



## **Special Events & Activities for the Month of April 2017**

**Stop Smoking Lecture & Lung Screening with Ralph Lauren  
Cancer Care April 4<sup>th</sup> 2017 at 1:00pm**

**MTA Workshop sponsored By BlueCross/BlueShield April 6<sup>th</sup> 2017  
at 11:00am**

**Membership Meeting April 5<sup>th</sup> at 1:15 pm**

**Fundraiser Cake Sale Friday April 7<sup>th</sup> 2017**

**We Act for Environmental Justice informational workshop  
Friday April 7<sup>th</sup> 2017 at 1:00pm**

**F.D.N.Y. Fire prevention Presented by West Harlem Group  
Assistance Friday April 14, 2017 at 11:00am**

**PSS Life U Monthly Challenge Monday April 17, 2017 at 10:30am**

**VNSY Medicare Lecture April 21<sup>st</sup> 2017 11:00am**

**Birthday Party Friday April 28<sup>th</sup> 2017 at 1:30pm**

**Exercise with Terri Mondays from 11:00am-12:00pm  
Dancing Through Barriers with The Dance Theatre of Harlem Tuesdays &  
Thursdays 10:00am-11:00am and 11:00am-12:00pm**

**Sewing Club with Joan Tuesdays from 10:30am-12:00pm  
Movement Speaks Dances for a Variable Audience  
Wednesdays 10:30am-11:45am**

**Zumba with AHRC Tuesdays & Thursdays at 10:30am  
Soaring Wings with AHRC the first and last Mondays  
of the month at 11:15am**

**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**