

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
12pm – 3pm

Bowling
10am – 1:30pm

Lunch
12pm – 1:30pm

Tai – Chi
11:30am – 12:30pm

Meditation
12:30pm – 1:00pm

Spanish Class
1:00pm-3:00pm

Monday Movies
2:00pm-4:00pm

Wii Fitness
2:30pm-4:30pm

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
1:30pm – 3:00pm

Bingo
2:30pm – 4:00pm

WEDNESDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Swimming
10am – 11:30am

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

Yoga
11:30am -12:30pm

Lunch
12pm – 1:30pm

Bingo
2:00pm -4:30pm

FRIDAY

Coffee/Tea Time
9am – 10am

Card Games/Pool
10am - 4:30pm

Computer/Open Lab
10am – 12pm

Book Club Twice a - Month
10am-12pm

Dementia Workshop
11:15am –12:15pm

Adult Swim Class
10am-11am

Zumba
11:30am – 12:30pm

Lunch
12pm – 1:30pm

Line Dancing
1:30pm – 3:30pm

Pokeno
2:00pm – 4:30pm



FDNY

PRESENTS

“Fire Safety for Older Adults”

Kennedy Center

Friday, April 20, 2018

34 West 134th Street

@1pm

Contact Deborah Stuckey,

Associate Executive

Director

@ 212-926-4871

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC



Wednesday June 27, 2018

Showtime 2:00pm

ORCHESTRA SEATS

Fee: \$97.00

***Full payment due by Monday April 16, 2018**

Please sign up in the office:

Alishia Thomas or Deborah Stuckey

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

THE BRONX

Botanical Garden



Thursday April 19, 2017

Fee: \$28.00

***Round trip transportation and tour included in fee**

Payment is due no later than Monday April 9th

Departing from Kennedy Center at 9:00am

34 West 134th Street NY NY 10037

Please sign up in the office:

Alishia Thomas

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

FOURTH ANNUAL



FRIDAY, JULY 20TH, 2018

11AM-3PM

MORNINGSIDE PARK

**114TH ST- ENTRANCE ON THE EASTSIDE OF THE PARK
NORTH OF THE PLAY GROUND**

Take the C train to 116th St. or M7 Bus to 114th St.

\$5.00 PER PERSON- FEE INCLUDES LUNCH

RSVP-ASAP!!!- THANK YOU

FOOD MUSIC GAMES

FUN!!!

FUN!!!

FUN!!!

For Information Contact:

Ms. Deborah Stuckey -212-926-4871 @ KENNEDY

Ms. Monica Warrell - 646-678-4451 @ ST. NICHOLAS HOUSES

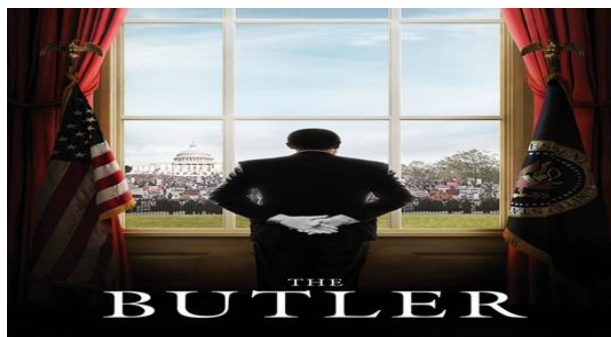
Ms. Vivian Johnson - 212-289-9155 @ BEATRICE LEWIS

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC

April 2018 Upcoming Movies

In the Auditorium



Monday April 9th, 2018

Waiting to Exhale



Monday April 16th, 2018



Monday April 30th, 2018