



May 2019 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Yoga Classes with Natalia: Monday 3:00pm Tuesday 900am Wednesday 10:30am <b>Blood Pressure Screening</b> 1 <sup>st</sup> Thursday Every month	Evidenced Based Program Eating Healthy With Stephanie Cordaro May 8 <sup>th</sup> 11:30 May 22 <sup>nd</sup> 11:30 May 29 <sup>th</sup> 11:30	1 10:30 Yoga with Natalia 11:30 Brain Games 12:30 Tell Your Stories 2:00 Bingo	2 <u>CINCO DE MAYO PARTY</u> 9 <sup>30</sup> Chair Exercises for Seniors 11:00 Party with DJ Angela 11:00 Blood Pressure Screening 2:00 Knitting and Crocheting with Marie	3 <u>Trip to Empire Casino in Yonkers</u> 9:30 Chair Exercises for Seniors 10:00 Puzzles/Brain Games/Color the Blues away 2:00 Beads & Jewelry w Marie
6 9:30 Chair Exercises 10:30 Bible Discussion/Spirituality 1:30 Choral Group with Charles 3:00 Yoga Toning w Natalia	7 9:00 Yoga with Natalia 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Judy 12:30 Tell Your Stories 2:00 Painting with Sydney	8 <u>Nutritionist Stephanie Cordaro</u> 10:30 Yoga Toning with Natalia 11:30 Eating Healthy Program 12:30 Tell Your Stories 2:00 Brain Numbers	9 9:30 Chair Exercises for Seniors 11:15 Movement to Music with Lisa 12:45 Healthy Heart 2:00 Knitting & Crocheting with Marie	10 9:30 Chair Exercises for Seniors 10:00 Puzzles/Brain Games/Color the Blues away 11:00 Food Committee 2:00 Beads & Jewelry with Marie
13 9:30 Chair Exercises 10:30 Bible Discussion/Spirituality 1:30 Choral Group with Charles 3:00 Yoga Toning w Natalia	14 9:00 Yoga with Natalia 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Judy 12:30 Tell Your Stories 2:00 Painting with Sydney	15 10:30 Yoga Toning with Natalia 12:45 Tell Your Stories 2:00 Bingo	16 <u>Nutritionist Stephanie Cordaro</u> 10:00 Movement to Music with Lisa 11:30 Eating Healthy Program 2:00 Knitting & Crocheting with Marie	17 <u>MOTHER'S DAY PARTY</u> 9:30 Chair exercises for Seniors 11:00 Party with Phil D'Iorio 2:00 Beads & Jewelry with Marie
20 <u>CHORAL PERFORMANCE</u> 9:30 Chair Exercises 10:30 Bible Discussion/Spirituality 1:30 Choral Group Performance with Charles 3:00 Yoga Toning w Natalia	21 9:00 Yoga with Natalia 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Judy 12:30 Tell Your Stories 2:00 Painting with Sydney	22 <u>Nutritionist Stephanie Cordaro</u> 10:30 Yoga Toning with Natalia 11:30 Eating Healthy 12:45 Tell Your Stories 2:00 Bingo	23 9:30 Chair Exercises for Seniors 11:15 Movement to Music with Lisa 12:45 Story Telling 2:00 Knitting & Crocheting with Marie	24 9:30 Chair Exercises for Seniors 10:00 Puzzles/Brain Games/Color the Blues away 12:45 Safety Tips for Elder adults 2:00 Beads & Jewelry with Marie
27 <b>Memorial Day                      Center Closed</b>	28 9:00 Yoga with Natalia 9:30 Technology Tuesday 9:30 Walking Club 10:00-12:00 Quilting with Judy 12:30 Tell Your Stories 2:00 Painting with Sydney	29 <u>Nutritionist Stephanie Cordaro</u> 10:30 Yoga with Natalia 11:30 Easting Healthy Program 12:45 Tell Your Stories 2:00 Bingo	30 9:30 Chair Exercises 11:15 Movement to Music with Lisa 2:00 Knitting & Crocheting with Marie	31 <u>MEMORIAL DAY PARTY</u> 9:30 Char Exercises for Seniors 11:00 Party with Robert Gamble 12:45 Dancercise with Lisa 2:00 Beads and Jewelry w Marie



Roy Reuther Senior Center  
711C Seagirt Avenue Apt 2N  
Far Rockaway, NY 11691  
718.471.3110

Staff:

- Sydney Lombardi Project Director
  - Ellen Alster Group Worker
- Fran Simon Administrative Assistant
  - Cheryl Ryland Kitchen Staff

Daily Lunch: Monday Through Friday

- 12 noon Hot kosher lunch or salad alternative
  - Reservations required

Other Important Information

- Every day: 9:30 Wrapping and Rapping
- Yoga Mondays Tuesdays Wednesdays All Are Welcome

Contact Information

Center located in First Floor  
Community Room Building B  
slombardi@jasa.org

Program Highlights

Please note Dancercise with Lisa has changed its name to Movement to Music with Lisa

- May 2<sup>nd</sup> 11:00-12:00 BLOOD PRESSURE SCREENING
- May 2<sup>nd</sup> 11:00 Cinco De Mayo Party with DJ Angela
  - May 3<sup>rd</sup> Trip to Empire City in Yonkers
- May 17<sup>th</sup> 11:00 Mother's Day Party with Phil D'Iorio
  - May 20<sup>th</sup> 1:30 Choral Performance
  - May 27<sup>th</sup> MEMORIAL DAY - Center Closed
- May 31<sup>st</sup> Memorial Day Party with Robert Gamble

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