

April 2018

MON	TUE	WED	THU	FRI
2 Taneja Pettus of EmblemHealth 1PM	3 See Daily Activities	4 VNS Presentation : Diabetes 10AM	5 Dominoes 2PM	6 Universoul Circus Depart Center at 9:30 AM
9	10 See Daily Activities	11	12 Bingo 2PM	13 Volunteer Appreciation Day 11:30 FUTURE CARE What We Do 2PM
16 Stress Alie Gray at 2 PM	17 See Daily Activities	18 Dr. OZ Leaving at 12 PM (Tentative)	19 Dominoes 2PM	20
23	24 See Daily Activities	25 Blossom Healthcare...Aging Gracefully 12PM	26 Bingo 2PM	27 Birthday Party 1PM
30 Earth Day Celebration (All Day)				

Daily Activities

Coffee Hour 9AM-10AM

Lunch 11:30-1:00PM

Computer Classes By Appointment

Monday Activities

Walking Club.....12: 30 PM

Health Talk.....1:00 PM

Tai Chi.....1:30 PM

Cards..... 3 PM

Tuesday Activities

Walking Club...11AM

Blood Pressure.....11:30 AM

Improving Health.....12:15 PM

Painting.....2 PM

Wednesday Activities

Go4Life...11AM

Walking Club....12 PM

Jewelry Making...12:30PM

Coloring for Adults.....3PM

Thursday Activities

Movie Madness.....11 AM

Walking Club.....12:30 PM

Yoga.....1 PM

Coloring for Adults...3:30 PM

Friday Activities

Tommy's Experience..... 10:45 AM

Walking Club1 PM

Upcoming Events

Sunday April 22, 2018

Earth Day



April 1st 2018

Funded by 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 for the JSPOA family of Senior Centers



APRIL 2018

Shelton Senior Center
89-09 162nd Street 1K
Jamaica, NY 11432

Director Deborah Bowers

Program Coordinator Veronica Kershaw 718-657-5454

“This is where the love is !”

Monday-Friday:

8:30 AM-4:30PM



Celebration

National Volunteer Month

We make a living by what we get.

We make a life by what we give.

Thanks for our amazing volunteers !

HAPPY

APRIL FOOLS' DAY
Good Morning



Sunday April 1st