

# BORO PARK Y SENIOR CENTER

Judy Liff, Director    Hindy Gertner, Program Assistant    (718) 435-3804  
 The Y Senior Center offers diverse and stimulating activities for men and

*Program Highlights*

- CRAFTS
- SHOWS
- HEALTH & NUTRITION LECTURES
- ASSISTANCE WITH GOVERNMENT BENEFITS
- GUEST SPEAKERS
- DAILY GLATT KOSHER LUNCHES
- CLASSES & LECTURES

## WEEKLY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 am BOARD GAMES</b>				
<b>10:00 am</b> Excercise Video	<b>10:00 am</b> Excercise	<b>10:30 am</b> Excercise	<b>10:00 - 11:00 am</b> Blood Pressure	<b>9:30 am</b> Exercise
<b>11:00 am</b> Chair Yoga			<b>10:00 am</b> Exercise	
<b>12:00 pm</b> Yoga in Gym	<b>11:00 am</b> Jewish Studies		<b>11:00 am</b> "News & Views"	<b>11:00 am</b> Lecture of the Week
<b>12:00 noon LUNCH</b>				
<b>1:00 pm</b> Monday Matinee	<b>1:30pm</b> Needles & Knots Knitting	<b>1:30pm</b> Crafts Club	<b>1:00 pm</b> "Arts & Entertainment"	Meals for Shabbos Register by Wednesday
<b>1:00 pm</b> Dance with Shulamith				

# UPCOMING EVENTS

## THANKSGIVING PARTY

Thursday

November 28th

11:30 AM • \$4

Reservation Required

## CHANUKAH PARTY

Thursday

December 26th

11:30 AM • \$4

Reservation Required

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