

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES
<p><b>RED HOOK SENIOR CENTER</b></p> <p>6 Wolcott Street Brooklyn, NY 11231 Tel: 718-625-4844 Fax: 718-522-7327 www.RAICES.US</p>	<p><b>1</b> 10:00 am Keep in Shape Program  11:00 am Medicare Benefits Presentation by Touchstone 1:00 pm Movie Club- Spanish</p>	<p><b>2</b> 9:30 am Trip to the Bronx Zoo  10:00 am Healthy &amp; Secure Computer Training Class 11:00 am Chair Exercise 1:00 pm Bingo</p>	<p><b>3</b> 10:15 am Spanish Class 11:00 am Make It - Keep It 1:00 pm Movie Club </p>	<p><b>4</b> 9:30 am Trip to the Botanical Garden  10:30 am Wii Sports Social Friday 1:00 pm Bingo</p>
<p><b>7</b> 10:00 am Stay Well Program 10:00 am Gardening  10:30 am VNS Choice Managed Long Care Presentation 1:00 pm Bingo</p>	<p><b>8</b> 10:00 am Keep in Shape Program  11:00 am Presentation on Depression by RAICES Casa BienEstar 1:00 pm Movie Club- Spanish</p>	<p><b>9</b> 9:30 am Trip to the Resort World Casino 10:00 am Walking Club 10:30 am Eating Healthy Presentation by Just Say Yes to Fruits &amp; Vegetables 1:00 pm Bingo</p>	<p><b>10</b> 9:30 am Trip to the Merrick Flea Market  10:15 am Spanish Class 11:00 am Make It &amp; Keep It 1:00 pm Movie Club</p>	<p><b>11</b> 10:00 am Walking Club 10:30 am Wii Sports 12:00 pm Mother's Day Celebration Entertainment Sponsored by Health First </p>
<p><b>14</b> 10:00 am Gardening 10:00 am Stay Well Program 11:00 am Physical Therapy Presentation by Aqua Rehab Center 1:00 pm Bingo</p>	<p><b>15</b> 10:00 am Keep in Shape Program  10:30 am Housing Rights Presentation by Fifth Avenue Committee 1:00 pm Movie Club- Spanish</p>	<p><b>16</b> 9:30 am Bowling Trip  10:00 am Walking Club 11:00 am Active Hands/ Active Minds 1:00 pm Bingo</p>	<p><b>17</b> 10:15 am Spanish Class 11:00 am General Membership Meeting 1:00 pm Movie Club </p>	<p><b>18</b> 9:30 am Aquaduck Flea Market Trip 10:00 am Walking Club 10:30 am Wii Sports  1:00 pm Bingo</p>
<p><b>21</b> 10:00 am Gardening 10:00 am Stay Well Program 10:30 am Massage Therapy and Blood Pressure Screening by VNS Choice 1:00 pm Bingo</p>	<p><b>22</b> 10:00 am Keep in Shape Program 10:30 am Cardiovascular Diseases Presentation by American Diabetes Association 1:00 pm Movie Club - Spanish</p>	<p><b>23</b> 10:00 am Walking Club 11:00 am Nutrition Facts &amp; Labels Presentation by DFTA 1:00 pm Bingo 1:00 pm FAN Food Distribution </p>	<p><b>24</b> 10:15 am Spanish Class 11:00 am Make It &amp; Keep It  1:00 pm Movie Club 1:00 pm FAN Food Distribution</p>	<p><b>25</b> 10:00 am Walking Club 10:30 am Zumba Class by Wellcare 12:00- 2:00 pm Birthday Celebration </p>
<p><b>28</b> CENTER CLOSED HAPPY MEMORIAL DAY  May is Older American Month</p>	<p><b>29</b> 10:00 am Senior Health Day at the Long Island College Hospital 11:00 am Active Hands/ Active Minds 1:00 pm Movie Club - Spanish</p>	<p><b>30</b> 10:30 am Chair Exercise 11:00 am Age Related Eye Condition by Lighthouse 1:00 pm Bingo </p>	<p><b>31</b> 10:00 am Second Annual Senior One Mile Walk 10:30 am KR3T Hip Hop Dance by Dance Theatre  1:00 pm Movie Club</p>	<p><b>MAY/ MAYO</b>  2012  ACTIVITY CALENDAR CALENDARIO DE ACTIVIDADES</p>

Please note that Dominoes and Pool are played every day at 10:00 am  
Domino y Billar se juega todos los días a las 10:00 am

Sponsored by the Spanish Speaking Elderly Council – RAICES  
Funded by the New York City Department for the Aging