

JASA Van Cortlandt Senior Center * 3880 Sedgwick Ave. Bronx, NY 10463 * 718-549-4700

February 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 Tone and Stretch w/ Doriana 11:15 Hot Topics w/ Lucy
4 10:00 Art Studio 10:30 Senior Fitness w/ Doriana 11:15 Tech I w/Randy 11:30 BP Screening w/ Mira 12:15 Lunch 1:00 Tech II w/Randy	5 10:00 Tai Chi w/ Stan 10:30 Mah Jongg w/Claire 11:00 Elder Abuse Talk by Cindy 12:15 Lunch	6 12:15 Lunch 1:00 Short Stories 2:00 Current Events	7 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 <u>Belated January Birthday Party</u> with Linda Ipanema, vocals and her trio.	8 10:00 Tone & Stretch w/Doriana 12:15 Lunch 1:00 Movie
11 10:00 Painting w/Michael 10:30 Senior Fitness w/Doriana 11:15 Tech I w/Randy 11:30 BP Screening w/Mira 12:15 Lunch 1:00 Tech II w/Randy	12 10:30 Mah Jongg w/Claire 11:15 Music and Memories w/Perrin, bassist/composer. 12:15 Lunch 1:00 Film History w/Pierre Montiel on "Errol Flynn"	13 12:15 Lunch 1:00 Advisory Council Meeting 3:00 Flowing Yoga w/ Kathleen O'Hanlon	14 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 <u>Valentine's Day Music</u> and refreshments: by Cindy.	15 10:00 Tone & Stretch w/Doriana 10:30 <u>City Island Trip</u> : pre-register w/Cindy. 11:15 Hot Topics w/Lucy 12:15 Lunch
18 PRESIDENTS DAY CENTER CLOSED	19 10:00 Tai Chi w/Stan 10:30 Mah Jongg w/Claire 12:15 Lunch 2:30 Tai Chi w/ Judy	20 12:15 Lunch 1:00 Short Stories 2:00 Current Events	21 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 <u>Classical Concert</u> w/ Sigal Chen, soprano & Hyung Joo Eom, Baritone and Jonathan Dzik, pianist	22 12:15 Lunch 1:00 Art History w/Lucy
25 10:30 Painting w/Michael 10:30 Senior Fitness w/Doriana 11:15 Tech I w/Randy 11:30 BP Screening w/ Mira 12:15 Lunch 1:00 Tech II w/Randy	26 10:30 Mah Jongg w/Claire 11:15 Music and Memories w/Perrin 12:15 Lunch 2:30 Yoga Dance w/ Judy	27 12:15 Lunch 1:00 Discussion group: to be confirmed 3:00 Flowing Yoga w/Kathleen O'Hanlon	28 12:15 Lunch 1:00 <u>Belated Valentine's/ Feb. Birthday Party</u> w/Paula Atherton, sax & flute player, singer	<u>1st of March:</u> 1:00 <u>Memorial for Louise Rivera</u> with music by Yily Nelson, guitar/vocals.

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www.jasa.org

Wed. Feb. 13th: Film History presentation on Errol Flynn by P. Montiel at 1:00 pm.

Thurs. Feb. 21st: Classical and Broadway concert by Sigal Chen, soprano; Hyung Joo Eom, Baritone and Jonathan Dzik, Pianist at 1 pm.

Belated Valentine's Day/Birthday Party w/live entertainment to be confirmed on Wed. Feb. 27th or Thurs. Feb. 28th at 1 pm.

Cindy Taveras, Case Assistant is available Monday through Friday to assist members with applying for senior benefits such as SCRIE and SNAP. She also assists with housing and naturalization applications and with arranging payment of medical bills. Please call the office at 718-549-4700 to schedule an appointment.