

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ ST. NICHOLAS
2017 DAILY ACTIVITIES FOR ST. NICHOLAS SENIOR CENTER
210 West 131st Street @ 7th Ave.
ALL CLASSES ARE FREE

MONDAY
Coffee/Tea Time
 9am – 10am

Computer/Open Lab*
 10am – 12pm

Dominoes/Card Games/Pool
 10am - 4:30pm

Triangle Bridge
 10:00am – 2:00pm

Senior Boot Camp
 12:30pm – 1:15pm

LUNCH
 12:00pm – 2:00pm

Bingo
 2:00pm – 4:30pm

TUESDAY
Coffee/Tea Time
 9am – 10am

Computer/Open Lab
 10am – 12pm

Dominoes/Card Games/Pool
 10am - 4:30pm

TRIPS
 To Be Announced

Shape Up NY
 11:00AM – 12:00PM

LUNCH
 12:15pm – 1:00pm

Fitness
 12:00pm – 2:00pm

Sewing
EVERY 1ST & 3RD TUESDAY
 1:00pm – 3:00pm

PO-KE-NO
 2pm – 4:30pm

WEDNESDAY
Coffee/Tea Time
 9am – 10am

Chair Yoga
 9am – 10am

Computer/Open Lab
 10am – 12pm

Dominoes/Card Games/Pool
 10am - 4:30pm

WII Fitness
 11:00am – 12:00pm

Walking Club
 11:00am-12:00pm

LUNCH
 12:00pm – 2:00pm

Bingo
 2pm – 4:30pm

THURSDAY
Coffee/Tea Time
 9am – 10am

Computer/Open Lab
 10am – 12pm

Dominoes/Card Games/Pool
 10am - 4:30pm

Grandparent Resource Center
 10am – 2pm

Movement Speaks
 10:30am – 11:30am

Weight Loss Club
EVERY 1ST & 3RD THURSDAY
 11:30am – 12:30pm

LUNCH
 12:00pm – 2:00pm

Line Dancing
 2pm – 3:30pm

FRIDAY
Coffee/Tea Time
 9am – 10am

Case Assistance
 9:00am – 5:00pm
 By Appointment Only

Computer Class
 10am – 12pm

Dominoes/Card Games/Pool
 10am - 4:30pm

LUNCH
 12:00pm – 2:00pm

Meditation
 2:00pm – 3:30pm