

**Special Events & Activities for the Month of
January 2017**

Center Closed Monday January 2, 2017

Happy New Year!

**Evidence Based Tai-Chi for Arthritis with Qtec & Myra Major
Mondays & Thursdays from 10:00am-11:00am (16 sessions)**

**Elder Abuse Workshop sponsored by New York County District Attorney's
office Wednesday Jan. 4th from 11:00am-12:00pm**

**Blue Cross/Blue Shield Lecture Series Topic: Elder Abuse
Friday Jan. 6th 2017 from 11:00am-12:00pm**

**PSS U Monthly Challenge Monday Jan. 9th 2017 at 10:30
Center Closing Early for Staff Development Day after Lunch
Tuesday Jan. 10, 2017**

Harlem Hospital Workshop Wednesday Jan. 11th 2017 Topic: Hypertension

**Center Closed Monday Jan. 16th 2017 for Dr. Martin Luther King Jr.
Birthday**

**Nutrition Education with Jennifer Hildner MS, RD, sponsored by The Ralph
Lauren Center for Cancer Care
date and time will be announced at a later time**

Exercise with Terri Mondays from 11:00am-12:00pm

Yoga with Diva Tuesdays at 10:00am

Sewing Club with Joan Tuesdays from 10:00am-12:00pm

Arts & Crafts with Sandra and AHRC Thursdays at 11:00am

Latin Dance Class with Dilcia Thursdays at 1:15pm

Jewelry Making & crafts with Olga and AHRC Fridays at 11:00am