



Project FIND Clinton Senior Center
 530 West 55th Street
 New York, NY 10019
 Phone: (212) 757-2026 | Fax: (212) 586-7992
 E-mail: tsimmons@projectfind.org

HOURS OF OPERATION:
 Monday - Friday, 8:30 am - 5:00 pm
Activities Calendar

February 2019

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Funded Under Contract with the NYC Department for the Aging

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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		Time	Activity	Time	Activity	Time	Activity	Time	Activity
								10:00	Computer Class w/Stephanie AM
								11:00	Strength Training w/Jessica
								1:00	Dance Class w/ Donatas
								3:00	Documentary/ The seven five
	4		5		6		7		8
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	Technology Talk w/Stephanie	10:00	Blood Pressure Screening	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie	11:00	Zumba Gold w/ Tia	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	Chorus	1:00	Ping Pong	1:00	Happy Chinese New Year Celebration
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	1:00	Ping Pong	1:15	Brain Teaser Thursday		
2:00	Poetry Circle w/Stephanie	2:00	Bingo w/ Leroy	2:00	Line Dancing w /Abbey	2:00	Bingo w/ Leroy		
3:00	Spanish Circle w/Stephanie		Happy Chinese New Year!	3:00	Trivia Family Feud w/Stephanie	3:00	Music Therapy w/Stephanie		
	11		12		13		14		15
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		Center Closed
10:00	Current Events Hour w/Stephanie	11:00	Chair Yoga w/Trenace	11:00	Technology Talk w/Stephanie	11:00	Tai-Chi w/Trenace		
11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie	11:00	Zumba Gold w/ Tia		Happy Valentines Day Party 12:30-2:00		
12:45	Nutrition Ed. w/Amelia Mediterranean style of eating for heart health	1:00	Belly Dancing w/ Samara	1:00	Chorus				Open Coffeeshouse Hamilton
1:00	Dance Class w/Donatas	1:00	Ping Pong	1:00	Ping Pong				
1:30	Water Color Drawing w/Geoffrey	2:00	Bingo w/ Leroy	2:00	Line Dancing w /Abbey				
2:00	Poetry Circle w/Stephanie			3:00	Trivia Family Feud w/Stephanie				
3:00	Spanish Circle w/Stephanie								
	18		19		20		21		22
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10:00	Current Events Hour w/Stephanie			11:00	Technology Talk w/Stephanie	10:00	Blood Pressure Screening	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica		Open Coffeeshouse Hamilton	11:00	Zumba Gold w/ Tia	11:00	Tai-Chi w/Trenace	1:00	Dance Class w/ Donatas
1:00	Dance Class w/Donatas			12:45	Health Presentation w/Stephanie Topic: Heart Disease	1:00	Ping Pong	3:00	Documentary/ He named me Malala
1:30	Water Color Drawing w/Geoffrey			1:00	Chorus	1:15	Brain Teaser Thursday		
2:00	Poetry Circle w/Stephanie			1:00	Ping Pong	2:00	Bingo w/ Leroy		Monthly B-Day Bash 12:30-2:30
3:00	Spanish Circle w/Stephanie			2:00	Line Dancing w /Abbey	3:00	Music Therapy w/Stephanie		
	25		26		27		28		
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