

## North Flushing Senior Center Weekly Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Senior Fitness/Aerobics with Karen</b> 10:15-11:00 a.m.  <b>Smart Phone Workshop with Peter (Chinese)</b> 11:00-11:40 a.m.  <b>Bingo with Frances</b> 12:30-2:00 p.m.  <b>Knit and Crochet with Evelyn and Carol</b> 12:30-2:00 p.m.	<b>Broadway Stretch with Gail</b> 10:00-10:45 AM  <b>Art with Rachel</b> 10:45-11:30 a.m.  <b>Smart Phone Workshop with Peter (English)</b> 10:45-11:30 a.m.  <b>Tai Chi with Elaine</b> 12:30-1:15 p.m.	<b>Chair Yoga with Karen</b> 10:00-10:45 a.m.  <b>Let's Talk with Rebecca</b> (except 2nd Wednesday) 10:45-11:30 a.m.  <b>Sharing Life Experiences with Anthony and Andrea</b> (2nd Wednesday) 10:45-11:30 a.m.  <b>Blood Pressure Monitoring</b> 12:30-1:00 p.m.  <b>Bingo</b> 12:30-2:00 p.m.	<b>Wai Tan Kung with Jimmy</b> 10:00-10:45 p.m.  <b>Listen and Sing with Jimmy</b> 10:45-11:30 a.m.  <b>Line Dance with Gail</b> 12:30-1:15 p.m.	<b>Aerobics with Gail</b> 10:15-11:00 a.m.  <b>Friday Afternoon at the Movies</b> 12:15-2:00 p.m.  <b>Sing Karaoke with Peter</b> 2:00-3:30 p.m.

**For more information, contact Susan Xiong at 718-358-9193**  
**or email [sxiong@commonpointqueens.org](mailto:sxiong@commonpointqueens.org)**