

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00 Breakfast Club 10:00 Bingo 11:00 Exercise In Dance! 1:00 Crochet Circle</p>	<p>2</p> <p>9:30 Coupon Club & Healthy Recipes Exchange 10:00 Armchair Yoga 11:00 Dancin' Feet w/ Bob 1:00 Instruction in Mah~Jongg</p>	<p>Food Committee Meeting 3</p> <p>10:00 Armchair Aerobics 10:30 Stay Well Exercise Program 11:00 Computer Time 1:00 Tai~Chi Instruction w/ Kaz</p>	<p>4</p> <p>9:00 Breakfast Club 10:00 Choral Group w/ Barbara 11:00 Chair Aerobics Video 1:00 Conversational Spanish 1:00 Mah~Jongg Club 2:00 Tea Time w/ Friends</p>	<p>8:00 Kings Plaza Walking Program 5</p> <p>9:00 Breakfast Club 9:30 Creative Drama Group 10:00 Bingo 11:00 Ballroom Dance Lesson A Purim Celebration From 12-3pm</p>
<p>8</p> <p>9:00 Breakfast Club 10:00 Bingo 10:00 Blood Pressure Screening 11:00 Exercise In Dance! 1:00 Crochet Circle</p>	<p>9</p> <p>9:30 Coupon Club & Healthy Recipes Exchange 10:00 Armchair Yoga 11:00 Dancin' Feet w/ Bob 1:00 Instruction in Mah~Jongg</p>	<p> Red Hat Ladies 10 Social Tea From 10:30 Featuring Howard's Exercise 1:00 Tai~Chi Instruction w/ Kaz</p>	<p>11</p> <p>9:00 Breakfast Club 10:00 Choral Group w/ Barbara 11:00 Chair Aerobics Video 1:00 Conversational Spanish 1:00 Mah~Jongg Club 2:00 Tea Time w/ Friends</p>	<p>8:00 Kings Plaza Walking Program 12</p> <p>9:00 Breakfast Club 9:30 Creative Drama Group 10:00 Bingo 1:00 D.J. Joel Entertainment 2:00 Coffee & Cake Break</p>
<p>15</p> <p>9:00 Breakfast Club 10:00 Bingo 10:00 Americare Presentation 11:00 Exercise In Dance! 1:00 Crochet Circle</p>	<p>16</p> <p>9:30 Coupon Club & Healthy Recipes Exchange 10:00 Armchair Yoga 11:00 Dancin' Feet w/ Bob 1:00 Instruction in Mah~Jongg</p>	<p>St. Patrick's Day Party 17</p> <p>10:00 Armchair Aerobics 10:30 Stay Well Exercise Program 11:00 Holiday Sing~A~Long Special Luncheon @ noon <i>Entertainment from 1-3pm</i></p> <p></p>	<p>18</p> <p>9:00 Breakfast Club 10:00 Choral Group w/ Barbara 11:00 Chair Aerobics Video 1:00 Conversational Spanish 1:00 Mah~Jongg Club 2:00 Tea Time w/ Friends</p>	<p>8:00 Kings Plaza Walking Program 19</p> <p>9:00 Breakfast Club 9:30 Creative Drama Group 10:00 Bingo 11:00 Ballroom Dance Lesson 1:00 Dance Party w/ Angelo 2:00 Coffee & Cake Break</p>
<p>22</p> <p>9:00 Breakfast Club 10:00 Bingo 11:00 Exercise In Dance! 1:00 Crochet Circle</p>	<p>23</p> <p>9:30 Coupon Club & Healthy Recipes Exchange 10:00 Armchair Yoga 11:00 Dancin' Feet w/ Bob 1:00 Instruction in Mah~Jongg</p>	<p>Passover Celebration 24</p> <p>10:00 Armchair Aerobics 10:30 Stay Well Exercise Program 11:00 Model Sedar 1:00 Tai~Chi Instruction w/ Kaz</p>	<p>25</p> <p>9:00 Breakfast Club 10:00 Choral Group w/ Barbara 11:00 Chair Aerobics Video 1:00 Conversational Spanish 1:00 Mah~Jongg Club 2:00 Tea Time w/ Friends</p>	<p>8:00 Kings Plaza Walking Program 26</p> <p>9:00 Breakfast Club 9:30 Creative Drama Group 10:00 Bingo 11:00 Play "Divorce Court" 1:00 D.J. Joel Entertainment 2:00 Coffee & Cake Break</p>
<p>29</p> <p>9:00 Breakfast Club 10:00 Bingo 11:00 Exercise In Dance! 1:00 Crochet Circle 1:00 Healthy Baking 101</p>	<p>30</p> <p>Our Program is Closed Today For Passover</p> <p></p>	<p>31</p> <p>Our Program is Closed Today For Passover Join Us For A Spring Celebration @ Abe Stark!</p> <p></p>	<p> Remember To Spring Ahead</p> <p>Daylight Savings Time Begins Sunday March 14th</p>	

Our Special Events

Corner



Friday March 5th
A Purim Celebration
Featuring a Special Luncheon
From 12pm – 3pm
D.J. Angelo from 1-3pm

Wednesday March 17th
Members are invited to join us for a
St. Patrick's Day Party
Sing ~ A ~ Long from 11am
Holiday Luncheon @ noon

Wednesday March 31st
"A Spring Celebration!"
Featuring D.J. Joel
@ Abe Stark
103-15 Farragut Road
From 11-2pm
Suggested Contribution \$2.00

Our Staff is always available to assist you with food stamps applications, utility bills, prescriptions, access-a-ride, medicare benefits, disability, special services, transportation, etc.

Our Program is Proudly Sponsored by;



Funded by the NYC Department for the Aging

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