

Red Hook Senior Center

March 2010 Activity Calendar / Calendario de Actividades de Marzo del 2010

MONDAY LUNES	TUESDAY MARTES	WEDNESDAY MIERCOLES	THURSDAY JUEVES	FRIDAY VIERNES
<p>1</p> <p>11:00 am Chair Exercise 11:30 am Keep Your Mind Alert Exercises 1:00 pm Bingo</p>	<p>2</p> <p>10:00 am Make it and Keep it 10:30 am Chair Exercise 11:30 am Presentation by Village Care 1:00 pm Healthy & Secure Computer Class</p>	<p>3</p> <p>10:00 am Make it and Keep it 10:30 am Chair Exercise 11:00 am Blood Pressure & Bone Density Screening by Visiting Nurse Service of New York 1:00 pm Bingo</p>	<p>4</p> <p>9:30 am Exercise 10:30 am Fruit & Vegetables Presentation by LIU Nursing Students 1:00 pm Healthy & Secure Computer Class</p>	<p>5</p> <p>11:00 am Chair Exercise 11:30 am Keep Your Mind Alert Exercises 1:00 pm Bingo</p>
<p>8</p> <p>10:00 am General Membership Meeting 11:00 am Chair Exercise 11:30 am Keep Your Mind Alert Exercises 12:00 pm Woman's Day Celebration</p>	<p>9</p> <p>10:00 am Make it and Keep it 10:30 am Chair Exercise 11:00 am Medicare Presentation by 1:00 pm Healthy & Secure Computer Class</p>	<p>10</p> <p>Learn What Your Name Mean Day 10:00 am Make it and Keep it 10:30 am Chair Exercise 11:00 am Elder Security & Protection Presentation by Secure Care One 1:00 pm Bingo</p>	<p>11</p> <p>9:30 am Exercise 10:30 am Food Guide Pyramid Presentation by LIU Nursing Students 11:00 am Understanding Diabetes by Emblem Health 1:00 pm Healthy & Secure Computer Class</p>	<p>12</p> <p>11:00 am Chair Exercise 11:30 am Keep Your Mind Alert Exercises 1:00 pm Bingo</p>
<p>15</p> <p>11:00 am Chair Exercise 11:30 am Keep Your Mind Alert Exercises 1:00 pm Bingo</p>	<p>16</p> <p>10:00 am Make it and Keep it 10:30 am Chair Exercise 11:00 am Importance of HIV Testing Presentation by GRIOT Circle 1:00 pm Healthy & Secure Computer Class</p>	<p>17</p> <p>10:00 am Grandparent Support Group Meeting, Make & Keep it 11:00 am Wellness Issues that Older Adults Deal With by Baltic Street Advocacy for Housing Employment 1:00 pm Bingo</p>	<p>18</p> <p>9:30 am Exercise 10:30 am Fiber Fitness Presentation by LIU Nursing Students 1:00 pm Healthy & Secure Computer Class</p>	<p>19</p> <p>10:30 am Chair Exercise 11:00 am Keep Your Mind Alert Exercises 11:30 pm Census Presentation by the United States Census 2010 12:00 pm St. Patrick's Day Celebration</p>
<p>22</p> <p>As Young As You Feel Day 11:00 am Chair Exercise 11:30 am Keep Your Mind Alert Exercises 1:00 pm FAN Food 1:00 pm Bingo</p>	<p>23</p> <p>10:00 am Make it and Keep it 10:30 am Chair Exercise 1:00 pm FAN Food 1:00 pm Pastelillo Sale</p>	<p>24</p> <p>10:00 am Make it and Keep it 10:30 am Chair Exercise 11:00 am Safety For Our Seniors Presentation 1:00 pm Bingo</p>	<p>25</p> <p>9:30 am Exercise 10:30 am Minerals for Mighty Bones Presentation by LIU Nursing Students 1:00 pm Healthy & Secure Computer Class</p>	<p>26</p> <p>10:30 am Chair Exercise 11:00 am Blood Pressure Screening by Metropolitan Jewish System 12:00 pm Birthday Celebration 2:00 pm Bingo</p>
<p>29</p> <p>10:00 am Walking Club 11:00 am Chair Exercise 11:30 am Keep Your Mind Alert Exercises 1:00 pm Bingo</p>	<p>30</p> <p>10:30 am Chair Exercise 11:00 am Glucose Screening by Elite Medical 1:00 pm Healthy & Secure Computer Class</p>	<p>31</p> <p>10:00 am Make it and Keep it & Grandparent Support Group Meeting 11:00 am Chair Exercise 1:00 pm Bingo</p>		

Please Note that Dominoes and Billiards are Played Every Day Starting at 10:00 am. / Tengan en Cuenta que Dominó y Billar se Juega Todos los Días Desde las 10:00 am.