



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Computer Class: 10-12 Art Class w/ Alfonso: 10-12 Leisure Games: 10-4 Social Dance: 1-3 with D-J Valentin	Crochet: 10-12 Zumba w/Amira: 10-11 Yoga w/ MIMI: 1:30 to 2:30 Leisure Games: 10-4	Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Social Dance w/Valentin: 1-3 4th of July Celebration	CLOSED 	
8	9	10	11	12
Computer Class: 10-12 Lecture: HOW TO SLEEP BETTER w/Mr. Capps - Sunnyside: 11-12 Social Dance: D-J Julio: 1-3 Leisure Games: 10-4	Crochet: 10-12 Zumba w/Amira: 10-11 Yoga w/ MIMI: 1:30 to 2:30 Leisure Games: 10-4	Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Social Dance: 1-3 w/ D-J Valentin	Computer Class: 10-12 Hair Cut: 10-1 Painting w/ Juliana: 10-12 Lecture: Mark's Home Care W/ Nancy Taveras	Qi-Gong w/ Sharia: 10:30 - 11:30 Leisure Games: 10-4 Bingo: 1-3 Computer Class: 1-3
15	16	17	18	19
Computer Class: 10-12 No Lecture Scheduled Leisure Games: 10-4 Social Dance: 1-3 w/ D-J Julio	Crochet: 10-12 Zumba w/Amira: 10-11 Yoga w/ MIMI: 1:30 to 2:30 Leisure Games: 10-4	Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Social Dance: 1-3 w/ D-J Valentin Leisure Games: 10-4	Computer Class: 10-12 Hair Cut: 10-1 Painting w/ Juliana: 10-12 Presentation: ALIAH: 11-12 Brings D-J to dance and learn	Qi-Gong w/ Sharia: 10:30 - 11:30 Leisure Games: 10-4 Bingo: 1-3 Computer Class: 1-3
22	23	24	25	26
Computer Class: 10-12 Lecture: High Line Rehab 11-12 Physical Therapy Exercises Social Dance: 1-3 w/ D-J Woody	Crochet: 10-12 Zumba W/ Amira: 10-11 Yoga w/ MIMI: 1:30 to 2:30 Leisure Games: 10-4	Exercise w/ Maria Veronica: 10:30 Bingo: 1-3 Social Dance: 1-3 D-J Valentin Leisure Games: 10-4	Computer Class: 10-12 Hair Cut: 10-1 Painting w/ Juliana: 10-12 Presentation: Anthem 11-12 Zumba/Chair Exercise	Qi-Gong w/ Sharia: 10:30 - 11:30 Leisure Games: 10-4 Bingo: 1-3 Computer Class: 1-3
29	30	31		
Computer Class: 10-12 No Lecture Scheduled Leisure Games: 10-4 Social Dance: 1-3 w/ D-J Woody	Crochet: 10-12 Zumba w/ Amira: 10-11 Nation's Freedom Celebration Yoga w/ MIMI: 1:30 to 2:30 Leisure Games: 10-4	Exercise w/ Maria Veronica: 10:30 Bingo: 1-3 Social Dance: 1-3 D-J Valentin Leisure Games: 10-4	Catherine Sheridan Senior Center 35-24 83rd. Street Jackson Heights, NY 11372 Tel: 718-458-4600 Fax: 718-458-5665	NYLAG Mobile Van Assemblywoman Catalina Cruz 10 to 2:30 Appointments' ONLY