







Project FIND Clinton Senior Center
530 West 55th Street
New York, NY 10019
212-757.2026 Fax: 212.586.7992

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

May 2019

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Funded Under Contract with the NYC Department for the Aging

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1		2		3	
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
				10:00	Open Discussion w/Era	10:00	Blood Pressure Screening	11:00	Strength Training w/Jessica
				11:00	Zumba Gold w/ Tia	11:00	Tai-Chi w/Trenace	1:00	Dance Class w/ Donatas
				1:00	Chorus	1:00	Ping Pong	3:00	Documentary/ Cinco De Mayo
				1:00	Walk With Ease w/Stephanie	1:00	Poetry Circle w/Stephanie		
				1:00	Ping Pong	2:00	Bingo w/ Leroy		
				2:00	Line Dancing w /Abbey	2:00	Music Therapy w/Stephanie		
				3:00	Leisure Dominos				
	6		7		8		9		10
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	10:00	Open Discussion w/Era	11:00	Tai-Chi w/Trenace	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie	11:00	Zumba Gold w/ Tia	11:30	Humana Presentation: Healthy Sleep	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	Mother's Day Celebration 12:30-2:30 	
1:15	Brain Teaser Monday	1:00	Technology Talk w/Stephanie	1:00	Walk With Ease w/Stephanie	1:00	Poetry Circle w/Stephanie		
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	1:00	Ping Pong	2:00	Bingo w/ Leroy		
2:00	Spanish Circle w/Stephanie	2:00	Bingo w/ Leroy	2:00	Line Dancing w /Abbey	2:00	Music Therapy w/Stephanie		
	13		14		15		16		17
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	10:00	Open Discussion w/Era	11:00	Tai-Chi w/Trenace	11:00	Strength Training w/Jessica
11:00	Strength Training w/Jessica	11:00	Garden Club w/ Sallie	11:00	Zumba Gold w/ Tia	1:00	Ping Pong	1:00	Dance Class w/ Donatas
1:00	Dance Class w/Donatas	1:00	Belly Dancing w/ Samara	1:00	Chorus	1:00	Poetry Circle w/Stephanie	3:00	Documentary/ Flint Town Episode 1
1:15	Brain Teaser Monday	1:00	Technology Talk w/Stephanie	1:00	Ping Pong	2:00	Bingo w/ Leroy		
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	2:00	Line Dancing w /Abbey	2:00	Music Therapy w/Stephanie		
2:00	Spanish Circle w/Stephanie	2:00	Bingo w/ Leroy	3:00	Leisure Dominos				
	20		21		22		23		24
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	10:00	Open Discussion w/Era	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	3:00	Documentary/ Flint Town Episode 2
1:15	Brain Teaser Monday	1:00	Technology Talk w/Stephanie	1:00	Ping Pong	1:00	Poetry Circle w/Stephanie	Monthly B-Day Bash 12:30-2:30 	
1:30	Water Color Drawing w/Geoffrey	1:00	Ping Pong	2:00	Line Dancing w /Abbey	2:00	Bingo w/ Leroy		
2:00	Spanish Circle w/Stephanie	2:00	Bingo w/ Leroy	3:00	Leisure Dominos	2:00	Music Therapy w/Stephanie		
	27		28		29		30		31
Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity
	CENTER CLOSED 	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
	Open Coffeehouse, Hamilton	11:00	Chair Yoga w/Trenace	10:00	Open Discussion w/Era	11:00	Tai-Chi w/Trenace	11:00	Strength Training w/Jessica
		11:00	Garden Club w/ Sallie	11:00	Zumba Gold w/ Tia	1:00	Ping Pong	1:00	Dance Class w/ Donatas
		1:00	Belly Dancing w/ Samara	1:00	Chorus	1:00	Poetry Circle w/Stephanie	3:00	Documentary/ Flint Town Episode 3
		1:00	Technology Talk w/Stephanie	1:00	Ping Pong	2:00	Bingo w/ Leroy		
		2:00	Movie Club w/Stephanie: Juanita	2:00	Line Dancing w /Abbey	2:00	Music Therapy w/Stephanie		
		2:00	Bingo w/ Leroy	3:00	Leisure Dominos				

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