



Project FIND Clinton Senior Center  
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**HOURS OF OPERATION:**  
 Monday - Friday, 8:30 am - 5:00 pm  
**Activities Calendar**

# January 2019

Funded Under Contract with the NYC Department for the Aging

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity
				9:00	Computer Lab w/Stephanie	10:00	Computer Class w/Stephanie AM	10:00	Computer Class w/Stephanie AM
				11:00	Zumba Gold w/ Tia	11:00	Tai-Chi w/Trenace	11:00	Strength Training w/Jessica
				1:00	Chorus	12:45	<b>DFTA Nutrition Ed. w/Maria</b>	1:00	Dance Class w/ Donatas
				1:00	Ping Pong	1:00	Ping Pong	3:00	Documentary/ Nat King Cole
				2:00	Line Dancing w /Abbey	1:15	Brain Teaser Thursday		
				3:00	Trivia Family Feud w/Stephanie	2:00	Bingo w/ Leroy		
						3:00	Music Therapy w/Stephanie		
	7		8		9		10		11
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	<b>Blood Pressure Screening</b>	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie	1:00	Chorus	10:30	<b>Nutrition Ed. w/Shani (DFTA)</b>	1:00	Dance Class w/ Donatas
1:00	Dance Class w/Donatas	1:00	Belly Dancing w/ Samara	1:00	Ping Pong	11:00	Tai-Chi w/Trenace	3:00	Documentary/ The house on Coco Road
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	2:00	Line Dancing w /Abbey	1:00	Ping Pong		
2:00	Poetry Circle w/Stephanie	2:00	Bingo w/ Leroy	3:00	Trivia Family Feud w/Stephanie	1:15	Brain Teaser Thursday		
3:00	Spanish Circle w/Stephanie					2:00	Bingo w/ Leroy		
						3:00	Music Therapy w/Stephanie		
	14		15		16		17		18
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	10:30	<b>Nutrition Ed. w/Shani (DFTA)</b>	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
1:00	Dance Class w/Donatas	1:00	Belly Dancing w/ Samara	1:00	Ping Pong	1:00	Ping Pong		
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	2:00	Line Dancing w /Abbey	1:15	Brain Teaser Thursday		
2:00	Poetry Circle w/Stephanie	2:00	Bingo w/ Leroy	3:00	Trivia Family Feud w/Stephanie	2:00	Bingo w/ Leroy		
3:00	Spanish Circle w/Stephanie					3:00	Music Therapy w/Stephanie		
	21		22		23		24		25
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11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie			10:30	<b>Nutrition Ed. w/Shani (DFTA)</b>	1:00	Dance Class w/ Donatas
1:00	Dance Class w/Donatas	1:00	Belly Dancing w/ Samara			11:00	Tai-Chi w/Trenace	3:00	Documentary/The Square
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong			1:00	Ping Pong		
2:00	Poetry Circle w/Stephanie	2:00	Bingo w/ Leroy			1:15	Brain Teaser Thursday		
3:00	Spanish Circle w/Stephanie	2:00	Documentary/ Dr. Martin Luther King Jr. Historical Perspective 1994			2:00	Bingo w/ Leroy		
						3:00	Music Therapy w/Stephanie		
	28		29		30		31		
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