



Project FIND Hamilton Innovative Senior Center
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Febuary 2020 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, February 2, 2020		Monday, February 3, 2020		Tuesday, February 4, 2020		Wednesday, February 5, 2020		Thursday, February 6, 2020		Friday, February 7, 2020
	ANNEX		ANNEX		ANNEX		ANNEX		ANNEX		ANNEX
	CLOSED	11:00 1:30	Zumba w/Tia Strength Training w/Rachel	10:00 1:00 2:00	Tower Gardening: Urban Farming Fit For Life w/Ken Silver Cardio Jam w/Dayle	11:00 1:30	Zumba w/Josie Strength and Motion w/Rachel	11:00 3:00 5:00	Chair Yoga w/Jennifer Meditative Movement Tower Garden	11:00 1:15	Life Model Drawing Strength and Motion w/Jessica
	Sunday, February 9, 2020		Monday, February 10, 2020		Tuesday, February 11, 2020		Wednesday, February 12, 2020		Thursday, February 13, 2020		Friday, February 14, 2020
			ANNEX		ANNEX		ANNEX		ANNEX		ANNEX
			Center Closed	10:00 1:00 2:00	Tower Gardening: Urban Farming Fit For Life w/Ken Silver Cardio Jam w/Dayle	11:00 1:30	Zumba w/Josie Strength and Motion w/Rachel	11:00 3:00 5:00	Chair Yoga w/Jennifer Meditative Movement Tower Garden	11:00 1:15	Life Model Drawing Strength and Motion w/Jessica

	Sunday, February 16, 2020		Monday, February 17, 2020		Tuesday, February 18, 2020		Wednesday, February 19, 2020		Thursday, February 20, 2020		Friday, February 21, 2020
	ANNEX		ANNEX		ANNEX		ANNEX		ANNEX		ANNEX
	CLOSED	11:00 1:30	Zumba w/Tia Strength Training w/Jessica	10:00 1:00 2:00	Tower Gardening: Urban Farming Fit For Life w/Ken Silver Cardio Jam w/Dayle	11:00 1:30	Zumba w/Josie Strength Training w/Jessica		Center Closed	11:00 1:15	Life Model Drawing Strength and Motion w/Jessica
	Sunday, February 23, 2020		Monday, February 24, 2020		Tuesday, February 25, 2020		Wednesday, February 26, 2020		Thursday, February 27, 2020		Friday, February 28, 2020
	ANNEX		ANNEX		ANNEX		ANNEX		ANNEX		ANNEX
	CLOSED	11:00 1:30 2:30 3:30	Zumba w/Josie Strength Training w/Rachel Food For Thought Cooking w Lolly	10:00 1:00 2:00	Tower Gardening: Urban Farming Fit For Life w/Ken Silver Cardio Jam w/Dayle	11:00 1:30	Zumba w/Josie Strength and Motion w/Rachel	11:00 3:00 5:00	Chair Yoga w/Jennifer Meditative Movement Tower Garden	11:00 1:15	Life Model Drawing Strength and Motion w/Jessica