

# December 2017

Mon

Tue

Wed

Thu

Fri

				<i>12 2PM Felt Art</i>
		<i>6 National Geographic Movie</i>	<i>7 See Daily Activities</i>	<i>8 2PM Felt Art</i>
<i>11 See Daily Activities</i>	<i>12 See Daily Activities</i>	<i>13 3:30 PM Gen. Meeting</i>	<i>14 TOMMY'S Experience 11AM</i>	<i>15 Christmas Party</i>
<i>18 A Madea Christmas The Play 10 AM</i>	<i>19 See Daily Activities</i>	<i>20 See Daily Activities</i>	<i>21 See Daily and Upcoming Events</i>	<i>22 10 AM Felt Art</i>
<i>25 Center Closed for Christmas</i>	<i>26 See Daily Activities</i>	<i>27 3:30 Felt Art</i>	<i>28 2PM Alvin Ailey Dance Video</i>	<i>29 Lunchtime New Years</i>
<i>Merry Christmas</i>				
				

### 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



**Dec 22**

**Christmas Party**

**At International Senior Center**



**Dec 21**

**How Important is Life Insurance**

**With**

**Desiree Griffin ...2PM**

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

**HAVE A HAPPY AND SAFE HOLIDAY**



**DECEMBER 2017**

**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

*“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”

