

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC. @ KENNEDY CENTER**  
**2018 DAILY ACTIVITIES FOR CENTRAL HARLEM SENIOR CENTER**  
**34 West 134<sup>th</sup> 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 – 11am

**How To Use Your Device**  
11am – 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

**Current Events**  
1:30pm – 2:30pm

**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 6 Weeks Ends 5/11/18**  
11:15am –12:15pm

**Adult Swim Class**  
10am-11am

**Zumba**  
11:30am – 12:30pm

**Lunch**  
12pm – 1:30pm

**Line Dancing**  
1:30pm – 3:30pm

**Discussion Group**  
2:00pm – 4:30pm

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC**

**MUSEUM OF MODERN ART**



**Wednesday May 9, 2018**

**Fee: \$3.00**

*\*Fee includes round trip transportation & guided tour*

Departing from Kennedy Center

34 West 134<sup>th</sup> Street

**9:30am**

**\*Payment due by Tuesday May 2, 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**

# **Coney Island**



**Monday June 25, 2018**

**Fee: \$10.00**

**\*Fee includes round trip transportation**

**Departing from Kennedy Center**

**34 West 134<sup>th</sup> Street**

**10:00am**

**\*Payment due by Monday June 18, 2018**

**Please sign up in the office:**

**Alishia Thomas or Deborah Stuckey**

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**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC**

# **City Island**



**Friday June 8, 2018**

**Fee: \$10.00**

**\*Fee includes round trip transportation**

**Departing from Kennedy Center**

**34 West 134<sup>th</sup> Street**

**10:30am**

**\*Payment due by Friday June 1, 2018**

**Please sign up in the office:**

**Alishia Thomas or Deborah Stuckey**

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**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC**

**WAL★MART®**



**Tuesday May 15, 2018**

**Fee: \$10.00**

**\*Fee includes round trip transportation**

**Departing from Kennedy Center**

**34 West 134<sup>th</sup> Street 9:30am**

**Departing St. Nicholas Center**

**210 West 131<sup>st</sup> Street 9:45am**

**\*Payment due by Tuesday May 8, 2018**

**Please sign up in the office:**

**Alishia Thomas or Deborah Stuckey**

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**CENTRAL HARLEM SENIOR CITIZEN'S CENTERS,  
INC.**



DRESS BARN

CALVIN KLIEN

GUESS

DKNY

FRAGRANCE  
FACTORY

NINE WEST

**SANDS CASINO**

**&**

**SHOPPING**

**BETHLEHEM, PA**

CHICO'S

**THURSDAY May 24, 2018**

BASS

**BUS WILL DEPART FROM IN FRONT OF CHSCC KENNEDY  
(135<sup>TH</sup> BET. 5<sup>TH</sup> & LENOX)  
34 WEST 134<sup>TH</sup> STREET @ 8:30am**

**"ALL MONIES ARE DUE BY MAY 17<sup>TH</sup> 2018- NO EXCEPTIONS"**

**PLEASE SIGN UP IN THE OFFICE: SEE MS. STUCKEY**

**212-926-4871**

**FEE: \$40.00**

**\$30.00 REBATE ---\$5.00 FOOD**

**NO REFUNDS!!!!!!**

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**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

***FOURTH ANNUAL***



***FRIDAY, JULY 20<sup>TH</sup>, 2018***

***11AM-3PM***

**MORNINGSIDE PARK**

**114<sup>TH</sup> ST- ENTRANCE ON THE EASTSIDE OF THE PARK**

**NORTH OF THE PLAY GROUND**

**Take the C train to 116<sup>th</sup> St. or M7 Bus to 114<sup>th</sup> 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**

**Funded in Part by NYC Dept. of the Aging**

## **NEED ASSISTANCE STAYING COOL THIS SUMMER?**

**IF YOU DO NOT HAVE OR CANNOT AFFORD AN AIR CONDITION OR FAN**

**YOU MAY QUALIFY FOR HEAP ASSISTANCE**

**Starting May 1, 2018 individuals who are eligible can apply for a Cooling Assistance HEAP benefit if:**

- Their household's gross monthly income is at or below the current HRA income guidelines for your household size\*, or
- They receive Supplemental Nutrition Assistance Program (SNAP, formerly known as Food Stamp) benefits, or
- They receive Temporary Assistance (TA), or
- They receive Code A Supplemental Security Income (SSI Living Alone), and
- They and your household members are United States Citizens or qualified aliens, and
- Includes an individual with a documented medical condition that is exacerbated by heat, and
- They received a Regular benefit greater than \$21 in the current program year, and
- They currently do not have a working air conditioner or the air conditioner they have is five years old or older, and
- They did not receive a HEAP funded air conditioner within the past ten years.

**Only one air conditioner or fan, not to exceed \$800 with installation, will be provided per applicant household. No additional HEAP cash benefits are available.**

\*Household eligibility requirements include filing an application with your local department of social services, providing all necessary documentation, and the household must reside in an eligible living situation.