












Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
			<u>Health and Wellness</u> Topic: Home Care Benefits Workshop at 1pm	"Hot Summer Day" Lunch at 12 pm-3pm 
7	8	9	10	11
	Chair Exercise with Tommy Sponsored by VNSNY Choice at 2 pm 			Bingo Fun Party at 3 pm Sponsored by Senior Whole Health 
14	15	16	17	18
<u>Health & Wellness</u> Topic: All about "Nutrition" Sponsored by Asian Community & Evers Pharmacy	Arts & Crafts sponsored by Regal Heights at 2 pm 	Shopping to Target at 9:30am Sponsored by HANAC 	Zumba Fitness with Maria at 2pm 	
21	22	23	24	25
Happy National Senior Citizens Day!!! 	Flower Arrangements workshop sponsored by Blue Cross Blue Shield at 2 pm 	Tai Chi Exercise sponsored by Senior Whole Health at 2pm 		"Summer Fair" special dedication to our Seniors!!! Sponsored by: PSS Circle of Care and United Health Care at 1 pm
28	29	30	31	
	"Fire Safety" Seminar Sponsored by FDNY AT 2PM-3PM	High Blood pressure screening sponsored by CenterLight at 2 pm 		

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Sponsored by PSS & Funded by HUD

