





# Florence E. Smith Senior Services

## JULY 2021

102-19 34<sup>th</sup> Avenue  
Corona, NY 11368

| Mon  | Tue   | Wed   | Thu  | Fri  |
|--|---|---|--|--|
| <p><b>BLOOD PRESSURE MONITORING</b><br/>Monday &amp; Friday 11:00 am - 12:00 pm</p> <p><b>EXERCISE ROOM OPEN</b><br/>Monday — Friday 9:00 am - 3:00 pm</p>           | <p><b>OTHER ACTIVITIES</b><br/>KARAOKE * DOMINO*<br/>MAHJONG<br/>PINOCHOLE*BOARD GAMES<br/>PING PONG*POOL TABLE</p>   |   | <p><b>1</b></p> <p><b>MED /TAI CHI</b><br/>10:15 am -11:15 am</p> <p><b>SOCIAL DANCE</b><br/>1:00 pm - 3:00 pm</p>   | <p><b>2</b></p> <p><b>ART PAINTING CLASS</b><br/>10:00 am -12:00 pm</p> <p><b>LATIN DANCE</b><br/>10:30 am -11:30 pm</p> <p><b>LINE DANCE</b><br/>1:00 pm - 2:00 pm</p>  |
| <p><b>5</b></p> <p><b>INDEPENDENCE DAY</b></p> <p><b>CLOSED</b></p>  | <p><b>6</b></p> <p><b>MED/TAI CHI</b><br/>1:00 pm - 2:00 pm</p> <p><b>STRETCH EXERCISE</b><br/>2:00 pm - 3:00 pm</p>  | <p><b>7</b></p> <p><b>MAHJONG</b><br/>9:00 am – 3:00 pm</p> <p><b>SOCIAL DANCE</b><br/>10:30 am- 11:30 am</p> <p><b>VIRTUAL AGE TASTIC! – SPANISH</b><br/>10:00 am—11:00 am</p>  <p>1:00 pm – 2:00 pm</p>    | <p><b>8</b></p> <p><b>MED /TAI CHI</b><br/>10:15 am -11:15 am</p> <p><b>SOCIAL DANCE</b><br/>1:00 pm - 3:00 pm</p>   | <p><b>9</b></p> <p><b>ART PAINTING CLASS</b><br/>10:00 am -12:00 pm</p> <p><b>LATIN DANCE</b><br/>10:30 am -11:30 am</p> <p><b>LINE DANCE</b><br/>1:00 pm - 2:00 pm</p>  |
| <p><b>12</b></p> <p><b>SOCIAL DANCE</b><br/>10:30 am- 11:30 am</p> <p><b>BALLROOM DANCE</b><br/>1:00 pm - 2:00 pm</p> <p><b>CHORAL GROUP</b><br/>2:00 pm—3:30 pm</p> | <p><b>13</b></p> <p><b>MED/TAI CHI</b><br/>1:00 pm - 2:00 pm</p> <p><b>STRETCH EXERCISE</b><br/>2:00 pm - 3:00 pm</p> | <p><b>14</b></p> <p><b>MAHJONG</b><br/>9:00 am – 3:00 pm</p> <p><b>SOCIAL DANCE</b><br/>10:30 am- 11:30 am</p> <p><b>VIRTUAL AGE TASTIC! – SPANISH</b><br/>10:00 am—11:00 am</p>  <p>1:00 pm – 2:00 pm</p> | <p><b>15</b></p> <p><b>MED /TAI CHI</b><br/>10:15 am -11:15 am</p> <p><b>VIRTUAL AGING EYES VISION HEALTH</b><br/>1:00 pm - 2:00 pm</p> <p><b>SOCIAL DANCE</b><br/>1:00 pm - 3:00 pm</p> | <p><b>16</b></p> <p><b>ART PAINTING CLASS</b><br/>10:00 am -12:00 pm</p> <p><b>LATIN DANCE</b><br/>10:30 am -11:30 am</p> <p><b>LINE DANCE</b><br/>1:00 pm - 2:00 pm</p> |
| <p><b>19</b></p> <p><b>SOCIAL DANCE</b><br/>10:30 am- 11:30 am</p> <p><b>BALLROOM DANCE</b><br/>1:00 pm - 2:00 pm</p> <p><b>CHORAL GROUP</b><br/>2:00 pm—3:30 pm</p> | <p><b>20</b></p> <p><b>MED/TAI CHI</b><br/>1:00 pm - 2:00 pm</p> <p><b>STRETCH EXERCISE</b><br/>2:00 pm - 3:00 pm</p> | <p><b>21</b></p> <p><b>MAHJONG</b><br/>9:00 am – 3:00 pm</p> <p><b>SOCIAL DANCE</b><br/>10:30 am- 11:30 am</p> <p><b>VIRTUAL AGE TASTIC! – SPANISH</b><br/>10:00 am—11:00 am</p>  <p>1:00 pm – 2:00 pm</p> | <p><b>22</b></p> <p><b>MED /TAI CHI</b><br/>10:15 am -11:15 am</p> <p><b>SOCIAL DANCE</b><br/>1:00 pm - 3:00 pm</p>  | <p><b>23</b></p> <p><b>ART PAINTING CLASS</b><br/>10:00 am -12:00 pm</p> <p><b>LATIN DANCE</b><br/>10:30 am -11:30 am</p> <p><b>LINE DANCE</b><br/>1:00 pm - 2:00 pm</p> |
| <p><b>26</b></p> <p><b>SOCIAL DANCE</b><br/>10:30 am- 11:30 am</p> <p><b>BALLROOM DANCE</b><br/>1:00 pm - 2:00 pm</p> <p><b>CHORAL GROUP</b><br/>2:00 pm—3:30 pm</p> | <p><b>27</b></p> <p><b>MED/TAI CHI</b><br/>1:00 pm - 2:00 pm</p> <p><b>STRETCH EXERCISE</b><br/>2:00 pm - 3:00 pm</p> | <p><b>28</b></p> <p><b>MAHJONG</b><br/>9:00 am – 3:00 pm</p> <p><b>SOCIAL DANCE</b><br/>10:30 am- 11:30 am</p> <p><b>VIRTUAL AGE TASTIC! – SPANISH</b><br/>10:00 am—11:00 am</p>  <p>1:00 pm – 2:00 pm</p> | <p><b>29</b></p> <p><b>MED /TAI CHI</b><br/>10:15 am -11:15 am</p> <p><b>SOCIAL DANCE</b><br/>1:00 pm - 3:00 pm</p>  | <p><b>30</b></p> <p><b>ART PAINTING CLASS</b><br/>10:00 am -12:00 pm</p> <p><b>LATIN DANCE</b><br/>10:30 am -11:30 am</p> <p><b>LINE DANCE</b><br/>1:00 pm - 2:00 pm</p> |