

UJCES LILLIAN WALD OLDER ADULT CENTER / MAY 2024 CALENDAR

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"Program Funded Under Contract with the New York City Department for the Aging"

<p>UJCES Lillian Wald Older Adult Center 12 Avenue D NY, NY 10009 Mon - Thurs 9-5pm Friday 9-2 212-260-2731 Email: info@ujces.org WEB: ujces.org</p>	<p>Mother's Day Sunday 05/12/2024</p> 	<p>1. knitting/ crochet w/maureen 10 - 11:30 am</p> <p>painting w/jodie 1-2pm drawing /jodie 2 -3pm</p> <p>pool 10-5pm</p>	<p>2. dancercise & toning w/ FOAT 10-10:45</p> <p>tablet technology 11 - 12</p> <p>domino 10-5pm</p> <p>Bingo with Mita 2:30 - 4pm</p>	<p>3. strength & stability w/ rob 10-10:45am</p> <p>Cinco De Mayo Special Lunch</p> 
<p>6. meditation w/ toni 10 - 10:45 am</p> <p>vitality & balance w/demetra 11-12pm</p> <p>sing along w/joann 1:30 - 2:30pm</p>	<p>7. chair yoga 10-10:45am with/jennifer</p> <p>zumba with w/Jose 11-11:45am</p> <p>Tango Classes With Leonardo 1 -3 pm</p>	<p>8. meditation w/ toni 10 - 10:45 am</p> <p>knitting/ crochet w/maureen 10 - 11:30 am</p> <p>painting w/jodie 1-2pm drawing /jodie 2 -3pm pool 10-5pm</p>	<p>9. dancercise & toning w/ FOAT 10-10:45</p> <p>tablet technology 11 - 12</p>	<p>10. strength & stability w/ rob 10-10:45am</p> <p>domino 10-2pm</p>

<p>13. meditation w/ toni 10 - 10:45 am</p> <p>vitality & balance w/demetra 11-12pm</p> <p>sing along w/joann 1:30 - 2:30pm</p>	<p>14. chair yoga 10-10:45am with/jennifer</p> <p>zumba with w/Jose 11-11:45am</p> <p>Tango Classes With Leonardo 1 -3 pm</p>	<p>15. knitting/ crochet w/maureen 10 - 11:30 am</p> <p>painting w/jodie 1-2pm drawing /jodie 2 -3pm</p> <p>pool 10-5pm</p>	<p>16. dancercise & toning w/ FOAT 10-10:45 tablet technology 11 - 12</p> <p>Mother's Day Celebration 2:30 -4pm</p> 	<p>17. strength & stability w/ rob 10-10:45am</p> <p>domino 10-2pm</p>
<p>20. meditation w/ toni 10 - 10:45 am</p> <p>vitality & balance w/demetra 11-12pm</p> <p>sing along w/joann 1:30 - 2:30pm</p>	<p>21. chair yoga 10-10:45am with/jennifer</p> <p>zumba with w/Jose 11-11:45am</p> <p>Tango Classes With Leonardo 1 -3 pm</p>	<p>22. knitting/ crochet w/maureen 10 - 11:30 am</p> <p>painting w/jodie 1-2pm drawing /jodie 2 -3pm</p> <p>pool 10-5pm</p>	<p>23. dancercise & toning w/ FOAT 10-10:45 tablet technology 11 - 12</p>	<p>24. strength & stability w/ rob 10-10:45am</p> <p>domino 10-2pm</p>
<p>27. meditation w/ toni 10 - 10:45 am</p> <p>vitality & balance w/demetra 11-12pm</p> <p>sing along w/joann 1:30 - 2:30pm</p>	<p>28. chair yoga 10-10:45am with/jennifer</p> <p>zumba with w/Jose 11-11:45am</p> <p>Tango Classes With Leonardo 1 -3 pm</p>	<p>29. knitting/ crochet w/maureen 10 - 11:30 am</p> <p>painting w/jodie 1-2pm drawing /jodie 2 -3pm</p> <p>pool 10-5pm</p>	<p>30. dancercise & toning w/ FOAT 10-10:45 tablet technology 11 - 12</p> <p>Birthday Celebration 2 - 4pm</p> 	<p>31. strength & stability w/ rob 10-10:45am</p> <p>domino 10-2pm</p>