

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

ST. NICHOLAS HOUSES



*Lite Refreshments
Will Be Served*

*Complimentary Giveaways
For New Registrants*

INVITES YOU TO OUR

Come See Our
Center.....
Meet Our
Instructors.....
And Then.....
Join Our
Family!!

OPEN HOUSE

*FREE
LUNCH*

On Friday,

December 8, 2017

10:00am – 2:00pm

For Further
Information contact
Monica Warrell or
Lashonda Scriven
@ 646-678-4471



FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Run for Seniors

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

ST. NICHOLAS HOUSES



Se servirán refrescos
Lite

Regalos para nuevos
miembros inscritos este día

VEN A NUESTRA

CASA ABRIETA

En viernes, 08 de

Diciembre de 2017

10:00am – 2:00pm

Almuerz
o Gratis

Ven a ver
nuestro
centro...
Conoce a
nuestros
instructores
... Y
entonces...
Unirse a
nuestra
familia!!



Fun for Seniors

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Para más
información
póngase en
contacto con
Monica
Warrell o
Lashonda
Scriven @
646-678-4471



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@ ST. NICHOLAS HOUSES

&



DEPARTMENT OF HEALTH:
HEALTHY EDUCATIONAL & WELLNESS
FOR SENIORS

PRESENTATION

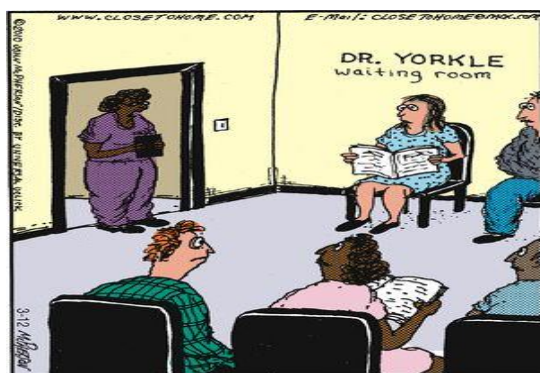
ON

HEPATITIS A, B, AND C

PRESENTED BY:

ALEXIS THOMPSON,
MPA NYCDOHMH,
Public Health Educator,
Disease Intervention
Specialist, CBO Liaison

Test your Knowledge
With A Game Activity –
Top 2 Winners Will Get
Prizes!!!!



"We're running a bit behind, so I'm going to take whichever of you screams in agony the loudest."

For Any Further
Information Please
Contact
Monica Warrell, Program
Coordinator
Or
Lashonda Scriven
At
646-678-4451

ALSO IT'S WOMENS'
HISTORY MONTH!!

Some questions will be
geared to women, but men
are encouraged to
participate!

Please come and attend an
interactive activity to gain
more knowledge and
strategies to stay safe while
being active!

When: Friday, March 2, 2018
Where: 210 West 131st Street
(on 7th Avenue) @ 1pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ ST. NICHOLAS
2018 DAILY ACTIVITIES SHEET FOR ST. NICHOLAS CENTER
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 – 3pm

Tai – Chi

To Be Announced

Discussion Group

12pm – 1pm

LUNCH

12pm – 1:30pm

Senior Boot Camp

12:30pm –
1:15pm

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

Fitness

12:15am – 1pm

Current Events

12pm – 1pm

LUNCH

12:00pm – 1:30pm

Sewing

1pm – 3pm

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

Arts & Crafts

1pm – 2pm

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

Line Dancing

2:30pm – 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