

# January 2018

Mon

Tue

Wed

Thu

Fri

1 Closed for New Years	2 Pilar Rioja Spanish Dance 1:00			5 Dominoes 2:00
8 National Geographic Presentation 2:00	9  Martin Luther King, Jr. Day	10	11	12 MLK Celebration 1:30
15 Closed 	16 Health Presentation by Alie Gray 1:00	17 See Daily	18 See Daily	19 BINGO 1:30
22 General Meeting 3:30	23 See Daily	24 See Daily	25 See Daily	26 January Birthday Party 1:00
29 Jamaica Center for Arts 10:00	30 See Daily	31 See Daily		

### Daily Activities

Coffee Hour 9AM-10AM

Lunch 11:30-1:00PM

Computer Classes By Appointment

### Mondays Activities

Walking Club...12:30PM

Health Talk...1:00PM

Tai Chi..... 1:30

Cards.....3PM

### Tuesday Activities

Walking Club.....11AM

Blood Pressure.....11:30AM

Improving Health ....12:15PM.

Painting.....2PM-4PM

### Wednesday Activities

Line Dancing...10AM

Walking Club...12PM

Jewelry Making.....12:30PM

Coloring for Adults ...3PM

### Thursday Activities

Karaoke Thursday 11AM

Walking Club.....12:30PM

Yoga .....1PM

Coloring for Adults..3:30PM

### Friday Activities

TOMMY'S EXPERIENCE 10:45 AM

Walking Club..... 1PM

## Upcoming Events

TBA

Police Safety  
Presentation

Trip With Our  
Friendly Police



Funded by the NYC Department For the Aging

Beverly Collier.....Executive Director (JSPOA)

Lunches Served Monday—Friday

Suggested Donation for Seniors - \$1.50

Shelton is proud to be a part of the JSPOA family of Senior Centers



**JANUARY 2018**

**Shelton Senior Center**

**89-09 162nd Street 1K, Jamaica, NY  
11432**

Director Deborah Bowers

Program Coordinator Veronica Kershaw

Telephone: 718-657-5454

Website: [JSPOA.org](http://JSPOA.org)

*“This is where the love is!”*

*Monday– Friday:*

*8:30 AM -4:30 PM*

There is no limit to fun,  
Come join us with amusing enjoyable days

“A place that welcomes you with a big hug”

