

MONDAYS LUNES	TUESDAYS MARTES	WEDNESDAYS MIERCOLES	THURSDAYS JUEVES	FRIDAYS VIERNES
RED HOOK NEIGHBORHOOD SENIOR CENTER At the PAL Miccio Community Center 110 West 9 th Street Brooklyn, NY 11231 Arodriguez@raices.us www.RAICES.US	1 9:30 pm Movie Club: Art & Culture 10:30 am How to Deal with a Loss Presentation by Project Hope 11:30 am Hispanic Heritage Celebration	2 10:30 am Stretching Exercise 11:00 am Blood Pressure Screening 11:30 am Active Hands/Active Minds 12:30 pm FAN Food Distribution 1:00 pm Bingo	3 10:15 am Blood Pressure Screening 11:00 am Chair Exercise  11:30 am Active Hands/Active Minds	4 10:30 am Make it & Keep it 11:00 am Stretching Exercise 11:30 am Active Hands/Active Minds 1:00 pm Bingo
7 10:30 am Chair Exercise  11:00 am Active Hands/Active Minds 1:00 pm Bingo	8 9:30 pm Movie Club: Art & Culture 10:30 am Tech Savvy: Learning to Use a Tablet 11:30 am Active Hands/Active Minds	9 10:30 am Blood Pressure Screening 11:00am Nutrition & Healthy Eating Habits Presentation by Metroplus 1:00 pm Bingo	10 10:15 am Blood Pressure Screening 10:30 am Tech Savvy: Learning to Use a Tablet 11:30 am Chair Exercise 	11 10:30 am Make it & Keep it 11:00 am Chair Exercise 11:30 am Active Hands/Active Minds 1:00 pm Bingo
14 CLOSED Happy Columbus Day 	15 9:30 pm Movie Club: Art & Culture 10:30 am Tech Savvy: Learning to Use a Tablet 11:30 am Active Hands/Active Minds	16 10:00 am Walking Club 10:30 am Blood Pressure Screening 11:00am Healthy Eating Presentation by Wellcare 1:00 pm Bingo	17 10:00 am Blood Pressure Screening 10:30 am Tech Savvy: How to use a Tablet 11:30 am Chair Exercise 	18 9:30 am Trip to the Flea Market 10:30 am Chair Exercise 11:30 am Active Hands/Active Minds 1:00 pm Bingo
21 9:00 am to 3:00 pm Advisory Board Nominations 11:00 am Chair Exercise  11:00 am Active Hands/Active Minds 1:00 pm Bingo 	22 9:00 am to 3:00 pm Advisory Board Nominations 9:30 pm Movie Club: Art & Culture 10:30 am Tech Savvy: Learning to Use a Tablet 11:30 am Active Hands/Active Minds	23 9:00 am to 3:00 pm Advisory Board Nominations 10:30 am Stretching Exercise 11:00 am Blood Pressure Screening 11:30 am Active Hands/Active Minds 1:00 pm Bingo	24 9:00 am to 3:00 pm Advisory Board Nominations 10:00 am Blood Pressure Screening 10:30 am Tech Savvy: Learning to Use a Tablet 11:30 am Chair Exercise 	25 9:00 am to 3:00 pm Advisory Board Nominations 10:30 am Make it & Keep it 11:00 am Chair Exercise 11:00- 1:00 pm Birthday Celebration 
28 11:00 am Chair Exercise  11:00 am General Membership Meeting 1:00 pm Bingo 	29 9:30 pm Movie Club: Art & Culture 10:30 am Tech Savvy: Learning to Use a Tablet 11:30 am Active Hands/Active Minds 12:30 pm FAN Food Distribution	30 10:30 am Stretching Exercise 11:00 am Blood Pressure Screening 11:30 am Active Hands/Active Minds 12:30 pm FAN Food Distribution 1:00 pm Bingo	31 10:00 am Blood Pressure Screening 10:30 am Tech Savvy: Learning to Use a Tablet 11:30 am Halloween Celebration 	October 2013 Octubre 2013 Activity Calendar / Calendario de Actividades

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