



APRIL 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

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
AM/PM	AM/PM	AM/PM	AM/PM	AM/PM
<p>930-10:15: Tech Assistance by Appt.</p> <p>10:30-11:30: Yoga w Ying</p> <p>12:30-1:30: Balance Fitness with Sid</p> <p>1:00-4:00: Same Day Tech Assistance by Appt.</p> <p>1:00-4:00: Future Self-Portrait with Claudia</p>	<p>930-10:15: Tech Assistance by Appt.</p> <p>10-12:00: Open Sewing with Sharlene</p> <p>10:30-11:30 SAIL w/ Don</p> <p>12:30-1:30: Strength and Stretch w Ying</p> <p>1:00-4:00: Same Day Tech Assistance</p> <p>1:00-4:00: Sewing Projects with Sharlene</p> <p>1:45-2:45 Chorus with 92NY- Joan (NEW)</p>	<p>930-10:15: Tech Assistance by Appt.</p> <p>10-12:00 Fiber &Textile with Ann</p> <p>10:30-11:30 Zumba Gold with Dayle</p> <p>1:00-4:00: Same Day Tech Assistance by Appt.</p> <p>1:00-4:00: Art Workshop with John</p> <p>1:00-4:00: Creative Sewing with Ann</p>	<p>930-10:15: Tech Assistance by Appt.</p> <p>10:30- 11:30: NYRR Striders Fitness with Grace &Sid</p> <p>11:00- 11:30: Tech Workshop with Robert on various topics</p> <p>11:30-12:30: Ping Pong with Dexter</p> <p>1:00-4:00: Same Day Tech Assistance by Appt.</p>	<p>10:30- 11:30: NYRR Walking Club 1030-1130 (APR 19 NEW)</p> <p>10:30-12:30: Ping Pong with Dexter</p> <p>12:30- 1:30: Fusion Fitness with Dayle</p> <p>1:00-4:00: Art Workshop with John</p>
SPECIAL EVENTS IN MARCH				
<p>Apr 01: Creative Wellness Workshop with RIDA 430pm</p>	<p>Apr 02: Macy's Flower Show Trip 1030-130pm.</p> <p>Apr 02: Standing Pilates w/Barbara (RIDA) 430pm</p> <p>Apr 23: Hypertension Lecture from 10-12pm with Health NYC</p>	<p>Apr 10: Tai Chi w VNS 1230-115pm</p> <p>Apr 10: Diabetes 101 with DFTA and St. John University 11-12pm</p> <p>Apr 10: Nutrition Lecture with WellCare 1230</p> <p>Apr 24: Tai Chi w VNS 1230-115pm</p>	<p>Apr 04,18: Jewels with Judy 1:00-3:00pm</p> <p>Apr 11: NY Mets Senior Smiles Painting Class 1-3pm Please sign up</p> <p>Apr 25: Scams and Identity theft with NYS Division of Consumer Protection 1245pm</p>	<p>Apr 05: Arthur Ave Trip 1045-2pm</p>