

# January 2015



Monday	Tuesday	Wednesday	Thursday	Friday
<b>JASA VAN CORTLANDT NEIGHBORHOOD SENIOR CENTER</b> <b>3880 SEDGWICK AVENUE BRONX, N.Y. 10463</b> <b>718-549-4700</b>				
<b>1</b> <b>Happy New Years!</b> <b>Center Closed</b>	<b>2</b> 11:00 Indoor Gardening w/ Victor 12:15 Lunch 1:00 Music Share w/Jenny	<b>5</b> 10:00 Art w/Michael 10:30 Senior Fitness w/Dorian 11:15 BP Screening w/Mira 12:15 Lunch	<b>8</b> 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 Meditation w/ Clara	<b>9</b> 10:15 Tone & Stretch w/Dorian 11:00 Hot Topics w/Lucy & Neil 12:15 Lunch
<b>6</b> 10:15 Tai Chi w/Clara 10:30 Mah Jongg 12:15 Lunch 1:00 Movie TBA	<b>7</b> 12:15 Lunch 1:00 Short Stories w/Dr. Heller 2:00 Current Events 3:00 Flowing Yoga w/Pedro	<b>12</b> 10:00 Art w/Michael 10:30 Senior Fitness w/Dorian 11:15 BP Screening w/Mira 12:15 Lunch 1:00 Health Talk w/Jenny	<b>15</b> 10:15 Yoga w/Gertrud 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 Martin Luther King Jr. Observance w/Grace & Friends	<b>16</b> 11:15 HIV Presentation w/Jorge Benitez, Columbia Presbyterian Medical Center 12:15 Lunch 1:00 Music Share w/Jenny
<b>13</b> 10:30 Mah Jongg w/Claire 11:15 Music & Memories w/Ya'el 12:15 Lunch 1:00 Movie TBA	<b>14</b> 10:45 Gentle Exercise w/Lidia 12:15 Lunch 1:00 "The Genius of Louis Armstrong" Presentation by: Maestro Cesare Civetta	<b>19</b> <b>Martin Luther King, Jr. Day</b> <b>Center Closed</b>	<b>22</b> 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 Meditation w/ Clara	<b>23</b> 10:15 Tone & Stretch w/Dorian 12:15 Lunch 1:00 Art History w/ Lucy
<b>20</b> 10:15 Exercise w/ Caroline 10:30 Mah Jongg w/Claire 12:15 Lunch 1:00 Movie TBA	<b>21</b> 12:15 Lunch 1:00 Short Stories w/ Dr. Heller 2:00 Current Events 3:00 Flowing Yoga w/Pedro	<b>26</b> 10:00 Art w/Michael 11:15 BP Screening w/Mira 12:15 Lunch 1:00 Health Talk w/Jenny	<b>29</b> 10:30 Knitting w/Phyllis 12:15 Lunch 1:00 pm Disaster Preparedness w/American Red Cross Greater New York	<b>30</b> 11:00 Hot Topics w/Lucy & Neil 12:15 Lunch 1:00 Music Share w/Jenny
<b>27</b> 10:30 Mah Jongg 12:15 Lunch 1:00 Latinos al Frente Planning Meeting w/Alba	<b>28</b> 10:45 Gentle Exercise w/Lidia 12:15 Lunch 1:00 Birthday Party w/Paul Phillips, keyboard and trumpet player.			