





















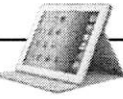


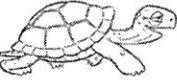



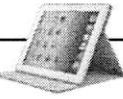


# BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

## ACTIVITIES for FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Kick up your heels and have some fun! Join us along with the Foot &amp; Fiddle Dance Company on February 11th @ 11:00 am for some square and country line dancing</p>		<p>Would you like to play? Ask to borrow one of our game sets: Mah Jong, Rummikub, Backgammon, Cards, Chess, Dominoes, Scrabble, Anagrams and more...</p>  			<p>1 10:00 Challah Braiding 10:30 Bingo 11:00 Sit To Be Fit w/ Annie 12:00 LUNCH</p> 
	<p>4 10:00 NY Road Runners Striders 11:00 Latin Dance-Merengue by Miguelina's Gift Program 12:00 LUNCH 12:45 Eric The Cheapskate 1:15 F.L.A.S.H. w/Jill</p> 	<p>5 9:30 Painting w/ Shenna 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 MOVIE: The Physician (2:35)</p> 	<p>6 9:30 iPad Class 10:15 Using The Internet 10:55 Zumba w/ Jill 12:00 LUNCH 12:30 Leisure Games</p>  	<p>7 10:30 Falls Prevention by NYC DOHMH 11:00 Yogacise w/ Jill 12:00 LUNCH 12:30 Qigong with Joe</p>  	<p>8 10:00 Challah Braiding 10:30 Bingo 11:00 Sit To Be Fit w/ Annie 12:00 LUNCH</p> 
<p>10 CENTER IS OPEN 10:15 MOVIE: Jersey Girl (1:42) 12:00 LUNCH</p> 	<p>11 10:00 NY Road Runners Striders 11:00 Square Dancing &amp; Country Line Dancing Bash 12:00 LUNCH 12:45 Eric The Cheapskate 1:15 F.L.A.S.H. w/Jill</p>  	<p>12 9:30 Painting w/ Shenna 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 MOVIE: The Spy Who Dumped Me (1:56)</p> 	<p>13 ** No technology classes today ** 10:55 Zumba w/ Jill 12:00 LUNCH 12:30 Leisure Games</p>  	<p>14 9:15 - 12:15 Tender Touch Massages 9:30 Writing Workshop 10:00 Knit w/ Helen &amp; Bernice 11:00 Yogacise w/ Jill 12:00 LUNCH</p>  	<p>15 10:00 Challah Braiding 10:30 Bingo 11:00 Sit To Be Fit w/ Annie 12:00 LUNCH</p> 
<p>SPECIAL TIME →</p>	<p>18 PRESIDENTS DAY 10:15 Exercise Now Heal Faster Later by: Jason Bernstein, PT 11:00 F.L.A.S.H. w/Jill 12:00 LUNCH ** No Cheapskate today</p> 	<p>19 9:30 Painting w/ Shenna 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 MOVIE: Pappilon (2:13)</p> 	<p>20 9:30 iPad Class 10:15 Using The Internet 10:55 Zumba w/ Jill 12:00 LUNCH 12:30 Leisure Games</p> 	<p>21 10:00 Jewelry Making with Ofra 11:00 Yogacise w/ Jill 12:00 LUNCH</p> 	<p>22 10:00 Challah Braiding 10:30 Bingo 11:00 Sit To Be Fit w/ Annie 12:00 LUNCH</p> 
 	<p>25 10:00 NY Road Runners Striders 11:15 Alley Pond Animals 12:00 LUNCH 12:45 Eric The Cheapskate 1:15 F.L.A.S.H. w/Jill</p> 	<p>26 9:30 Painting w/ Shenna 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 MOVIE: Hotel Artemis (1:33)</p> 	<p>27 9:30 iPad Class 10:15 Using The Internet 10:55 Zumba w/ Jill 12:00 LUNCH 12:30 Leisure Games</p> 	<p>28 9:30 Writing Workshop 10:00 Knit w/ Helen &amp; Bernice 11:00 Yogacise w/ Jill 12:00 LUNCH</p> 