





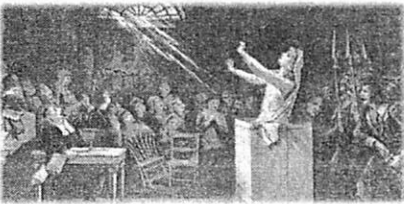


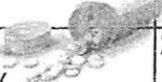
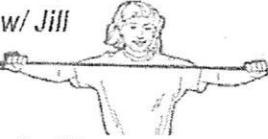



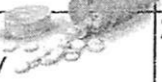
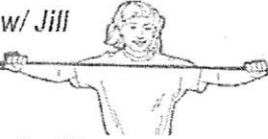






BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

ACTIVITIES for JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					<p>1</p> <p>11:00 Sit To Be Fit w/ Annie </p> <p>** No SAIL Class today **</p>
 <p>4</p> <p>11:00 <i>Dionne Quints</i> Survival - Exploitation - Retribution</p> <p>12:30 Whole Body Movement with Christine</p>	<p>5</p> <p>11:00 Tai Chi w/ Joe </p> <p>12:30 Zumba Gold w/ Ellisheva</p>	<p>6</p> <p>9:20 iPad Class 10:05 Using The Internet</p> <p>11:00 SAIL w/ Jill </p>	<p>7</p> <p>10:00 Scattergories Game w/ Alice </p> <p>11:00 Chair Fitness w/ Pat</p>	<p>8</p> <p>11:00 Sit To Be Fit w/ Annie</p> <p>12:30 SAIL w/ Jill </p>	
 <p>11</p> <p>11:00 Salem Witch Trials </p> <p>12:30 Whole Body Movement with Christine</p>	<p>12</p> <p>11:00 Tai Chi w/ Joe</p> <p>12:30 Zumba Gold w/ Ellisheva</p>	<p>13</p> <p>9:20 iPad Class 10:05 Using The Internet</p> <p>11:00 SAIL w/ Jill </p>	<p>14</p> <p>10:00 Emergency Preparedness Learn the tools to prepare for & survive all types of disasters</p> <p>11:00 Chair Fitness w/ Pat </p>	<p>15</p> <p>11:00 Sit To Be Fit w/ Annie</p> <p>12:30 SAIL w/ Jill </p>	
 <p>18</p> <p>11:00 Crime Time: Exploring the case of The Tylenol Murders</p> <p>12:30 Whole Body Movement with Christine</p>	<p>19</p> <p>11:00 Tai Chi w/ Joe </p> <p>12:30 Zumba Gold w/ Ellisheva</p>	<p>20</p> <p>9:20 iPad Class 10:05 Using The Internet</p> <p>11:00 SAIL w/ Jill </p>	<p>21</p> <p>10:00 Medicine Safety and Falls Prevention by NYC Poison Control </p> <p>11:00 Chair Fitness w/ Pat</p>	<p>22</p> <p>11:00 Sit To Be Fit w/ Annie</p> <p>12:30 SAIL w/ Jill </p>	
 <p>25</p> <p>11:00 John Kenrick Lecture on Frank Sinatra</p> <p>12:30 Whole Body Movement with Christine</p>	<p>26</p> <p>11:00 Tai Chi w/ Joe</p> <p>12:30 Zumba Gold w/ Ellisheva </p>	<p>27</p> <p>9:20 iPad Class 10:05 Using The Internet</p> <p>11:00 SAIL w/ Jill</p>	<p>28</p> <p>10:00 Nutrition Lecture Nutrition for Vision & Eye Health w/ Shmuel Shields, PHD, CDN </p> <p>11:00 Chair Fitness w/ Pat</p>	<p>29</p> <p>11:00 Sit To Be Fit w/ Annie</p> <p>12:30 SAIL w/ Jill </p>	