

May 2017

Mon	Tue	Wed	Thu	Fri
1 Diabetes Well-ness Now On Mondays at 11AM	2	3 Join us for a good time every Wednesday for Line Dancing 11AM	4	5 Join the Walking Club for great journeys in the neighborhood
8			11 Elder Abuse w/ JSPOA's Safety Dept. 2PM	12 Mother's Day Tea Party....1 PM
15 Diabetes Well-ness Class Graduation			18 Dance Party with Live DJ	19 Presentation By Jennie Kim of Legal Hand 2PM
22	23	24 Accessorize yourself at the Jewelry Making class on Wed.	25	26 Birthday Celebration 11AM
29 Closed for Memorial Day	30 Trip w/ International to Villa Roma	31	 Happy Mother's Day !	

Daily Activities

Coffee Hour 9AM-10AM

Lunch 11:30-1:00PM

Mondays Activities

Diabetes Wellness 11AM-12PM

Tai Chi..... 1PM-2:30PM

Cards.....3PM-4:30PM

Tuesday Activities

Blood Pressure... 11:30AM-1PM

Painting.....2PM-4PM

Wednesday Active

Line Dancing...10AM_11AM

Jewelry Making...12:30PM-3PM

Thursday Activities

Yoga.....1PM--2PM

Coloring for Adults.....3PM-4PM

Friday Activities

Walking Club 12PM-1PM

Friday Discussion Group...1PM-2PM

Lang. Exchange ..3PM-4PM

Upcoming Events

Emergency Preparedness

With Luz Vargas

May 16 at 11AM

Washington/Maryland

Trip

July 29th-30th

SPA DAY

June 8 at 2PM

JAZZ COMBO

July 6 at 2PM



Happy Mother's Day !

Funded by NYC DFTA

Beverly Collier.....Executive Director

Lunches Served Monday—Friday

Suggested Donation for Seniors - \$1.50

Shelton at Red Lobster with Officers Johnson and McCleod

MAY 2017

Shelton Senior Center

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

Director Deborah Bowers....718-657-5454

Program Coordinator Veronica Kershaw 718-657-5454

