



September

Throggs Neck Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chair Aerobics at 10:30 am with Tommy the Experience</p> <p>Photography 13th & 27th 2pm</p> <p>Technology class 20th 12pm</p> <p>New York Public Library Social 13th 12pm</p>	<p>Tai Chi 14th & 28th 12pm</p> <p>New York Public Library Socials Crafting 28th 11am</p> <p>Online Book Club 21st 11am</p> <p>Crafting with Sandra 1pm</p> <p>Sip and Paint 28th on site 1pm</p>	<p>Health Presentation w. Dr. Bay 15th, 12pm</p> <p>Chair Aerobics at 1pm with Tommy the Experience</p> <p>Nutrition Presentation w. Kiahni 29th 2:15 p.m.</p>	<p>Concerts In Motion English/Variety 11 a.m.</p> <p>Beginners Knitting and Crochet with Sandra 2pm-2:45pm</p> <p>Meditation at 3pm with Lillian</p>	<p>Outdoor Tai Chi 10 a.m. 3rd, 10th & 24th</p> <p>Concerts In Motion Spanish 12 p.m.</p> <p>PEARLS presentation 24th 10:45 a.m.</p> <p>Cooking & Presentation skills 4:45pm 24th</p>

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