




June 2019– Activity Schedule OLP Center



Our Lady of Pompeii Center-25 Carmine Street-Basement Level– New York, N.Y. 10014-Contact Person: Nicole Brown-212-989-3620
www.greenwichhouse.org

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| Greenwich House is partially funded by Department for the Aging. |  | All Activities are subject to change | | |
| 3 10:00 Chair Exercise 2:00 Qigong <u>12:00 Blood Pressure Screening</u> <u>2:00 HAIR CUTS BY IRMA</u> | 4 10:00 Chair Yoga <u>2:00 Vocal Ease Annual Performance</u> | 5 10:00 Chair Exercise 11:00 Tai-Chi <u>11:30 Social Work Clinic</u> 2:00 Painting 2:00 French | 6 10:00 Chair Yoga <u>12:00 Falls Prevention Workshop (Bellevue Hospital)</u> 2:00 Heathy Cooking | 7 10:00 Chair Exercise 11:00 Guitar 2:00 Music Interlude |
| 10 10:00 Chair Exercise 2:00 Qigong | 11 <u>8:15 MOHUNK MOUNTAIN HOUSE TRIP</u> 10:00 Chair Yoga <u>12:00 Nutrition Lecture: DTFA</u> 2:00 BINGO 2:00 Jewelry | 12 10:00 Chair Exercise 11:00 Tai-Chi 2:00 Painting 2:00 French | 13 10:00 Chair Yoga <u>2:00 Stroke Presentation (Bellevue Hospital)</u> | 14_10:00 Chair Exercise 11:00 Guitar 2:00 Music Interlude <u>BINGO with GTBT Volunteers</u> |
| 17 10:00 Chair Exercise 2:00 Qigong | 18 10:00 Chair Yoga <u>GREENWICH HOUSE PROM NIGHT EVENT</u> <u>CENTER WILL CLOSE AT 3:00 PM</u> | 19 10:00 Chair Exercise 11:00 Tai-Chi <u>11:30 Social Worker Clinic</u> 2:00 Painting 2:00 French | 20 10:00 Chair Yoga 2:00 Healthy Cooking | 21 10:00 Chair Exercise 11:00 Guitar 2:00 Music Interlude |
| 24 10:00 Chair Exercise 2:00 Qigong <u>ADVISORY COUNCIL ELECTION DAY</u> | 25 10:00 Chair Yoga 2:00 BINGO 2:00 Jewelry Class 2:00 Karaoke | 26 10:00 Chair Exercise 11:00 Tai-Chi 2:00 Painting 2:00 French | 27 10:00 Chair Yoga 2:00 Healthy Cooking | 28 10:00 Chair Exercise <u>10:00 FLEA MAKET FUNDRAISER</u> <u>Afternoon Classes are canceled.</u> |

WE ARE CURRENTLY ACCEPTING DONATIONS FOR OUR ANNUAL FLEA MARKET. FEEL FREE TO DONATE MUSIC, BOOKS, DISHWARE AND JEWELRY. WE ARE NOT ACCEPTING CLOTHING.