

# Welcome to the Northeast Senior Center

**MEMBERSHIP:** We invite independent seniors **60 years of age and older** to become a member for free. See receptionist to register and take a tour. Refer to both sides of the calendar for program details.

**OUR APOLOGIES:** this calendar is tentative and may change without advanced notice.

**Get your FREE Flu Shot today! See Candice in the Green Doorway!**

**THINK SAFETY FIRST**



**ATTEND AN EXERCISE EQUIPMENT ORIENTATION CLASS**  
11/08 at 12:15 P.M. & 11/15+11/29 at 1:00 P.M.

**Need to see a Medicare Counselor?**  
Schedule an appointment at the receptionist desk.

**Need assistance understanding your City Public Service bill?**  
Schedule an appointment at the receptionist desk.

## HEALTH SCREENINGS (Green Doorway)

Blood Pressure \* Blood Sugar \* Fasting Cholesterol \* Weight/BMI (body mass index)



## Arts & Crafts Classes (Orange Doorway unless otherwise noted)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30	Crochet Group (volunteer led-bring your own supplies)	Intermediate Painting	Crafts Class	Advanced Drawing	Quilting Group (2nd FRI) (volunteer led-bring your own supplies)
10:30					Adult Coloring Group (volunteer led 3rd Friday of the month)
11:30					
12:30	Beginner Painting	Jewelry Making Group (volunteer led-bring your own supplies)	Art Group (volunteer led-bring your own supplies)  Creative Writing Memoirs (CR)	Canvas Needle Point Group (volunteer led-bring your own supplies)  The Writer's Roundtable (CR) (volunteer led-bring your own supplies)	Creative Writing (CR)
1:00					Drawing Class

## Fitness & Dance Classes (Yellow doorway unless otherwise noted)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00	Cardio (GP) Chair Zumba -low impact			Chair Volleyball Freestyle Jam (GP)	Floor YOGA (GP)
8:30		Zumba Gold Intro Walking (DR)	Zumba Gold	Power Walk (DR)	Zumba Gold
9:00					
9:30	Chair Volleyball	Table Tennis	Cardio Fit	Senior Surge	
10:00					
10:15	Relaxation & Meditation low impact (GP)		Dance Workshop (GP)		
10:30	Chair Volleyball	Chair Zumba low impact	Floor YOGA (Sign up at the Front Desk starting at 9 a.m.)	Senior Sneakers low impact Arthritis Foundation Exercise-low impact (GP)	Zumba Gold (Sign up at the Front Desk starting at 9:00 a.m.)
12:15					Aerobics
1:00	Line Dancing	Body Swag	Line Dancing	Cardio Fit	
1:15					Cardio
1:30		Korean Line Dancing & Drum Class (P)			
2:15	Senior Boot Camp	Floor YOGA	Chair YOGA-low impact	Dance Workshop	Body Swag

**Lunch: 11:30 a.m.-12:30 p.m.-Please see separate menu for this month**