

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 – 3pm

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

Tap Dancing
1:30pm – 2:30pm

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

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Kennedy Center

St. Nicholas Houses

Beatrice Lewis

DJ
FOOD

PRESENTS

OUR 2ND

KARAOKE

MOTHER'S DAY

FUN

EXTRAVAGANZA

WHERE:

ST. NICHOLAS
HOUSES
210 WEST 131ST
(ON 7TH AVENUE)

WHEN:

WEDNESDAY
MAY 16, 2018
FROM 2PM TO 5PM



HEALTH PRESENTATIONS



FOR FURTHER DETAILS
CONTACT
MONICA WARRELL
PROGRAM
COORDINATOR

@
646-678-4451

AND MORE.....

GAMES
ARTS & CRAFTS

CENTRAL HARLEM SENIOR CITIZENS' CENTRS, INC. PRESENTS



RALPH LAUREN CENTER
FOR CANCER CARE

IN PARTNERSHIP WITH MEMORIAL SLOAN KETTERING



Jennifer Hildner, MS, RD, CDN, is the Registered Dietitian Nutritionist at the Ralph Lauren Center for Cancer Care and Prevention. She will be giving Nutritional Education Presentations at our ***St. Nicholas site on Wednesday, April 4th and Wednesday 11th at 12:30pm.*** She will also be giving a presentation at our ***Kennedy site on Wednesday, May 23rd at 12:30pm.***

She helps patients with regard to:

- Weight Loss
- Good nutrition during and after cancer treatment
- Nutritional management of conditions such as:
 - prediabetes/diabetes/gestational diabetes
 - high blood pressure
 - high cholesterol
 - heart disease
 - cancer
 - anemia
 - irritable bowel syndrome
 - inflammatory bowel disease
 - celiac disease
- Poor appetite/difficulty gaining weight
- Nutrition during pregnancy
- Nutrition after bariatric surgery
- Overall health and wellness
- Healthy eating on a budget

To make an appointment with the Ralph Lauren Center's Registered Dietitian Nutritionist, please call (212) 987-1777.

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

The Ralph Lauren Center is located at 1919 Madison Avenue (at 124th Street), New York, NY 10035



FDNY

PRESENTS

“Fire Safety for Older Adults”

St. Nicholas

Monday, April 23, 2018

210 West 131st Street

(On 7th Avenue)

@12:30pm

Contact Monica Warrell, Program Coordinator

@ 646-678-4451

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC - @ ST. NICHOLAS

INTRODUCING TAP DANCING SENIORS

WITH

**LAVERN RECTOR
(INSTRUCTOR)**

**CLASSES WILL BE HELD @St. Nicholas
Center**

**210 WEST 131ST ST.
(on 7th Avenue)**

EVERY THURSDAY

1:30pm – 2:30pm

**Line Dancing Following Immediately
After (2:30pm – 3:30Ppm)**



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FOR FURTHER
INFORMATION CALL
MONICA WARRELL
(PROGRAM COORDINATOR)
@ 646-678-4451



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

@ ST. NICHOLAS HOUSES



**&
DEPARTMENT OF HEALTH:
HEALTHY EDUCATIONAL & WELLNESS
FOR SENIORS**



PRESENTED BY:

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

**PRESENTATION:
STAYING HEALTHY WHILE
BEING ACTIVE**



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

**When: Friday, April 6, 2018
Where: 210 West 131st Street
(on 7th Avenue) @ 1pm**

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

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