

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

# Fall Prevention



Kennedy Center

Tuesday, January 8, 2019

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

@11:30 am

Contact Deborah Stuckey,  
Associate Executive Director

@ 212-926-4871

Funded in Part by NYC Department for the Aging

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

**PRESENTS**

# **ASK THE NURSE**



**KENNEDY CENTER JANUARY 30, 2019**

**@ 11:30AM – 12:15PM**

**34 WEST 134<sup>TH</sup> STREET**

**EVERY WEDNESDAY STARTING JANUARY 30,  
2019**

**IF YOU HAVE ANY QUESTIONS FEEL FREE  
TO INQUIRE IN THE OFFICE!!**

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

# **MOVEMENT SPEAKS**

**With Naomi Goldberg Haas/Dances For A  
Variable Population**

## **WINTER/SPRING SESSION 2019**

Join this popular program for fun, fitness and friends at **St. Nicholas Houses Thurs at 10:30 AM** and at **Kennedy Center Tuesdays at 1:30 PM**

**Celebrate moving in strong and creative ways!**

**ALL FUN...ALL WELCOME!**

**Central Harlem Senior Center (Kennedy) 34 West 134<sup>th</sup> St  
(btw Lenox and 5<sup>th</sup> Ave)**

**Tuesdays 1:30 to 3:00 PM – Jan 15, 22 Feb 5, 12, 19, 26 March 5, 12,  
19, 26 April 2, 9, 16, 23 May 7, 14, 21, 28 June 4, 11**

**Call 347-683-2691 for more info or email [lori@dvpnyc.org](mailto:lori@dvpnyc.org)  
[www.dvpnyc.org](http://www.dvpnyc.org)**

**Dances for a Variable Population (DVPNYC) provides lively, fun and free programs for adults, low cost classes, and performances with beautifully crafted choreography. Through our programs, we strive to extend and improve the quality of life, and engage communities as participants and audience members.**

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

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



**Thursday March 7, 2019**

**Showtime 2:00pm**

**Fee: \$89 Second Ring**

**2 hours with 1 Intermission**

**The David H. Koch Theater at Lincoln Center  
20 Lincoln Center Plaza, New York, NY 10023**

**Money due by Wednesday January 16<sup>th</sup> 2019**

**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**



**Wednesday April 17, 2019**

**Showtime 2:00pm**

**Fee: \$89 Orchestra Seats**

**2 hours & 30 minutes with 1  
Intermission**

**IMPERIAL THEATRE**

**249 WEST 45TH STREET NY, NY 10036**

**Money due by Friday February 11<sup>th</sup> 2019**

**Please sign up in the office:**

**Alishia Thomas or Deborah Stuckey**

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

**WAL★MART®**



**Thursday January 10, 2019**

**Fee: \$12.00**

**\*Fee includes round trip transportation**

**Departing St. Nicholas Center**

**210 West 131<sup>st</sup> Street 9:30am**

**Departing from Kennedy Center**

**34 West 134<sup>th</sup> Street 9:45am**

**\*Payment due by Thursday January 3, 2019**

**Please sign up in the office:**

**Alishia Thomas or Deborah Stuckey**

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



**DRESS BARN**

**DKNY**

**NINE WEST**

**CHIC**

**CALVIN KLIEN**

**GUESS**

**FRAGRANCE  
FACTORY**

**BASS**

**SANDS CASINO**

**&**

**SHOPPING**

**BETHLEHEM, PA**

**THURSDAY JANUARY 24, 2019**

**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 DUE BY THURSDAY JANUARY 17, 2019**

**NO EXCEPTIONS**

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

**212-926-4871**

**FEE: \$27.00**

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

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

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

# PRE-VALENTINE'S

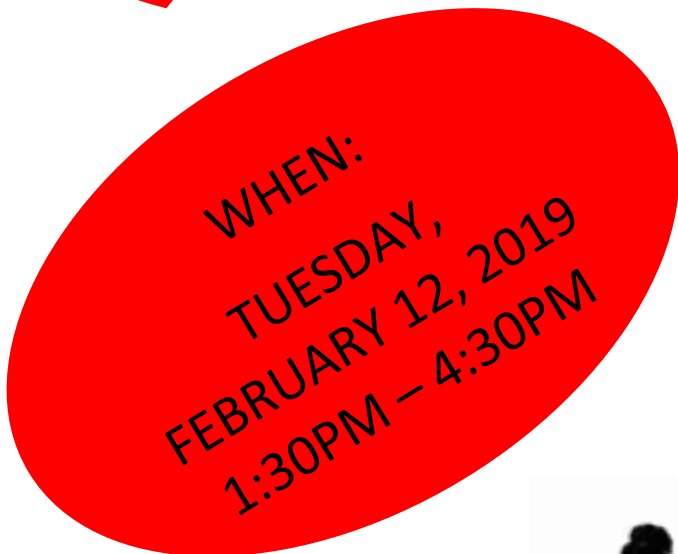


DJ

## DAY SOIREE



GIFTS



WHEN:  
TUESDAY,  
FEBRUARY 12, 2019  
1:30PM – 4:30PM



WHERE:  
210 WEST 131<sup>ST</sup>  
STREET (ON 7<sup>TH</sup> AVE)  
ST. NICHOLAS



RAFFLES



FOOD

PRESENTATION BY: ANGELA MARSH



**AND MORE...**

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