










Raíces Astoria Senior Center | May 2012 Activity Calendar/Calendario de Actividades de Mayo del 2012

Monday/Lunes	Tuesday/Martes	Wednesday/Miércoles	Thursday/Jueves	Friday/Viernes
<p>Raices Astoria Senior Center 21-21 30th Drive Astoria, NY 11102 Tel: 718-726-9642 www.Raices.US</p>	<p>1 10:00 am Zumba 11:00 am.(presentation) American Red Cross How to prepared in an emergency 1:00 pm Bingo\Dominoes</p>	<p>2 10:00 am. Zumba 11:00 am. Keep Your Mind Alert(made flowers) 1:00 pm. Bingo/Dominoes</p> 	<p>3 9:00 am Blood Pressure Screening 11:00 am Keep Your Mind Alert (Group of Discussion) 1:00 pm Bingo/ Dominoes</p>	<p>4 10:00 am. Walking Club 1:00 pm. Social Friday Dominoes</p>
<p>7 9:30 am English Class 11:00 am Exercises 1:00 pm Dance Dominoes</p>	<p>8 10:00 am Zumba 11:00 am. (DFTA) Nutrition Education\Fat Label</p>  <p>1:00 pm Bingo Dominoes</p>	<p>9 10:00 am. Zumba 11:00 am. CCM. (Presentation) Benefit &Massages 1:00 pm. Bingo</p>  <p>Bingo\Dominoes</p>	<p>10 9:00 am. Blood Pressure Screening</p>  <p>10:00 am. Keep Your Mind Alert (Origami) 1:00 pm. Bingo/ Dominoes</p>	<p>11 10:00 am. Mother's Day Celebration Sponsored by VNS DJ. From 1:00 – 4:00 pm.</p> 
<p>14 9:30 am English Class 11:00 am Exercises</p>  <p>1:00 pm Dance/Dominoes</p>	<p>15 10:00 am. Zumba 10:30 am (Presentation) Access Medicare\Benefit & Salsa instructor\Dominoes 1:00 pm Bingo</p>	<p>16 10:00 am. Wii games 11:00 am Keep Your Mind Alert (Searching Word) 1:00 am. Bingo/Dominoes</p>	<p>17 9:30 am Blood Pressure Screening 11:00 am. Keep Your Mind Alert (Draw) 1:00 pm Bingo</p>	<p>18 10:00 am. Walking Club</p>  <p>Social Friday</p>
<p>21 9:30: am English Class 11:00 am. Exercises 1:00 pm. Dance\Dominoes</p>	<p>22 10:00 am. Zumba 11:00 am. Keep Your Mind Alert. (Made Flowers) 1:00 am Bingo/Dominoes</p>	<p>23 10:00 am. Wii games Keep Your Mind Alert (Cut Out) Bingo/Dominoes</p>	<p>24 9:00 am. Blood Pressure Screening 10:00 am. Keep Your Mind Alert (Origami) 1:00 pm. Bingo/ Dominoes</p>	<p>25 10: 00 am Celebration Older Americans month Sponsored by United HealthCare</p>
<p>28 9:30 am English Class</p>  <p>11:00 am Exercises 1:00 pm Dance</p>	<p>29 10:00 am. Zumba 11:00 am Keep your Mind Alert (Math) 1:00 am. Bingo\Domonoes</p>	<p>30 10:00 am. Wii games</p>  <p>11:am Birthday Party</p>	<p>31 9:30 am Blood Pressure Screening 11:00 am. (presentation) VNS. Manage Long Term Care & Medicare Advantage</p>	<p>Sponsored by the Spanish Speaking Elderly Council- RAICES & Funded by the New York City Department for the Aging</p>

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