



MAY 2024 ACTIVITY CALENDAR

Roosevelt Island Older Adult Center (546 Main St.)

MON-FRI 9AM-5PM  LUNCH : 12PM  PHONE: 212-980-1888

PARTIALLY
FUNDED BY
NYC AGING

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
<p><u>915-10:15</u>: Tech Assistance by Appt.</p> <p><u>10:30-11:30</u>: Yoga w Ying</p> <p><u>12:30-1:30</u>: Balance Fitness with Sid</p> <p><u>1:00-4:00</u>: Same Day Tech Assistance by Appt.</p>	<p><u>915-10:15</u>: Tech Assistance by Appt.</p> <p><u>10-12:00</u>: Open Sewing with Sharlene</p> <p><u>10:30-11:30</u> SAIL w/ Don</p> <p><u>12:30-1:30</u>: Strength and Stretch w Ying</p> <p><u>1:00-4:00</u>: Same Day Tech Assistance</p> <p><u>1:00-4:00</u>: Sewing Projects with Sharlene</p> <p><u>1:45-2:45</u> Chorus with 92NY- Joan</p>	<p><u>915-10:15</u>: Tech Assistance by Appt.</p> <p><u>10-12:00</u> Fiber &Textile with Ann</p> <p><u>10:30-11:30</u> Zumba Gold with Dayle</p> <p><u>1:00-4:00</u>: Same Day Tech Assistance by Appt.</p> <p><u>1:00-4:00</u>: Art Workshop with John</p> <p><u>1:00-4:00</u>: Creative Sewing with Ann</p>	<p><u>915-10:15</u>: Tech Assistance by Appt.</p> <p><u>10:30- 11:30</u>: NYRR Striders Fitness with Abby &Sid</p> <p><u>11:00- 11:30</u>: Tech Talk Workshop with Robert</p> <p><u>11:30-12:30</u>: Ping Pong with Dexter</p> <p><u>1:00-3:00</u>: Jewels w Judy May 16,30</p> <p><u>1:00-4:00</u>: Same Day Tech Assistance by Appt.</p>	<p><u>10:30- 11:30</u>: NYRR Walking Club 1030-1130</p> <p><u>10:30-12:30</u>: Ping Pong with Dexter</p> <p><u>12:30- 1:30</u>: Fusion Fitness with Dayle</p> <p><u>1:00-4:00</u>: Art Workshop with John</p>

SPECIAL EVENTS IN MAY

<p><u>May 06</u>: Art Workshop with John 1-4pm</p> <p><u>May 20</u>: Art Workshop with John 1-4pm</p> <p><u>May 27</u>: Closed for Memorial Day</p>	<p><u>May 07</u>: BINGO 130-230p</p> <p><u>May 28</u>: Vision and Aging with Lighthouse Guild at 11-12p (Zoom)</p>	<p><u>May 01</u>: Tai Chi w VNS 1230-115pm</p> <p><u>May 08</u>: NO Art Workshop with John 1-4pm</p> <p><u>May 15</u>: Recreational Marijuana/Cannabis for Older Adults 11am (ZOOM)</p>	<p><u>May 02</u>: Latin Flow with Frahydel 1245-145p</p> <p><u>May 09</u>: Let's Talk and Eat Vegetables GrowNYC 1p</p> <p><u>May 16</u>: Hearing Loss Matters 10am (Zoom)</p> <p><u>May 16</u>: Summer Heat & Health Presentation 1245p</p> <p><u>May 23</u>: Walmart 10-2pm</p>	<p><u>May 10</u>: LIDL/Target Trip Queens 1030-130p</p> <p><u>May 24</u>: Closing at 1pm.</p>
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