

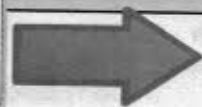
# Welcome to the Northeast Senior Center

**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**  
12/19 at 12:00 P.M. & 12/20 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					
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

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30		Hula Dance	World Dance		Table Tennis until 8:15 a.m.
8:00	Cardio (GP) Chair Zumba -low impact	Intro Walking (DR)		Chair Volleyball Freestyle Jam (GP)	Floor YOGA (GP)
8:30		Zumba Gold	Zumba Gold		Zumba Gold
9:00					
9:30	Chair Volleyball	Joint Movement -low impact	Cardio Fit	Senior Surge Chair Fitness (GP)	International Folk Dance
10:00					
10:15	Relaxation & Meditation low impact (GP)		Dance Workshop (GP)		
10:30	Table Tennis until 12:30 p.m.	Chair Zumba low impact	Floor YOGA (Sign up at the Front Desk at 9 a.m.)	Senior Sneakers low impact Arthritis Foundation Exercise-low impact (GP)	Zumba Gold (Sign up at the Front Desk at 9 a.m.)
12:15					
1:00	Line Dancing	Body Swag  Korean Line Dancing & Drum Class (P) (Sign up at the Front Desk at 11:30 a.m.)	Line Dancing  Folklorico (GP)	Cardio Fit	Aerobics (Chair is Optional)
1:15					
2:15	Strength and Tone	Floor YOGA	Chair YOGA-low impact Joint Movement -low impact (GP)	Dance Workshop	Body Swag