



Project FIND Hamilton Innovative Senior Center

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December 2018 Activities Calendar

Hours of Operation for HAMILTON
 MONDAY THROUGH FRIDAY 9AM-7PM
 SUNDAY 9AM-5PM
 *Classes subject to Change

Funded by the NYC Department for the Aging

Hours of Operation for HM ANNEX
 M-10:30-3:30 TU-12:30-3:30 W-12-4
 TH-10:30-4:00 FR-12:30-5:00

Sunday, December 23, 2018		Monday, December 24, 2018		Tuesday, December 25, 2018		Wednesday, December 26, 2018		Thursday, December 27, 2018		Friday, December 28, 2018			
10:00	Bridge	10:00	Computer Class AM	<p style="text-align: center;">Closed for Christmas Coffeehouse Center is Open</p>		10:00	Computer Class AM	10:00	Computer Class AM	10:00	Computer Class AM		
10:30	NewsHour w/Johnnie	10:00	Chair Yoga w/ Jennifer			11:00	News Hour w/ Johnnie	10:00	Tai Chi w/ Susan	10:00	Leisure Bridge		
12:15	Nutrition Workshop: Sustainable Eating	10:30	News Hour w/ Johnnie			<p style="text-align: center;">Winter Dance Party</p>		11:00		11:00	News Hour w/ Johnnie	10:30	News Hour w/ Johnnie
12:30	Chess w/ David	11:30	Dianne Carr on Piano					12:30	Current Events w/Johnnie	11:00	Current Events w/Johnnie	11:00	Piano w/ Koji
12:30	Origami w/ Yoko	12:15	Wellness Workshop: Knee Osteoarthritis					12:30	French Class w/Anne	12:30	French Class w/Anne	12:15	Current Events
1:00	Computer Class PM	12:30	Vocal Training w/ Elsa	1:00	Ted's Piano Bar			1:00	Geoffrey's Art Class	1:15	Documentary: Kwanzaa		
		12:30	Documentary: Immigrant High	1:00	Housing Issues w/ Anne Cunningham			1:00	Sing Along w/ Fred	1:00	Martial Arts w/ David		
2:30	Chair Massage w/ Zulema	2:00	Spanish Class w/ Edwin	2:00	Computer Lab Leader w/Jose	2:00	History Hour: Benjamin Netanyahu	2:00	Documentary: Buena Vista Social Club	1:00	Theater Workshop		
3:00	Stay Well Exercise w/ Elsa	2:00	Computer Lab Leader w/Johnnie	2:00	History Hour: Benjamin Netanyahu	2:00	Chair Dance w/ Jessica	2:00	Dance w/ Donatas	2:00	History Hour: Aliko Dangote		
		3:00	Stay Well Exercise w/ Elsa	2:30	Bingo w/ Adrianna	2:00	Bingo w/ Adrianna	2:00	Playwriting w/ Alice	2:00	Line Dancing w/ Abbey		
		3:00	Sing a long w/Koji	3:00	Wellness Workshop: 10 Facts About Muscles	3:00	Wellness Workshop: 10 Facts About Muscles	3:00	History Hour: Robert Mugabe	2:00	Computer Class PM		
		3:00	History Hour: Shimon Peres	4:00	Computer Class PM	4:00	Gardenina w/ Gwenn	4:00	Gardenina w/ Gwenn	5:00			
		4:30	Piano w/ Koji	5:00		5:00	Computer Class PM	5:00	Computer Class PM				
		5:00	Computer Class PM										
HM Annex		HM Annex		HM Annex		HM Annex		HM Annex		HM Annex			
CLOSED		11:00	Zumba Gold w/Tia	11:00	Zumba Gold w/Josie	11:00	Zumba Gold w/Josie	11:00	Chair Yoga w/ Jennifer	11:00	Life Model Drawing		
		1:30	Strength Training w/ Rachel	1:30	Strength and Motion w/ Rachel	1:30	Strength and Motion w/ Rachel	3:00	Meditative Movement w/ Thea	1:15	Strength and Motion w/ Jessica		
								5:00	Tower Garden				
Sunday, December 30, 2018		Monday, December 31, 2018		Tuesday, December 31, 2018		Wednesday, December 31, 2018		Thursday, December 31, 2018		Friday, December 31, 2018			
10:00	Bridge	10:00	Chair Yoga w/ Jennifer	<p style="text-align: center;">Closed for Christmas Coffeehouse Center is Open</p>									
10:00	Blood Pressure Screening w Rachel	10:00	Computer Class AM										
10:30	NewsHour w/ Elsa	11:30	News Hour w/ Johnnie										
12:15	Workshop: Nutrition Myths	11:30	Dianne Carr on Piano										
12:30	Origami w/ Yoko	12:30	Vocal Training w/ Elsa										
12:30	Chess w/ David	12:30	Documentary: Fania All Stars										
1:00	Computer Class PM	2:00	Computer Lab Leader w/Jose										
3:00	Stay Well Exercise w/ Elsa	2:00	Latin Dance Mix w/sub or cancel										
		2:00	Spanish Class w/ Edwin										
		3:00	Stay Well Exercise w/ Elsa										
		3:00	Sing a long w/Koji										
		3:00	History Hour: Ben Guiron										
		4:30	Piano w/ Koji										
		5:00	Computer Class PM										
HM Annex		HM Annex		HM Annex		HM Annex		HM Annex		HM Annex			
CLOSED		11:00	Zumba Gold w/Tia	11:00	Zumba Gold w/Josie	11:00	Zumba Gold w/Josie	11:00	Chair Yoga w/ Jennifer	11:00	Life Model Drawing		
		1:30	Strength Training w/ Rachel	1:30	Strength and Motion w/ Rachel	1:30	Strength and Motion w/ Rachel	3:00	Meditative Movement w/ Thea	1:15	Strength and Motion w/ Jessica		
								5:00	Tower Garden				