

Hi VANDYKE II SENIOR CENTER

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Mon	Tues	Wed	Thurs	Fri
1.) - CHAIR EXERCISE (1-2PM) - EDUCATION REC (2-3PM)	2.) -GARDENING (10AM-11AM) -POKENO (12PM-1PM)	3.) - CHAIR EXERCISE (1PM-2PM) - EDUCATION REC (2PM-3PM) -Nutrition Educator's visit Topic- "Eating better on a budget" (11:00AM)	4.) - ARTS & CRAFT (1PM-2PM) - EDUCATION/REC (2PM-3PM)	5.) - CHAIR EXERCISE (1PM-2PM) - EDUCATION REC (2PM-3PM)
8.) - CHAIR EXERCISE (1PM-2PM) EDUCATION REC (2PM-3PM) - NYC CHAPTER OF ALZHEIMERS PRESENTATION (10:00AM)	9.) - GARDENING (10AM-11AM) - POKENO (12PM-1PM) - WHITE GLOVE EARLY INTERVENTION AND THERAPY SERVICES	10.) -CHAIR EXERCISE (1PM-2PM) -EDUCATION REC (2PM-3PM) - HEART/EVERYDAY HEALTH CHOICES WEBINAR (10:30AM)	11.) - ARTS & CRAFT (1PM-2PM) - EDUCATION/REC (2PM-3PM) -ST JOHNS UNIVERSITY INTERNATIONAL STRESS AWARENESS WEBINAR (10:00AM)	12.) - CHAIR EXERCISE (1PM-2PM) - EDUCATION REC (2PM-3PM)
15.) - CHAIR EXERCISE (1-2PM) - EDUCATION REC (2-3PM)	16.) - GARDENING (10AM-11AM) POKENO (12-1PM)	17.) - CHAIR EXERCISE (1PM-2PM) -EDUCATION REC (2PM-3PM) - "WORLD AIDS DAY" PRESENTATION BY ST. JOHNS UNIVERSITY	18.) - ARTS & CRAFT (1PM-2PM) - EDUCATION/REC (2PM-3PM)	19.) - CHAIR EXERCISE (1PM-2PM) - EDUCATION REC (2PM-3PM) - CHRONIC CONDITIONS PRESENTATION (11AM-12PM)
22.) - CHAIR EXERCISE (1PM-2PM) - EDUCATION REC (2PM-3PM)	23.) - GARDENING (10AM-11AM) POKENO (12-1PM)	24.) - CHAIR EXERCISE (1PM-2PM) -EDUCATION REC (2PM-3PM) -CHRISTMAS EVE	25.) -MERRY CHRISTMAS -VAN DYKE SENIOR CENTER WILL BE CLOSED	26.) - DAY AFTER CHRISTMAS -VAN DYKE SENIOR CENTER WILL BE CLOSED

December is a month of Joy and Holiday Cheer!

December is a month where we celebrate Warmth, Joy, and Community!