

# BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

## ACTIVITIES for September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Join us for the <b>SEPTEMBER BASH</b> featuring a singing performance by <b>The Tritones</b> <i>Monday, Sept 25th @ 11:00 am</i></p>	 <p><b>NEW 3-SESSION WORKSHOP</b> Don't miss the Self Defense Fitness classes given by Warren Levi Martial Arts &amp; Fitness Wednesdays this month at 12:30pm</p> 	<p>1 10:30 Challah Braiding 11:00 Bingo 11:30 Lunch</p> 			
<p><b>SPECIAL TIME THIS WEEK!</b></p> <p>4  <b>Labor Day</b> 10:00 Rummikub/ Dominoes 11:00 F.L.A.S.H w/ Jill 12:00 LUNCH</p> 	<p>5 10:00 <b>Taboo Game</b>  11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 <b>MOVIE:</b> <i>The Zookeeper's Wife</i> (running time: 2h, 7 min)</p> 	<p>6 9:30 Beginner iPad Class 10:15 Intermediate iPad Class 11:00 Zumba w/ Jill 12:00 LUNCH 12:30 <b>Self Defense Fitness</b> w/ Warren Levi</p> 	<p>7 9:30 Writing Workshop 10:00 <b>Make Your Own Lip Balm</b> w/ Alice &amp; Dina 11:00 Yogacise w/ Jill 12:00 LUNCH 1:00 <b>Qigong with Joe</b></p> 	<p>8 10:30 Challah Braiding 11:00 Bingo 11:30 LUNCH</p> 	
<p>10 <b>CENTER IS OPEN</b> 10:00 <b>MOVIE:</b> <i>The Wedding Plan</i> (running time: 1h, 50 min) 12:00 LUNCH</p> 	<p>11 10:00 NY Road Runners Striders 11:00 <b>Belly Dancing</b> with Cashel 12:00 LUNCH 12:45 <i>Eric The Cheapskate</i> 1:15 F.L.A.S.H w/ Jill</p> 	<p>12 10:00 <b>Glass Painting w/ Dina</b> 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 <b>Holiday Food Packing</b> VOLUNTEERS APPRECIATED</p> 	<p>13 9:30 Beginner iPad Class 10:15 Intermediate iPad Class 11:00 Zumba w/ Jill 12:00 LUNCH 12:30 <b>Self Defense Fitness</b> *Met Council Holiday Food Distribution</p> 	<p>14 <b>9:00 - 12:00 Tender Touch Massages</b> ← Must sign up No Fee 10:00 <b>Dance Therapy w/ Angie</b> 11:00 Yogacise w/ Jill 12:00 LUNCH *Met Council Holiday Food Distribution</p> 	<p>15 10:30 Challah Braiding 11:00 Bingo 11:30 LUNCH *Met Council Holiday Food Distribution</p>
 <p>18 10:00 NY Road Runners Striders 11:00 <b>Latin Dance Instruction</b> sponsored by  <b>UnitedHealthcare</b> 12:00 LUNCH 12:45 <i>Eric The Cheapskate</i> 1:15 F.L.A.S.H w/ Jill</p>	<p>19 10:00 <b>Emergency Preparedness</b> w/ Lieutenant Jennifer Alvarez 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 <b>MOVIE: Norman</b> (running time: 1h, 58 min)</p> 	<p>20</p> 	<p>21</p> <p><b>CLOSED FOR JEWISH NEW YEAR</b></p>	<p>22</p> 	
 <p>25 <b>** SEPTEMBER BASH **</b> 10:00 NY Road Runners Striders 11:00 <b>Singing performance by</b> <b>The Tritones</b> 12:00 LUNCH 12:45 <i>Eric The Cheapskate</i> 1:15 F.L.A.S.H w/ Jill</p> 	<p>26 10:00 <b>Nutrition: Tame The Flame</b> with Claudia Codrington 11:00 Tai Chi w/ Joe 12:00 LUNCH 12:40 <b>MOVIE: The Circle</b> (running time: 1h, 50 min)</p> 	<p>27 9:30 Beginner iPad Class 10:15 Intermediate iPad Class 11:00 Zumba w/ Jill 12:00 LUNCH 12:30 <b>Self Defense Fitness</b> w/ Warren Levi</p> 	<p>28 <b>FALLS PREVENTION DAY</b> 9:30 Writing Workshop 10:30 <b>Falls Prevention Lecture</b> 11:00 <b>Balancing Games w/ Jill</b> 12:00 LUNCH <b>** Free ** Giveaways</b></p> 	<p>29</p> <p><b>CLOSED FOR JEWISH HOLIDAY OF YOM KIPPUR</b></p>	