






















# BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - [www.bayswatercenter.org](http://www.bayswatercenter.org)

## ACTIVITIES for APRIL 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>“With age comes wisdom,” but so does mature skin. Are you caring for it properly? Join liscensed esthetician, Yosefa Feldhamer for a discussion &amp; demo on</p> <p><b>Skincare for Mature Adults</b></p> <p>Thursday, April 15th @ 10:00 am</p> 		<p><b>Thursday, April 8</b></p> <p><b>John Kenrick Lectures on</b></p> <p><b>The Marx Brothers</b></p> <p>at 12:30 pm</p> 		<p><b>1</b></p> <p><b>CLOSED FOR PASSOVER</b></p>	<p><b>2</b></p> <p><b>CLOSED FOR PASSOVER</b></p>
	<p><b>5</b></p> <p><b>11:00 Live Virtual Tour of Puglia, Italy with Gianluca</b></p>  <p><b>12:30 Whole Body Movement with Christine</b></p>	<p><b>6</b></p> <p><b>11:00 Tai Chi w/ Joe</b></p>  <p><b>12:30 Zumba Gold w/ Ellisheva</b></p> 	<p><b>7</b></p> <p><b>9:20 iPad Class</b></p> <p><b>10:05 Using The Internet</b></p> <p><b>11:00 Fitness w/ Jill</b></p> 	<p><b>8</b></p> <p><b>11:00 Chair Fitness w/ Pat</b></p>  <p><b>12:30 John Kenrick Lecture Duck Soup: The Marx Brothers Go to War</b></p>	<p><b>9</b></p> <p><b>11:00 Sit To Be Fit w/ Annie</b></p> <p><b>12:30 Fitness w/ Jill</b></p> 
	<p><b>12</b></p> <p><b>11:00 Greenmarket At Home: Mushrooms by Susie Spodek</b></p> <p><b>12:30 Whole Body Movement with Christine</b></p>	<p><b>13</b></p> <p><b>11:00 Tai Chi w/ Joe</b></p> <p><b>12:30 Zumba Gold w/ Ellisheva</b></p>	<p><b>14</b></p> <p><b>9:20 iPad Class</b></p> <p><b>10:05 Using The Internet</b></p> <p><b>11:00 Fitness w/ Jill</b></p> 	<p><b>15</b></p> <p><b>10:00 Skincare for Mature Adults Discussion &amp; Demo w/Yosefa Feldhamer, LE ASCP</b></p>  <p><b>11:00 Chair Fitness w/ Pat</b></p>	<p><b>16</b></p> <p><b>11:00 Sit To Be Fit w/ Annie</b></p> <p><b>12:30 Fitness w/ Jill</b></p>
	<p><b>19</b></p> <p><b>10:30 Syrniki</b></p> <p><i>Live Virtual Cooking Demo with a History of Moscow</i></p>  <p><b>12:30 Whole Body Movement with Christine</b></p>	<p><b>20</b></p> <p><b>11:00 Tai Chi w/ Joe</b></p>  <p><b>12:30 Zumba Gold w/ Ellisheva</b></p>	<p><b>21</b></p> <p><b>9:20 iPad Class</b></p> <p><b>10:05 Using The Internet</b></p> <p><b>11:00 Fitness w/ Jill</b></p>	<p><b>22</b></p> <p><b>10:00 Nutrition Lecture TBA</b></p> <p><i>by Claudia Codrington, MS,RD,CDN</i></p> <p><b>** sponsored by Aetna</b></p> <p><b>11:00 Chair Fitness w/ Pat</b></p> <p><b>12:30 Crime Time:</b></p> <p><i>case of JonBenét Ramsey</i></p> 	<p><b>23</b></p> <p><b>11:00 Sit To Be Fit w/ Annie</b></p> <p><b>12:30 Fitness w/ Jill</b></p> 
	<p><b>26</b></p> <p><b>10:00 Discovering Versailles with Art Historian Sara Valtorta</b></p> <p><b>12:30 Whole Body Movement with Christine</b></p>	<p><b>27</b></p> <p><b>11:00 Tai Chi w/ Joe</b></p>  <p><b>12:30 Zumba Gold w/ Ellisheva</b></p>	<p><b>28</b></p> <p><b>9:20 iPad Class</b></p> <p><b>10:05 Using The Internet</b></p>  <p><b>11:00 Fitness w/ Jill</b></p>	<p><b>29</b></p> <p><b>10:00 Diocletian's Palace Live Virtual Tour Split, Croatia</b></p>  <p><b>11:00 Chair Fitness w/ Pat</b></p>	<p><b>30</b></p> <p><b>11:00 Sit To Be Fit w/ Annie</b></p> <p><b>12:30 Fitness w/ Jill</b></p>



