<table>
<thead>
<tr>
<th>MONDAYS AM/PM</th>
<th>TUESDAYS AM/PM</th>
<th>WEDNESDAYS AM/PM</th>
<th>THURSDAYS AM/PM</th>
<th>FRIDAYS AM/PM</th>
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| **10:30-11:30:** Yoga with Ying  
**Sept 5:** CLOSED FOR LABOR DAY!  
**12:30-1:30:** Balance Fitness – with Sid  
**2:00-3:00:** Korean Sing along with Park Joon (9/12)  
| **9:00-3:30:** Mammogram Screening w Mt. Sinai (9/13)  
10-12:00 Fiber and Textile Arts-Stitch, Knot, Weave Ann  
10:30: RIOC SHOPPING BUS (20 MAX)  
10:30-11:30: BINGO Social (9/20)  
12:30-1:30: Strength and Stretch w Ying  
1:00-4:00: Creative Sewing with Ann  
| **10:30:** RIOC SHOPPING BUS (20 MAX)  
10:30-11:30 Zumba Gold with Dayle  
1:00-4:00: Art Workshop with John  
1:00-4:00: Clothing Construction and Alterations with Kristen  
1:30-2:30: Healthy Clapping with PeaceMaker (9/07)  
| **10:00-11:00:** NYRR Strength Training with Asteria  
11:30-1:00: Ping Pong with Dexter  
1:00-3:00: French Beaded Flowers with Sharon (Sept 08, 22)  
1:30-3:30: Jewels with Judy (Sept 29)  
1:30-2:30: Wellness Lecture with SPOP Zoom (Sept 22, 29)  
1:00-2:00: Falls Prevention Workshop & screenings with Columbia OT Students (9/29)  
| **10:30-12:00:** Ping Pong with Dexter  
**10:00-1:00:** Health Lectures and Blood Pressure Screening with Hunter College Nursing Students (Sept 9 - Dec 02)  
**11:00-12:00:** Pest Control w/ NYC Dept. of Health and Mental Hygiene (9/09)  
**1:00-4:00:** Art Workshop with John Cancelled for (9/02)  
**1:00-2:00:** Hearing Loss & Falls Presented by NY-Presbyterian Hospital/Weill Cornell Medical Center Zoom (9/23)  
**1:00-3:00:** Skin Care Trivia with Colgate. Must register (9/23)  

**ALL MEMBERS AND VISITORS MUST WEAR A FACE MASK!**