

FEBRUARY 2019 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*****  <b>CENTER OPEN</b>    <b>SATURDAY</b>  <b>February 09, 2019</b>  *****</p>	<p><b>Valentine's Day Lunch</b>  <b>02/14/19</b></p> <p><b>Birthday Lunch</b>  <b>02/27/19</b></p>	<p><b>BLACK HISTORY MONTH</b>  <b>CELEBRATIONS</b>  <b>02/06/19 – Steel Band Performance</b>  <b>02/15/19 International Club</b>  <b>Presentation</b>  <b>02/22/19 Trip: Restaurant Amy Ruth</b></p>	<p><b>FREE HEARING SCREENING</b>  <b>02/08/19 from 9am to 3pm</b></p> <p><b>Follow Up Audio Test</b>  <b>02/15/19</b></p>	<p><b>1</b>  10:00 Leisure Games/ Dominoes  10:00 <b>Presentation:</b> Hearing Education Center for Hearing &amp; Communication  <b>11:00 Phones &amp; Tablets</b>  1:15 Meditation</p>
<p><b>4</b>  <b>10:00 Coloring for Tranquility</b>  <b>10:00 Salsa</b>  <b>11:00 Zumba</b>  10:00 Leisure Billiard  1:00 Computer Practice</p>	<p><b>5</b>  <b>10:00 Dance Aerobics</b>  <b>10:00 Advisory Board</b>  11:00 Improv Class w. Julie  1:00 Computer Practice</p>	<p><b>6</b>  9:00 Health Motivation  9:00 BCHN: Blood Pressure  <b>11:00 Black History Month</b>  <b>Celebration w. Steel Band</b>  <b>Performance &amp; Lunch</b>  1:00 Computer Practice</p>	<p><b>7</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  11:00 Current Events  <b>11:15 Presentation: Sexual Health</b>  <b>11:00 Painting w. Susanna</b>  <b>1:00 International Club Mtg</b></p>	<p><b>8</b>  <b>9:00 FREE HEARING SCREENING</b>  Center for Hearing &amp; Communication  10:00 Leisure Games/ Dominoes  <b>10:30 Zumba</b>  <b>11:00 Phones &amp; Tablets</b>  1:15 Meditation</p>
<p><b>11</b>  <b>10:00 Salsa</b>  <b>10:00 Garden Club</b>  10:00 Leisure Billiard  <b>11:00 Zumba</b>  1:00 Computer Practice</p>	<p><b>12</b>  <b>10:00 Dance Aerobics</b>  <b>10:00 Blood Pressure</b>  11:00 Improv Class w. Julie</p>	<p><b>13</b>  9:00 Health Motivation  9:00 BCHN: Blood Pressure  10:00 <b>Presentation: NYC DOMH</b>  <b>11:00 Zumba</b>  1:00 Computer Practice</p>	<p><b>14</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  11:00 Current Events  <b>10:00 Glamour Girls</b>  <b>12:00 Valentine's Day Lunch</b>  <b>1:00 International Club Mtg</b>  1:00 Computer Practice</p>	<p><b>15</b>  10:00 Leisure Games/ Dominoes  <b>10:00 International Club</b>  <b>Black History Month Celebration</b>  <b>11:00 Phones &amp; Tablets</b>  1:15 Meditation</p>
<p><b>18</b>    <b>CENTER CLOSED</b></p>	<p><b>19</b>  <b>10:00 Dance Aerobics</b>  <b>11:15 Presentation: DOT</b>  11:00 Improv Class w. Julie</p>	<p><b>20</b>  9:00 Health Motivation  9:00 BCHN: Blood Pressure  <b>10:00 Presentation: Oral Health</b>  <b>11:00 Zumba</b>  1:00 Computer Practice</p>	<p><b>21</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  1:00 Computer Practice  <b>11:00 Painting w. Susanna</b></p>	<p><b>22</b>  10:00 Leisure Games/ Dominoes  <b>10:00 Red Hatter's Mtg</b>  <b>10:30 Trip: Amy Ruth Restaurant</b>  <b>11:00 Phones &amp; Tablets</b>  1:15 Meditation</p>
<p><b>25</b>  <b>10:00 Coloring for Tranquility</b>  <b>10:00 Metrocard Bus</b>  <b>10:00 General Membership</b>  <b>10:00 Salsa</b>  10:00 Leisure Billiard  <b>11:00 Zumba</b></p>	<p><b>26</b>  <b>10:00 Blood Pressure</b>  11:00 Improv Class w. Julie</p>	<p><b>27</b>  9:00 Health Motivation  9:00 BCHN: Blood Pressure  <b>12:00 Birthday Lunch</b></p>	<p><b>28</b>  <b>10:00 Trip: Menopause Show</b>  <b>10:00 Chair Aerobics</b>  10:00 Open Discussion  1:00 Computer Practice  <b>11:00 Painting w. Susanna</b></p>	<p><b>BLOOD PRESSURE SCREENING</b>  <b>w. BCHN</b>  <b>EVERY WEDNESDAY @10:00am</b></p>



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