



MARCH 2024 ACTIVITY CALENDAR

ROOSEVELT ISLAND OLDER ADULT CENTER (546 MAIN ST.)

MON-FRI 9AM-5PM  LUNCH : 12PM  PHONE: 212-980-1888

PARTIALLY
FUNDED BY
NYC AGING

<i>MONDAYS</i>	<i>TUESDAYS</i>	<i>WEDNESDAYS</i>	<i>THURSDAYS</i>	<i>FRIDAYS</i>
AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
<p><u>930-10:15</u>: Tech Assistance by Appt.</p> <p><u>10:30-11:30</u>: Yoga w Ying</p> <p><u>12:30-1:30</u>: Balance Fitness with Sid</p> <p><u>1:00-4:00</u>: Same Day Tech Assistance</p> <p><u>1:00-4:00</u>: Future Self-Portrait with Claudia 3/11</p>	<p><u>930-10:15</u>: Tech Assistance by Appt.</p> <p><u>10-12:00</u>: Open Sewing with Sharlene</p> <p><u>10:30-11:30</u> SAIL w/ Don</p> <p><u>12:30-1:30</u>: Strength and Stretch w Ying</p> <p><u>1:00-4:00</u>: Same Day Tech Assistance</p> <p><u>1:00-4:00</u>: Sewing Projects with Sharlene</p>	<p><u>930-10:15</u>: Tech Assistance by Appt.</p> <p><u>10-12:00</u> Fiber &Textile with Ann</p> <p><u>10:30-11:30</u> Zumba Gold with Dayle</p> <p><u>1:00-4:00</u>: Same Day Tech Assistance</p> <p><u>1:00-4:00</u>: Art Workshop with John</p> <p><u>1:00-4:00</u>: Creative Sewing with Ann</p>	<p><u>930-10:15</u>: Tech Assistance by Appt.</p> <p><u>10:30- 11:30</u>: NYRR Striders Fitness with Grace &Sid</p> <p><u>11:30-12:30</u>: Ping Pong with Dexter</p> <p><u>1:00-4:00</u>: Same Day Tech Assistance</p> <p><u>1:00-3:00</u>: <i>Jewels with Judy</i> (Mar 07, 21)</p>	<p><u>10:30-12:30</u>: Ping Pong with Dexter</p> <p><u>12:30- 1:30</u>: Fusion Fitness with Dayle</p> <p><u>1:00-4:00</u>: Art Workshop with John</p>
SPECIAL EVENTS IN MARCH				
<p><u>Mar 04</u>: Elder Abuse and Scams Prevention at 11a</p>	<p><u>Mar 12</u>: Qns Center Mall Trip 1045-130pm</p> <p><u>Mar 12</u>: Free radio/TV on phone/tablet Workshop with Robert 1045-11:30am</p> <p><u>Mar 19</u>: Bake Sale 10-12p</p> <p><u>Mar 19</u>: Scams Workshop with Robert 1045-11:30am</p>	<p><u>Mar 13</u>: Mammogram Screening w Mt. Sinai Mobile Van 9-330pm.</p>	<p><u>Mar 07</u>: Walmart Trip 10-230pm</p> <p><u>Mar 14</u>: Health Benefits of Light Therapy 1230p</p>	<p><u>Mar 01</u>: Outsider Art Fair Trip 1015-130pm.</p> <p><u>Mar 01</u>: Tai Chi with VNS 10am.</p> <p><u>Mar 15</u>: Bingo at 130pm</p>