Project FIND Clinton Senior Center
530 West 55th Street
New York, NY 10019
Phone: 212.757.2026 | Fax: 212.586.7992
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HOURS OF OPERATION:
Monday - Friday, 8:30 am - 5:00 pm

Activities Calendar

Dec. 2018

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Funded Under Contract with the NYC Department for the Aging

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3		4		5		6		7	
Time	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**
9:00	Computer Lab w/ Stephanie	10:00	Computer Class w/ Stephanie AM	9:00	Computer Lab w/ Stephanie	10:00	Computer Class w/ Stephanie AM	10:00	Computer Class w/ Stephanie AM
10:00	Current Events Hour w/ Stephanie	11:00	Chair Yoga w/ Trenace	11:00	Zumba Gold w/ Tia	11:00	Tai-Chi w/ Trenace	11:00	Strength Training w/ Jessica
11:00	Strength Training w/ Jessica	11:00	Garden Club w/ Sallie	1:00	Chorus	1:00	Ping Pong	1:00	Dance Class w/ Donatas
1:00	Dance Class w/ Donatas	1:00	Belly Dancing w/ Samara	1:00	Ping Pong	1:15	Brain Teaser Thursday	3:00	STAYWELL Exercise w/ Era & Floria
1:30	Water Color Drawing w/ Geoffrey	1:30	**SAC Meeting**	2:00	Line Dancing w /Abbey	2:00	Bingo w/ Leroy		***Monthly B-Day Bash***
2:00	Poetry Circle w/ Stephanie	1:00	Ping Pong	3:00	Trivia Family Feud w/ Stephanie	3:00	Music Therapy w/ Stephanie		
3:00	Spanish Circle w/ Stephanie	2:00	Bingo w/ Leroy						
	10		**11**		**12**		**13**		**14**
Time	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**
9:00	Computer Lab w/ Stephanie	10:00	Computer Class w/ Stephanie AM	9:00	Computer Lab w/ Stephanie	10:00	Computer Class w/ Stephanie AM	10:00	Computer Class w/ Stephanie AM
10:00	Current Events Hour w/ Stephanie	11:00	Chair Yoga w/ Trenace	11:00	Zumba Gold w/ Tia	10:00	**Blood Pressure Screening**	11:00	Strength Training w/ Jessica
11:00	Strength Training w/ Jessica	11:00	Garden Club w/ Sallie	1:00	Chorus	11:00	Tai-Chi w/ Trenace	1:00	Dance Class w/ Donatas
11:30	**Nutrition Ed w/ Amelia**	1:00	Belly Dancing w/ Samara	1:00	Ping Pong	1:00	Ping Pong	2:00	Documentary/I AM Ali
1:00	Dance Class w/ Donatas	1:00	Ping Pong	2:00	Line Dancing w /Abbey	1:15	Brain Teaser Thursday		
1:30	Water Color Drawing w/ Geoffrey	2:00	Bingo w/ Leroy	3:00	Trivia Family Feud w/ Stephanie	2:00	Bingo w/ Leroy		
2:00	Poetry Circle w/ Stephanie					3:00	Music Therapy w/ Stephanie		
3:00	Spanish Circle w/ Stephanie								
	17		**18**		**19**		**20**		**21**
Time	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**
9:00	Computer Lab w/ Stephanie	10:00	Computer Class w/ Stephanie AM	9:00	Computer Lab w/ Stephanie	10:00	Computer Class w/ Stephanie AM	10:00	Computer Class w/ Stephanie AM
10:00	Current Events Hour w/ Stephanie	11:00	Chair Yoga w/ Trenace	11:00	Zumba Gold w/ Tia	11:00	Tai-Chi w/ Trenace	11:00	Strength Training w/ Jessica
11:00	Strength Training w/ Jessica	11:00	Garden Club w/ Sallie	1:00	Chorus	1:00	Ping Pong	1:00	Dance Class w/ Donatas
1:00	Dance Class w/ Donatas	1:00	Belly Dancing w/ Samara	1:00	Ping Pong	1:15	Brain Teaser Thursday		***Holiday Party***
1:30	Water Color Drawing w/ Geoffrey	1:00	Ping Pong	2:00	Line Dancing w /Abbey	2:00	Bingo w/ Leroy		
2:00	Poetry Circle w/ Stephanie	2:00	Bingo w/ Leroy	3:00	Trivia Family Feud w/ Stephanie	3:00	Music Therapy w/ Stephanie		
3:00	Spanish Circle w/ Stephanie								
	24		**25**		**26**		**27**		**28**
Time	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**	**Time**	**Activity**
9:00	Computer Lab w/ Stephanie		**Center Closed**	9:00	Computer Lab w/ Stephanie	10:00	Computer Class w/ Stephanie AM	10:00	Computer Class w/ Stephanie AM
10:00	Current Events Hour w/ Stephanie			11:00	Zumba Gold w/ Tia	10:00	**Blood Pressure Screening**	11:00	Strength Training w/ Jessica
11:00	Strength Training w/ Jessica			1:00	Chorus	11:00	Tai-Chi w/ Trenace	1:00	Dance Class w/ Donatas
1:00	Dance Class w/ Donatas			1:00	Ping Pong	1:00	Ping Pong	2:00	Documentary/One of Us
1:30	Water Color Drawing w/ Geoffrey			2:00	Line Dancing w /Abbey	1:15	Brain Teaser Thursday		***Multicultural Celebration***
2:00	Poetry Circle w/ Stephanie			3:00	Trivia Family Feud w/ Stephanie	2:00	Bingo w/ Leroy		
3:00	Spanish Circle w/ Stephanie					3:00	Music Therapy w/ Stephanie		
			Open Coffeehouse						
	31								
Time	**Activity**								
9:00	Computer Lab w/ Stephanie								
10:00	Current Events Hour w/ Stephanie								
11:00	Strength Training w/ Jessica								
1:00	Dance Class w/ Donatas								
1:30	Water Color Drawing w/ Geoffrey								
2:00	Poetry Circle w/ Stephanie								
3:00	Spanish Circle w/ Stephanie								