






Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:00 Billiards, Dominoes</p> <p>11:00 BRAATA SINGERS SPONSORED BY NYC COUNCIL MEMBER SYLVENA BROOKS-POWERS</p> <p>1:15 Rhythm and Renew with Shell*</p>	<p>3</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:30 BLOOD PRESSURE SCREENING</p> <p>11:00 HIICAP PRESENTATION</p> <p>1:00 Yoga and Strength*</p> 	<p>4</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:15 African American History</p> <p>10:15 WOMEN'S HISTORY MONTH</p> <p>1:00 Aerobics with Jewel</p> 	<p>5</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:00 Loom and Crochet</p> <p>11:00 Afro-Mambo Dance with Carmen*</p> <p>1:00- BINGO</p> 	<p>6</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:30 Self Monitored Blood Pressure</p> <p>9:30 Loom and Crochet</p> <p>11:00 Line Dance with Roselle*</p> <p>1:00 BINGO</p> 
<p>9</p> <p>MOVIE MONDAY</p> 	<p>10</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:30 BLOOD PRESSURE SCREENING</p> <p>10:30 NUTRITION WITH ANGELA</p> <p>1:00 Yoga and Strength*</p> 	<p>11</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:15 African American History</p> <p>1:00 Aerobics with Jewel*</p> <p>1:00 Technology with Doris*</p> 	<p>12</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:00 Loom and Crochet</p> <p>11:00 Afro-Mambo Dance with Carmen*</p> <p>1:00- BINGO</p> 	<p>13</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>9:30 Loom and Crochet</p> <p>10:30 Self Monitored Blood Pressure</p> <p>11:00 Line Dance*</p> 
<p>16</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:15 TALK WITH THERESA</p> <p>11:00 BINGO</p> <p>1:15 Rhythm and Renew with Shell*</p> 	<p>17</p> <p>9:00 Billiards Dominoes & Cards</p> <p>10:30 Blood Pressure</p> <p>1:00 Yoga and Strength*</p>  <p>ST. PATRICK'S DAY CELEBRATION RESERVATIONS A MUST \$15</p>	<p>18</p> <p>9:00-Billiards, Dominoes & Cards</p> <p>10:15 African American History</p> <p>1:00 Aerobics with Jewel*</p> <p>1:00 Technology with Doris*</p>	<p>19</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:00 Loom and Crochet</p> <p>11:00 Afro-Mambo Dance with Carmen*</p> <p>1:00- BINGO</p> 	<p>20</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>9:30 Loom and Crochet</p> <p>10:30 Self Monitored Blood Pressure</p> <p>11:00 Line Dance with Roselle*</p> 
<p>23</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:15 DEAR CATHY</p> <p>11:00 BINGO</p> <p>1:15 Rhythm and Renew with Shell*</p> 	<p>24</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:30 Self Monitored Blood Pressure</p> <p>10:30 COMEDY WITH HOWARD</p> <p>1:00 Yoga and Strength*</p>	<p>25</p>  <p>9:00 Billiards, Dominoes & Cards</p> <p>10:15 African American History</p> <p>11:00 FEBRUARY & MARCH BIRTHDAY PARTY</p> <p>\$5.50</p>	<p>26</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>10:00 Loom and Crochet</p> <p>11:00 Afro-Mambo Dance with Carmen*</p> <p>1:00- BINGO</p> 	<p>27</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>9:30 Loom and Crochet</p> <p>10:30 Self Monitored Blood Pressure</p> <p>11:00 Line Dance</p>
<p>30</p> <p>9:00 Billiards, Dominoes & Cards</p> <p>11:00 BINGO</p> <p>1:15 Rhythm and Renew with Shell*</p> 	<p>31</p>  <p>9:00 Billiards, Dominoes & Cards</p> <p>10:30 BLOOD PRESSURE SCREENING</p> <p>10:30 Craft with Cathy</p> <p>1:00 Yoga and Strength*</p> 	<p>Breakfast is available M-F, 9:00am-10:30am for a suggested contribution of \$2.50</p> <p>Lunch is available Mon -Fri 12:00pm-1:00pm for a suggested contribution of \$3.00</p> <p>Alternate meals are available daily.</p> <p>Please order <u>before 11:00am</u></p> <p>Transportation to and from the center suggested contribution of \$1.00 each way</p> <p>* Indicates a suggested contribution of \$1</p> <p>Your contributions are greatly appreciated!</p>		