











March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Alberta L. Alston House 52-09 99 th Street Corona, NY 11368 (718) 271-0245 Sponsored by PSS – Funded by NYC Dept. for the Aging		1	2	3
				
6	7	8	9	10
	Chair Exercise with Tommy at 1pm by Empire Blue Cross Blue Shield 	Food Shopping at Stop and Shop at 9:30am by HANAC  Game Day at 11am-2pm	Fall Prevention Workshop by Regal Heights at 11am 	
13	14	15	16	17
	Chair Exercise with Tommy at 1pm sponsored by VNS 	Game Day at 11am-2 pm (Game room) 	Xtreme Care Health Presentation at 12pm 	
20	21	22	23	24
	 ZUMBA fitness At 1pm By VNSNY choice	Game Day at 11am-2 pm (Game room) 	Painting and Tea with Gina Sponsored by United Health 	
27	28	29	30	31
	Chair Exercise with Tommy at 1pm sponsored by Blue Cross Blue Shield 