

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ ST. NICHOLAS
DAILY ACTIVITIES SHEET
210 West 131st Street @ 7th Ave.

MONDAY

Coffee/Tea Time
9am – 10Am

Computer/Open Lab*
10am – 12pm

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

Triangle Bridge
10am – 2pm

Shape Up NY
11am – 11:45am

Tai – Chi
12pm – 1pm

Discussion Group
12pm – 1pm

LUNCH
12pm – 1:30pm

Bingo
2pm – 4pm

TUESDAY

Coffee/Tea Time
9am – 10am

Computer/Open Lab
10am – 12pm

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

TRIPS
To Be Announced

Book Club
10am-11am

Senior Boot Camp
11:15AM – 12:00PM

Current Events
12pm – 1pm

LUNCH
12:00pm – 1:30pm

Sewing
3:30pm – 4:30pm

Bingo
2pm – 4:30pm

WEDNESDAY

Coffee/Tea Time
9am – 10am

Chair Yoga
9am – 10am

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

Computer Class
10am – 12pm
Walking Club
11am-12pm

Discussion Group
12pm – 1pm

LUNCH
12pm – 1:30pm

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

Current Events
12pm – 1pm

LUNCH
12:00pm – 1:30pm

Arts & Crafts
1pm – 2pm

Line Dancing
2pm – 3:30pm

FRIDAY

Coffee/Tea Time
9am – 10am

Computer/Open Lab
10am – 12pm

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

Discussion Group
12pm – 1pm

LUNCH
12:00pm – 1:30pm

Meditation
2:00pm – 3:00pm

Bingo
2pm – 4:30pm