

Blood Pressure check every Wed. 12pm

A gathering of older men mtg – 1st
Wednesday 11am - PR



ASAP Meeting – 2nd
Wednesday – 1pm

PR = Pool Room; DR = Dining Room CR = Classroom

Note: on Birthday Wednesdays Beg.
Line Dance will move to the following
Friday at 2pm following Adv Line
Dance

ASTORIA SENIOR CENTER

SEPTEMBER 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			1 9am – Exercise Class -CR 9:45am – Yoga Class - CR 1pm - Beg. Line Dance -CR 1:15pm – Mah Jong – DR 2:30pm – Adv. Line Dance - CR	2 12:30pm Bridge Club - CR 1:15pm Pinochle - DR	3 9am – Exercise Class - CR 10am Crochet Class - PR 1:00pm Adv. Line Dance - CR 1:30pm Bingo DR	4 OPENS 11am 1pm Weekly Movie - CR
5 CLOSED	6 Labor Day Holiday ASC Closed	7 12:30pm – Bridge Club CR	8 9am – Exercise Class -CR 9:45am – Yoga Class - CR 1pm - Beg. Line Dance -CR 1:15pm – Mah Jong – DR 2:30pm – Adv. Line Dance - CR	9 12:30pm Bridge Club - CR 1:15pm Pinochle - DR	10 9am – Exercise Class - CR 10am Crochet Class - PR 1:00pm Adv. Line Dance - CR 1:30pm Bingo DR	11 OPENS 11am 12pm Sewing with Judy - DR 1pm Weekly Movie – CR
12 CLOSED	13 9am – Exercise Class -CR 1pm – ENCORE Mtg CR 1:15pm Mah Jong -DR	14 12:30pm – Bridge Club CR	15 9am – Exercise Class -CR 9:45am – Yoga Class - CR 1:15pm – Mah Jong – DR 1pm - Beg. Line Dance -CR 2:30pm – Adv. Line Dance - CR	16 8:30am – Board Meeting BR 10am – Membership Mtg - CR 12:30pm Bridge Club - CR 1:15pm Pinochle - DR	17 9am – Exercise Class - CR 10am Crochet Class - PR 1:00pm Adv. Line Dance - CR 1:30pm Bingo DR	18 OPENS 11am 1pm Weekly Movie - CR
19 CLOSED	20 9am – Exercise Class -CR 1pm – ENCORE Mtg CR 1:15pm Mah Jong -DR	21 12:30pm – Bridge Club CR 1:30PM – Card Making DR	22 9am – Exercise Class -CR 9:45am – Yoga Class -CR 1pm - Beg. Line Dance -CR 1:15pm – Mah Jong – DR 2:30pm – Adv. Line Dance - CR	23 12:30pm Bridge Club - CR 1:15pm Pinochle - DR	24 9am – Exercise Class - CR 10am Crochet Class - PR 1:00pm Adv. Line Dance - CR 1:30pm Bingo DR	25 OPENS 11am 12pm Sewing with Judy - DR 1pm Weekly Movie – CR
26 CLOSED	27 9am – Exercise Class -CR 1pm – ENCORE Mtg CR 1:15pm Mah Jong -DR	28 9:30am Writing Exchange PR 12:30pm – Bridge Club CR	29	30		