

Monday	Tuesday	Wednesday	Thursday	Friday
PSS ALBERTA L. ALSTON HOUSE 52-09 99 th Street Corona, NY 11368 (718) 271-0245 Sponsored by PSS- Funded by HUD		 SEPTEMBER		
4	5	6	7	8
Office Closed Happy Labor Day! 		Zumba Fitness with Maria at 11 am 		"Lunch Day" at 12 pm (Community Room) 
11	12	13	14	15
	Chair Fitness with Tommy sponsored by VNSNY Choice at 2 pm		Bingo Fun Day! Refreshments/ Raffles at 1 pm 	Manicures by Liz at 1 PM 
18	19	20	21	22
Free Flu Shot Vaccines Sponsored by Rite Aid at 3pm 		Tai- Chi Exercise Sponsored by Senior Whole Health at 2pm 	Painting Workshop Sponsored by United Health Care at 2 pm 	"Lunch Day" at 12 pm (Community Room) 
25	26	27	28	29
Manicures by Liz at 1 PM 	<u>Health & Wellness</u> Seminar "Hypertension" Sponsored by Xtreme Care at 2 pm		<u>Health & Wellness</u> Asian Culture Thanksgiving Celebration! Everyone Invited! Sponsored by Integra MLTC at 2 pm	September Birthday Celebration! Sponsored by Asian Community Care  <i>Happy Birthday</i>