11AM ARTS&CRAFT-11:30 DRAMA CLASS- 11-12PM</p>	<p>17. Seafood City 10:30 DANCERCISE 10AM BEADING- 11AM STRETCHING-1-1:30 DISCUSSION GROUP-2pm</p>	<p>18. BIRTHDAY CELEBRATION 12:45 CHAIR EXERCISE 11AM DRAMA CLASS- 10AM CROCHETING-11AM DISCUSSION GROUP-2pm</p>	<p>19. TRIVIA W/BRIAN 12:45 BALANCE EXERCISE-11AM MUSIC FOR MEMORY 11-12PM DANCERCISE- 12-1:30PM DISCUSSION GROUP-2pm</p>	<p>20. ATLANTIC CITY 8:30AM DANCERCISE- 10:30 TAI YOGA- 11-12PM LATCH HOOK- 11:30 HOW TO USE YOUR DEVICES10AM-12PM</p>
<p>23. HYPERTENSION WRKSHOP 12:45 INDIVIDUAL COMPUTER TRAINING-1030AM BALANCE EXERCISE-11AM ARTS&CRAFT-11:30</p>	<p>24. BAY PLAZA MALL 10:30 DANCERCISE 10AM BEADING- 11AM STRETCHING-1-1:30 DISCUSSION GROUP-2pm</p>	<p>25. MEMBERSHIP MTG. CHAIR EXERCISE 11AM DRAMA CLASS- 10AM CROCHETING-11AM DISCUSSION GROUP-2pm</p>	<p>26. BALANCE EXERCISE-11AM MUSIC FOR MEMORY 11-12PM DANCERCISE- 12-1:30PM</p>	<p>27. HALLOWEEN PARTY 2:30 DANCERCISE- 10:30 TAI YOGA- 11-12PM LATCH HOOK- 11:30 HOW TO USE YOUR DEVICES10AM-12PM</p>
<p>30. INDIVIDUAL COMPUTER TRAINING-1030AM BALANCE EXERCISE-11AM ARTS&CRAFT-11:30 DRAMA CLASS- 11-12PM</p>	<p>31. DANCERCISE 10AM BEADING- 11AM STRETCHING-1-1:30 DISCUSSION GROUP-2pm</p>			

<p>On-Going Daily Activities Bingo—Monday–Friday 1:30 pm-2:30pm Blood Pressure 10:00am Free Raffle—Wednesdays Discussion Group 2:30pm Computer Classes 9AM-4:45PM Pokeno 1:30pm Sewing/Flea Market Grief / Bereavement 1PM Cards— 10-5pm HOT BREAKFAST & LUNCH SERVED DAILY CHSCC BEATRICE LEWIS SENIOR CENTER OPEN—MON–FRI MONDAY-FRIDAY 9:00AM-5:00PM</p>
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