




Raíces Astoria Senior Center | September 2013 Activity Calendar/Calendario de Actividades de Septiembre del 2013

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p>2</p>  <p><b>LABOR DAY</b> at pppst.com</p>	<p>3</p> <p>10:00 am Zumba/ 11:00 am. Arts &amp; Culture 1:00 pm Bingo/Dominoes</p>	<p>4</p> <p>10:00 am. Discussion Group 11:00 am. (presentation) Housing &amp; Scie info. By Central Astoria 1:00 am Bingo/Dominoes</p>	<p>5</p> <p>9:00 Blood Pressure M. 11:00 am. Arts &amp; Culture 11: 30 am. Searching Words/ Wii Exercises 1:00 pm. Bingo/ Dominoes</p>	<p>6</p> <p>10:00 am. Discussion Group 10:30 am. Chair Exercises 1:00 am. Social Friday</p>
<p>9</p> <p>10:20 Discussion Group 10:50 am. Chair Exercises 11:45 am. Lecture <b>( Independence of Brasil)</b> 1:00 am. Dance 2:30 Wii Games 3:00 pm Old Music /Dominoes</p>	<p>10</p> <p>10:00 am Zumba/ 11:00 am. <b>(Presentation)</b> Independence Living for Seniors By Flushing House 1:00 pm Bingo/Dominoes</p>	<p>11</p> <p>10:00 am. Make it / Keep it 10:30 am. Alert &amp; Alive- Discussion Group 11:00 am. Chair Exercises 1:00 am Bingo/Dominoes</p>	<p>12</p> <p>9:00 Blood Pressure Monitoring 10:30 am. Zumba 11:30 am. Wii Baseball/ Searching Words 1:00 pm. Bingo/ Dominoes</p>	<p>13</p> <p>10:00 am. Discussion Group 10:30 am. Chair Exercises 11:30 am. Lecture <b>(Independence of el Salvador &amp; Nicaragua)</b> 1:00 am. Social Friday</p>
<p>16</p> <p>10:30 am. Discussion Group 11:00 am. Lettuce <b>( Independence of Mexico)</b> 1:00 pm. Dance 2:30 pm Old Music/Dominoes</p>	<p>17</p> <p>10:00 am. Zumba 11:00 Wii Exercises</p>  <p>1:00 pm Bingo/Dominoes</p>	<p>18</p> <p>10:00 am. Make it / Keep it 10:30 am. Discussion Group 11:00 am. Chair Exercises 11:45 am. Lecture <b>(Independence of Chile)</b> 1:00 am. Bingo/Dominoes</p>	<p>19</p> <p>9:00 am. Blood Pressure Monitoring 10:00 am. Zumba 11:00 am. Wii Bowling Searching Words 1:00 pm Bingo/Dominoes</p>	<p>20</p> <p>10:00 am. Discussion Group 11:00 am. Chair Exercises 1:00 pm. Social Friday</p>
<p>23</p> <p>10:00 am. Alert &amp; Alive- Discussion Group 11:00 am. Chair Exercises 1:00 pm. Dance 2:30 pm Old Music/Dominoes</p>	<p>24</p> <p>10:00 am. Zumba 11:00 am. Active Hands/Active Mind 11:30 Art &amp; Culture 1:00 pm. Bingo/Dominoes</p>	<p>25</p> <p>10:00 am. Make it / Keep it 10:30 am. Discussion Group 11:00 am. Chair Exercises 1:00 am Bingo/Dominoes</p>	<p>26</p> <p>9:00 am. Blood Pressure Monitoring 10:30 am. Arts &amp; Culture 11:30 am. Wii Exercises/ Searching Words 1:00 Bingo/ Dominoes</p>	<p>27</p> <p><b>Birthday Party Sponsored by Healthfirst</b></p> 
<p>30</p> <p>10:00 am. Discussion Group 11:00 am. (presentation) On Benefit by Wellcare 1:00 pm. Dance 2:30 pm Old Music/Dominoes</p>	<p><b>Raices Astoria Senior Center</b> <b>21-21 30th Drive</b> <b>Astoria, NY 11102</b> <b>Tel: 718-726-9642</b> <b>Fax: 718-204-0028</b></p>	<p><b>Sponsored By Spanish Speaking Elderly Council –Raices</b></p>	<p><b>Founded by the New York City Department for the Aging</b></p>	

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