

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ KENNEDY CENTER
2018 DAILY ACTIVITIES FOR CENTRAL HARLEM SENIOR CENTER
34 West 134th Street
ALL CLASSES ARE FREE

MONDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Quilting
10am – 1pm

Bowling
10am – 1:30pm

Lunch
12pm – 1:30pm

Tai – Chi
11:30am –
12:30pm

Meditation
12:30pm – 1:30pm

Spanish Class
1:00pm-3:00pm

TUESDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer Class
10am – 12pm

Basketball
10:30am – 1:30pm

Staywell
11:30am – 12:30pm

Lunch
12pm – 1:30pm

Movement Speaks
1:30pm – 3pm

Bereavement Support Group
2:30pm – 4:30pm

WEDNESDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Swimming
10am – 11:30am

Quilting
10am – 1pm

Lunch
12pm – 1:30pm
Leisure Bridge
10am – 3pm

Chair Yoga
11am – 12pm

Doll Making Class
1:30pm – 3pm

Jewelry Class
2:30pm – 4:30pm

Pokeno
2pm – 4:30pm

THURSDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Beyond the Pain
9am – 12pm

Lunch
12pm – 1:30pm

Bingo
2:00pm -4:30pm

Bingo
2pm – 4:30pm

FRIDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Book Club
10am-11am

Zumba
11:30am – 12:30pm

Lunch
12pm – 1:30pm

Line Dancing
1:30pm – 3:30pm

Pokeno
2:00pm – 4:30pm