










Raices Astoria Senior Center /August 2010 Activities Calendar/Calendario de Actividades de Agosto del 2010

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p>2 10:00 am. Discussion Group 11:00 am Exercises  1:00 pm Dance</p>	<p>3 10:00 am Zumba Exercises 11:00 am. Nutrition Ed. Diabetes By Lilian Castro 1:00 pm. Bingo</p>	<p>4 9:30 a.m. Walking Club Swim Class Astoria Pool 1:00 pm. Movie</p>	<p>5 9:30 am. Blood Pressure Screening 11:00 am. Word Searching 1:00 pm. Bingo</p>	<p>6 (La Hora de la risa) Laughing Hour Social Friday</p>
<p>9 10:00 am. Discussion Group 11:00 am Exercises  1:00 pm Dance</p>	<p>10 Zumba Exercises 10:30 am. (Presentation) Ear Infection By Dr. Krieger 1:00 pm. Bingo</p>	<p>11 9:30 a.m. Walking Club Swim Class Astoria Pool 1:00 pm. Movie</p>	<p>12 9:30 am. Blood Pressure Screening 11:00 am Nutrition Education (food Label) by Pilar Aguirre 1:00 pm. Bingo</p>	<p>13 Ecuador Celebration </p>
<p>16 10:00 am. Discussion Group 11:00 am Exercises  1:00 pm Dance</p>	<p>17 1 0:00 am. Zumba Exercises (Presentation) Different Vision/ Eye Problem By Rose 1:00 pm. Bingo</p>	<p>18 9:30 a.m. Walking Club Swim Class Astoria Pool 1:00 pm. Movie</p>	<p>19 9:00 am. Orchard Beach Trip 9:30 am Blood Pressure Screening 11:00 am. Word Searching 1:00 pm. Bingo </p>	<p>20 11:00 am. West Nile Virus (presentation) By NYC Health Department 1:00 pm. Hora de la Risa Laughing hour Social Friday</p>
<p>23 10:00 am. Discussion Group 11:00 am Exercises 1:00 pm Dance</p>	<p>24 10:00 am Zumba Exercises 11:00 am. Word Searching 1:00 am. Bingo</p>	<p>25 9:30 am. Walking Club Swim Class Astoria Pool 10:30 am. Presentation VNS-Choice 1:00 pm. Movie</p>	<p>26 9:30 am. Blood Pressure Screening 11:00 am. Pharmacist- Education of the medicines by Zuni Savino 1:00 pm. Bingo</p>	<p>27 happy birthday !!  Birthday Party</p>
<p>30 10:00 am. Discussion Group 11:00 am. Exercises 1:00 am. Dance</p>	<p>31 11:00 am.Zumba Exercises 1:00 pm.Bingo</p>			

Please note that Dominoes are played every day except during presentation time / Domino se juega todos los días excepto durante las presentaciones.