





2017



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
				DVD Exercise AT 1pm Happy Cinco De Mayo! 
8	9	10	11	12
Healthy Drink Smoothie Presentation by Center Light at 1pm 	MOTHER'S DAY LUNCHEON! at 3PM (DJ, Prizes, & More) By SWH & Special Show by I.S 61  			DVD Chair Exercise at 1 pm 
15	16	17	18	19
Wellness "Meditation" by PSS Circle of Care at 1 pm 		FOOD SHOPPING TRIP Sponsored by HANAC at 9:30AM 		DVD Chair Exercise at 1 pm 
22	23	24	25	26
BINGO PARTY AT 12PM!!! (Raffles/ Prizes, Snacks) 	" Chair Exercise" with Tommy Sponsored by SWH at 1p.m. 		Health & Wellness Topic by VNSNY AT 1 PM 	
29	30	PSS ALBERTA L. ALSTON HOUSE 5209 99th Street Corona NY 11368 (718) 271-0245 Sponsored by PSS - Funded by HUD		
				