




MAY 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Lunch/ Almuerzo</u> 12pm-1pm DAILY HABLAMOS ESPAÑOL</p>  		<p>1 <u>Advisory Meeting</u> 9:30 Bike Exercise 10:30 Walk with Ease 11:30 Advisory Meeting 1pm Tai Chi: Arthritis</p>	<p>2 <u>Nutrition Presentation</u> 9:30 Bike Exercise 10:30 Wii Game 11:00 Presentation 1pm Zumba 2:30pm IGA Class (NORC)</p>	<p>3 <u>Cinco De Mayo Event</u> 9am Wii Games 10am Walk with Ease 11am Tai Chi: Arthritis 2pm Performance</p>
<p>6 9:30 Bike Exercise/Wii Games 10:30 Walk with Ease 11:30 Blood Pressure Screening 1pm Age-Tastic Game</p>	<p>7 <u>Walmart Trip</u> 9:30 Bike/ Wii Games 10:30 Let's Get Crafty 11:00 NORC 1pm Dancing w. Walter</p>	<p>8 9:30 Bike Exercise 10:30 Walk with Ease 11:30 Age-Tastic Game 1pm Tai Chi: Arthritis</p>	<p>9 9:30 Bike Exercise 10:30 Wii Game 11:00 Let's get Crafty w. Freddie 2:30pm IGA Class (NORC)</p>	<p>10 9am Ginsburg News 10am Walk with Ease 11am Tai Chi: Arthritis 1pm Mother's Day Project</p>
<p>13 9:30 Wii Games 10am Blood Pressure Screening 11am Walk with Ease 1pm Ginsburg News</p>	<p>14 <u>Mother's Day Party</u> 9:30 Bike/ Wii Games 10:30 Let's Get Crafty 11am NORC 1pm Party w. DJ Woody Please Wear Pink or Purple!</p>	<p>15 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Tai Chi: Arthritis</p>	<p>16 <u>Cross County Mall</u> 9:30 Bike Exercise 10:30 Wii Game 1pm ZUMBA 2:30pm IGA Class (NORC)</p>	<p>17 9am Bike Exercise/Wii Games 10am Walk with Ease 11am Tai Chi: Arthritis 1pm Healthy Living w. Dorothy 2pm Let's Get Crafty</p>
<p>20 9:30 Wii Games 10am Blood Pressure Screening 11am Walk with Ease 1pm Age-Tastic Game</p>	<p>21 9:30 Bike/ Wii Games 10:30 Let's Get Crafty 11am NORC 1pm Dancing with Walter</p>	<p>22 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Tai Chi: Arthritis</p>	<p>23 9:30 Bike Exercise 10:30 Wii Game 11:30 Let's Get Crafty w. Freddie 2:30pm IGA Class (NORC)</p>	<p>24 <u>City Island Trip</u> 9am Bike Exercise/Wii games 10am Walk with Ease 11am Tai Chi: Arthritis</p>
<p>27 Memorial Day Center Closed</p>	<p>28 9:30 Bike/ Wii Games 10:30 Let's Get Crafty 11:00 NORC 1pm Dancing w. Walter</p>	<p>29 <u>Birthday Party</u> 9:30 Bike Exercise 10:30 Teach Me Rumikub 11:30 Leisure Games 1pm Tai Chi: Arthritis 2pm Party w. DJ AL</p>	<p>30 9:30 Bike Exercise 10:30 Wii Game 11:00 Dominoes Tournament 1pm Zumba 2:30pm IGA Class (NORC)</p>	<p>31 9am Ginsburg News 10am Walk with Ease 11am Tai Chi: Arthritis 1pm Championship Round (Dominoes)</p>



Sue Ginsburg Senior Center

975 Waring Avenue

Bronx, NY, 10469

(718) 881-1758

www.jasa.org

8:30am to 4:30pm

Monday-Friday

Walk with Ease (Every Monday, Wednesday, and Friday)

Blood Pressure Screenings (Every Monday)

Advisory Meeting (5/1/2019)

Trips (5/7, 5/16, 5/24)

Dominoes Tournament (5/30 and 5/31)

Ritmo Latino (Every Tuesday)

Tai Chi: Arthritis (Every Wednesday and Friday)

Nutrition Presentation (5/2/2019) From 11am-12pm

Mother's Day Party (5/14) **PLEASE WEAR PINK OR PURPLE**

Birthday Party w. DJ AL (5/29/2019)

Zumba (Every other Thursday)

Arts & Crafts with Freddie (Every other Thursday)

STAFF:

Program Director: Victor Morell

Group Work Assistant: Shanil Acosta

Porter: T. Del Valle

Community Aid: Dorothy Crumpler

Social Worker: Vilma Sorrentini

