

Special Events & Activities for the Month of May 2017

PSS Life U Monthly Challenge
Monday May 1st 2017 at 10:30am

Harlem Hospital Lecture Series
Wednesday May 3rd 2017 at 11:00am

Medicare & Medicaid Workshop presented by DFTA
Friday May 5th 2017 at 11:00am

**Afternoon of Music & Fun Sponsored by Visiting Nurse Services of
New York Wednesday May 10th 2017 from 1:15pm-3:15pm**

Mother's Day Celebration Friday May 12th 2017 starting at 10:00am

PSS Life U Exploring Your Future Tuesday May 16th 2017 at 11:00am

JASA Home Care Workshop Wednesday May 17th 2017 at 11:00am

New York City Department of Health Lecture on Mosquitoes
Friday May 26th 2017 at 11:00am

Nutrition Education with Jennifer from Ralph Lauren Cancer Care
Tuesday May 30th 2017 at 11:00am

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**

Exercise with Terri Wednesday's at 1:15pm

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

Center Closing at 2:00pm Friday May 26th 2017

MEMORIAL DAY HOLIDAY CENTER CLOSED Monday May 29th 2017