



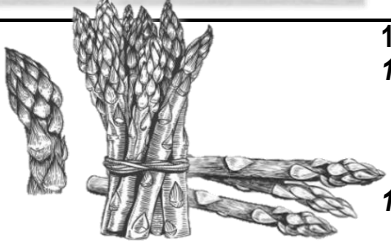


















BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

ACTIVITIES for MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>BUDAPEST</p>	<p>3</p> <p>10:30 Live Virtual Tour of Budapest, Hungary****</p> <p>12:30 Whole Body Movement with Christine</p>	<p>4</p> <p>11:00 Tai Chi w/ Joe </p> <p>12:30 Zumba Gold w/ Ellisheva</p>	<p>5</p> <p>9:20 iPad Class</p> <p>10:05 Using The Internet</p> <p>11:00 Fitness w/ Jill</p> <p>12:00 Virtual Tour of Historic Synagogue in Mexico City by My Jewish Learning Zoom ID# 892-0078-2492</p>	<p>6</p> <p>10:00 Breath ATX </p> <p>Functional Breath Performance improve memory, focus, blood pressure, heart rate, pain, sleep & digestion</p> <p>11:00 Chair Fitness w/ Pat</p>	<p>7</p> <p>11:00 Sit To Be Fit w/ Annie </p> <p>12:30 Fitness w/ Jill</p>
	<p>10</p> <p>11:00 Greenmarket At Home: Asparagus by Susie Spodek </p> <p>12:30 Whole Body Movement with Christine</p>	<p>11</p> <p>11:00 Tai Chi w/ Joe</p> <p>12:30 Zumba Gold w/ Ellisheva </p>	<p>12</p> <p>9:20 iPad Class</p> <p>10:05 Using The Internet</p> <p>11:00 Fitness w/ Jill </p>	<p>13</p> <p>10:00 Nutrition Lecture TBA </p> <p>by Claudia Codrington, MS, RD, CDN ** sponsored by Aetna</p> <p>11:00 Chair Fitness w/ Pat</p>	<p>14</p> <p>11:00 Sit To Be Fit w/ Annie</p> <p>12:30 Fitness w/ Jill </p>
 <p>Red Square has been Moscow's historic and cultural epicenter for centuries, holding everything from a medieval marketplace to Soviet military parades to rock concerts. Come visit & learn-all without the crowds!</p>	<p>17</p> <p>CLOSED FOR SHAVUOT</p>	<p>18</p> <p>CLOSED FOR SHAVUOT</p>	<p>19</p> <p>9:20 iPad Class</p> <p>10:05 Using The Internet</p> <p>11:00 Fitness w/ Jill</p> <p>12:00 Virtual Tour of Jewish Toledo, Spain by My Jewish Learning Zoom ID# 82597218643</p>	<p>20</p> <p>10:00 Weird Conspiracy Theories That People Actually Believe with Evelyn Bulman </p> <p>11:00 Chair Fitness w/ Pat</p>	<p>21</p> <p>11:00 Sit To Be Fit w/ Annie</p> <p>12:30 Fitness w/ Jill </p>
<p>24</p> <p>10:30 Moscow: Red Square Live Virtual Tour with Anna B. </p> <p>12:30 Whole Body Movement with Christine</p>	<p>25</p> <p>11:00 Tai Chi w/ Joe </p> <p>12:30 Zumba Gold w/ Ellisheva</p>	<p>26</p> <p>9:20 iPad Class </p> <p>10:05 Using The Internet</p> <p>11:00 Fitness w/ Jill </p>	<p>27</p> <p>10:00 Cleanse your Body Cleanse your mind w/ Nicole Leone </p> <p>11:00 Chair Fitness w/ Pat</p>	<p>28</p> <p>11:00 Sit To Be Fit w/ Annie</p> <p>12:30 Fitness w/ Jill </p>	
 <p>Let them eat cake!</p> <p>31</p> <p>10:00 Let's talk about Marie Antoinette w/ Art Historian Sara Valtorta </p> <p>12:30 Whole Body Movement with Christine</p>	<p>**** Live Virtual Tour of Budapest, Hungary - May 3rd at 10:30 am</p> <p>See the amazing sights of downtown Pest and learn the exciting stories and legends of the Hungarian capital with Balint, the tour guide. The KGB vs CIA rivalry? How did Elvis Presly became an unsung hero of the 1956 Hungarian revolution? Why do Ronald Reagan and Kermit the Frog each have a statue right next to a Soviet war memorial in front of the US Ambassador's windows? All this and more!</p>		<p>Cleanse your Body, Cleanse your Mind - May 27th, 10:00-10:30 am</p> <p>Ever feel you need a reboot? What is a cleanse is for your body and mind? Learn how mindset can help you succeed at being healthy or losing weight. What mindful actions can you take right away to allow for other things to shine through? With very simple changes you can begin your journey to a healthier lifestyle.</p> 