


BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>THE EXTREME MAGIC OF ERIC WILZIG MONDAY, MAR 25</p>		<p>ACTIVITIES for MARCH 2019</p> <p><i>Would you like to play? Ask to borrow one of our game sets:</i></p> <p>Mah Jong, Rummikub, Backgammon, Cards, Chess, Dominoes, Scrabble, Anagrams and more...</p>				<p>1</p> <p>10:00 Challah Braiding 10:30 Bingo 11:00 Sit To Be Fit w/ Annie 12:00 LUNCH</p>
		<p>4</p> <p>10:00 NY Road Runners Striders 11:00 Belly Dancing with Cashell Campbell 12:00 LUNCH 12:45 Eric The Cheapskate 1:15 F.L.A.S.H. w/Jill</p>	<p>5</p> <p>** No Painting today 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 MOVIE: Colette (1:52)</p>	<p>6</p> <p>9:30 iPad Class 10:15 Using The Internet 10:55 Zumba w/ Jill 12:00 LUNCH 12:30 Leisure Games</p>	<p>7</p> <p>9:15 - 12:15 Tender Massages 10:30 Healthy Homes by NYC DOHMH 11:00 Yogacise w/ Jill 12:00 LUNCH 12:30 Qigong with Joe</p>	<p>8</p> <p>10:00 Challah Braiding 10:30 Bingo 11:00 Sit To Be Fit w/ Annie 12:00 LUNCH</p>
<p>10</p> <p>CENTER IS OPEN</p> <p>10:15 MOVIE: Because I Said So (1:41) 12:00 LUNCH</p>	<p>11</p> <p>10:00 NY Road Runners Striders 11:00 Nutrition Lecture by Claudia Codrington, MS,RD,CD 12:00 LUNCH 12:45 Eric The Cheapskate 1:15 F.L.A.S.H. w/Jill</p>	<p>12</p> <p>9:30 Painting w/ Shenna 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 MOVIE: The Children Act (1:45)</p>	<p>13</p> <p>ZUMBA 9:30 iPad Class 10:15 Using The Internet 10:55 Zumba w/ Jill 12:00 LUNCH 12:30 Leisure Games</p>	<p>14</p> <p>9:30 Writing Workshop 10:00 Knit w/ Helen & Bernice 11:00 Yoga w/ Andrew 12:00 LUNCH</p>	<p>15</p> <p>10:00 Challah Braiding 10:30 Bingo ** No Sit To Be Fit today 12:00 LUNCH</p>	
<p>18</p> <p>10:00 NY Road Runners Striders 11:00 Latin Dance-Salsa by Miguelina's Gift Program 12:00 LUNCH 12:45 Eric The Cheapskate ** No F.L.A.S.H. Fitness today</p>	<p>19</p> <p>9:30 Painting w/ Shenna 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 MOVIE: The Old Man and The Gun (1:33)</p>	<p>20</p> <p>9:30 iPad Class 10:15 Using The Internet 10:55 Zumba w/ Jill 12:00 LUNCH 12:30 Leisure Games</p>	<p>21</p> <p>CLOSED FOR PURIM</p>	<p>22</p> <p>10:00 Challah Braiding 10:30 Bingo 11:00 Sit To Be Fit w/ Annie 12:00 LUNCH</p>		
<p>DON'T MISS!</p> <p>25</p> <p>10:00 NY Road Runners Striders 11:00 Extreme Magic of Eric Wilzig 12:00 LUNCH 12:45 Eric The Cheapskate 1:15 F.L.A.S.H. w/Jill</p>	<p>26</p> <p>9:30 Painting w/ Shenna 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 MOVIE: It Had To Be You (1:20)</p>	<p>27</p> <p>9:30 iPad Class 10:15 Using The Internet 10:55 Zumba w/ Jill 12:00 LUNCH 12:30 Leisure Games</p>	<p>28</p> <p>9:30 TRIP TO NYPL - Center for Performing Arts 11:00 Yogacise w/ Jill 12:00 LUNCH</p>	<p>29</p> <p>10:00 Challah Braiding 10:30 Bingo 11:00 Sit To Be Fit w/ Annie 12:00 LUNCH</p>		