

## WEEKLY AND DAILY ACTIVITIES

<u>ACTIVITY</u>	<u>DAY</u>	<u>TIME</u>
THE BIG APPLE SENIOR STROLLERS (WEATHER PERMIT)	MONDAY'S	10:00 - 11:00AM
THE ART BAR WITH MICHAEL	DAILY	8:15 - 9:30AM
MUSIC RELAXATION WITH SARAH	DAILY	8:15 - 9:30AM
COFFEE AND TEA SOCIAL WITH ANJANI	DAILY	8:15 - 9:30AM
EXERCISE WITH JEWEL & HEALTH PRESENTATION	TUES. / THURS.	TUESDAY'S
MEN'S DISCUSSION GROUP WITH MICHAEL	THURSDAY'S	10:00 - 11:00AM
SMOKING CESSATION WITH ANGELA	MONDAY	12PM - 1PM
WRAP GROUP WITH ANGELA	MONDAY	12PM - 1PM
WOMEN GROUP W/ CAROL	BI-WKLY TUES.	10AM - 11AM
PSYCHIATRIC CLINIC	FRIDAY'S	FRIDAY'S
CAREGIVERS SUPPORT GROUP WITH CAROL	BI-WKLY SAT.	11AM - 12PM
DOMINO	DAILY	

## MAY EVENTS

QUEENS BOTANICAL GARDEN	THURSDAY 1ST	
SPECIAL EASTER BREAKFAST	FRIDAY 2ND	
VISITING NURSE SRVC. PRESENTATION W/ JOKESERCISE	FRIDAY 2ND	10 - 11 AM
BIG APPLE SENIOR STROLLERS KICK OFF!	MONDAY 5TH	10 - 11 AM
SARAH PRESENTS EASTER & BASKET RAFFLE	MONDAY 5TH	10 - 11 AM
DFTA PRESENTATION: STRESS MANAGEMENT	FRIDAY 9TH	10 - 11 AM
SAFETY UNIT OF THEODORA G. JACKSON CTR PRESENTS:		
ELDER ABUSE AWARENESS	THURSDAY 15TH	10 - 11 AM
TOUCHSTONE HEALTH: COPING W/ ARTHRITIS	FRIDAY 16TH	10 - 11 AM
MANY CULTURES EXPO @ HIGHLAND PARK	TUESDAY 20TH	
NATIONAL CRIME VICTIMS RIGHTS WEEK @ JACKSON CTR	THURSDAY 22ND	1PM
WEAR BLUE OR YELLOW COLOR SHIRT THIS DAY		
ANJANI PRESENTS: EARTH DAY / GO GREEN!	THURSDAY 15TH	12 - 1 PM
PRESENTATION BY: NUTRITIONIST JENNILYN	FRIDAY 23RD	10 - 11 AM
FUNDRAISER: BAKE SALE	THURSDAY 29TH	9AM - 3 PM
MTA METRO CARD VAN & FOOD STAMP SCREENING	FRIDAY 30TH	10 - 12 PM

# MONTHLY CALENDAR MAY 2010

## FRIENDSHIP CENTER

92-33 170<sup>TH</sup> STREET—JAMAICA, NY 11433



ARTHUR PATSINER— DIRECTOR— EXT. 540  
 MARILYN WALTERS— ADMINISTRATIVE MANAGER— EXT. 512  
 CAROLLYNE BETHKA—SOCIAL WORK SUPERVISOR— EXT. 513  
 ANGELA GONZALEZ—PROGRAM SUPERVISOR—EXT. 543

## FRIENDSHIP CENTERS' BIRTHDAY ACKNOWLEDGEMENT

TUESDAY MAY 25:

MAE SIMS 5/2  
 SHARON SHAW 5/27

THIS PROJECT IS A PROGRAM FUNDED THROUGH  
 THE NYC DEPARTMENT FOR THE AGING, TITLE III-C  
 AND NYC DEPARTMENT OF MENTAL HEALTH, MENTAL  
 RETARDATION AND ALCOHOLISM SERVICES (C.S.S.)  
 ACTIVITIES ARE PLANNED TO STIMULATE AND ENHANCE PERCEPTION, AWARENESS AND  
 FUNCTIONAL ABILITY IN OLDER ADULTS WHO ARE UNABLE TO PARTICIPATE IN THE USUAL SENIOR  
 CENTER SETTING.

# MAY 2010

## FRIENDSHIP CENTER

92-33 170TH STREET, JAMAICA, NY 11433-(718) 657-6512  
 ARTHUR PATSINER, DIRECTOR – ANGELA GONZALEZ, PROGRAM SUPERVISOR

FRIENDSHIP CENTER

Mon	Tue	Wed	Thu	Fri	
<p><b>3 AM:</b> SIT &amp; BE FIT / MUSIC APPRECIATION                      MATH &amp; WRITING                      HORTICULTURE GROUP I &amp; II                      BIG APPLE SENIOR STROLLERS</p> <p><b>PM:</b> MANICURES / GOOD GROOMING                      CURRENT EVENTS / HISTORY                      ART DEPICTED CURRENT EVENTS I &amp; II                      SMOKING CESSATION GROUP</p>	<p><b>4 AM:</b> BINGO                      PUZZLES &amp; GAMES                      COLOUR YOUR EMOTIONS                      EXERCISE WITH JEWEL</p> <p><b>OUTING:</b> MUSEUM OF THE MOVING IMAGE</p> <p><b>PM:</b> POETRY / MUSIC APPRECIATION                      ART THERAPY I &amp; II</p>	<p><b>5</b> WOMEN GROUP w/ CAROL</p>	<p><b>6 AM:</b> MENS GROUP                      LET'S GET PHYSICAL (GAMES)                      POETRY</p> <p><b>EXERCISE WITH JEWEL / HEALTH PRESENTATION</b></p> <p><b>PM:</b> SUDUKO / DOMINO                      REMINISCING THRU ART I &amp; II</p>	<p><b>7 AM:</b> PUZZLES                      GAMES                      DANCE WITH PAINT BRUSHES</p> <p><b>PM:</b> HORTICULTURE GROUP I &amp; II                      MANICURES / LIFE STORIES                      BINGO</p>	
<p><b>10 AM:</b> TRIVIA / WRITING                      VISIONS 2 STIMULATE / OPTICAL ILLUSIONS                      HORTICULTURE GROUP I &amp; II                      BIG APPLE SENIOR STROLLERS</p> <p><b>PM:</b> MANICURES / GOOD GROOMING                      ART DEPICTED CURRENT EVENTS I &amp; II</p>	<p><b>11 AM:</b> MUSIC &amp; MOVEMENT / NAME THAT TUNE                      PUZZLES &amp; GAMES                      COLOUR YOUR EMOTIONS                      EXERCISE WITH JEWEL</p> <p><b>OUTING:</b> LIBRARY PEER GROUP</p> <p><b>PM:</b> POETRY / MUSIC APPRECIATION                      ART THERAPY I &amp; II</p>	<p><b>12 AM:</b> BE FIT                      WHO'S YOUR NEIGHBOR                      LET'S SCULPT I &amp; II                      SHOPPING</p> <p><b>PM:</b> WORD GAMES                      TRIVIA                      PAINTING SCULPTURES I &amp; II</p>	<p><b>13 AM:</b> MEN'S GROUP                      PUZZLES &amp; GAMES                      CELEBRATE OLDER AMERICANS ACT DAY</p> <p><b>PM:</b> POETRY / REMINISCING                      JOKERENO                      REMINISCING THRU ART I &amp; II</p>	<p><b>14 AM:</b> PUZZLES &amp; GAMES                      DANCING w/ PAINT BRUSHES                      PRESENTATION: STROKE PREVENTION</p> <p><b>PM:</b> HORTICULTURE GROUP I &amp; II                      MANICURES / LIFE STORIES                      BINGO</p>	
<p><b>17 AM:</b> SIT &amp; BE FIT / MUSIC APPRECIATION                      MATH &amp; WRITING                      HORTICULTURE GROUP I &amp; II                      BIG APPLE SENIOR STROLLERS</p> <p><b>PM:</b> MANICURES / GOOD GROOMING                      CURRENT EVENTS / HISTORY                      ART DEPICTED CURRENT EVENTS I &amp; II                      WRAP GROUP</p>	<p><b>18 AM:</b> CHARADES / WORD GAMES                      PUZZLES &amp; GAMES                      COLOUR YOUR EMOTIONS                      EXERCISE WITH JEWEL</p> <p><b>PM:</b> JOKERENO                      ART AS THERAPY I &amp; II                      Women Group w/ Carol</p>	<p><b>19 AM:</b> SING-A-LONG                      REMINISCE                      LET'S SCULPT I &amp; II                      SHOPPING</p> <p><b>PM:</b> PAINTING SCULPTURES I &amp; II                      TRAVEL LOG                      HISTORY</p>	<p><b>20 AM:</b> MEN'S GROUP OUTING: CONEY ISLAND                      PUZZLES &amp; GAMES                      EXERCISE WITH JEWEL / HEALTH PRESENTATION</p> <p><b>PM:</b> GREAT BOOKS / REMINISCING                      MEN'S GROUP                      PUZZLES &amp; GAMES</p>	<p><b>21 AM:</b> TRIVIA                      WRITING                      DANCING w/ PAINT BRUSHES                      OCP STORY TELLERS AND MUSICAL PERFORMANCE</p> <p><b>PM:</b> HORTICULTURE GROUP I &amp; II                      BINGO                      MANICURES / LIFE STORIES</p>	
<p><b>24 AM:</b> GAMES AND PUZZLES                      HORTICULTURE GROUP I &amp; II                      NUTRITIONIST PRESENTATION                      BIG APPLE SENIOR STROLLERS</p> <p><b>PM:</b> MANICURES / GOOD GROOMING                      CURRENT EVENTS / HISTORY                      ART DEPICTED CURRENT EVENTS I &amp; II</p>	 <p><b>May Birthday Party!</b></p>		<p><b>26 AM:</b> SIT &amp; BE FIT                      WORD GAMES                      LET'S SCULPT I &amp; II                      SHOPPING</p> <p><b>PM:</b> SING-A-LONG / CHORUS                      JOKERENO                      PAINTING SCULPTURES I &amp; II</p>	<p><b>27 AM:</b> MEN'S GROUP                      PUZZLES &amp; GAMES  <b>PM:</b> REMINISCING THRU ART I &amp; II                      OUTING: QUEENS ZOO                      NAME THAT TUNE / SING-A-LONG</p>	<p><b>28 AM:</b> REMINISCE                      TRIVIA                      DANCING w/PAINT BRUSHES</p> <p><b>PM:</b> HORTICULTURAL GROUP I &amp; II                      MANICURES / LIFE STORIES                      BINGO</p>
<p><b>31</b>    <b>CENTER CLOSED</b>                      Have A Good Memorial Day!</p>			<p><b>Psychiatric Clinic</b>  <b>FRIDAYS</b></p>		