

Dion Horton - Director
Elvia Clyde - Program Coordinator
Craig Reed - Program Assistant

AUGUST 2025

ALLEN COMMUNITY INTERNATIONAL SENIOR CITIZENS CENTER, INC.
90-20 170TH STREET, JAMAICA, NEW YORK 11432
TELEPHONE: (718) 657-0799 FAX: (718) 657-0797
Funded By The New York City Department for the Aging

Mon	Tue	Wed	Thurs	Fri
				1 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Tommy Chair Exercise</i> 12:00 to 1:00pm <i>Knitting w/ Ms. Virginia</i> 1:30 to 3:00pm <i>Movie Friday's</i> 1:30-3:30
4 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Group Meditation (Eugene)</i> 11:00 to 12:00pm <i>Women's Club Meeting</i> 1:00 to 2:00pm <i>Movie Monday's</i> 1:30-3:30 <i>Game Hour</i> 2:00 to 3:00pm	5 <i>Discussion News & Views</i> 9:00-11:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Walking Club</i> 10:00-11:00 <i>D.I.Y. PAINTING CLASS</i> 10:30 TO 12:00pm <i>Group Exercise (Eugene)</i> 1:15pm to 2:00pm <i>Computer Classes w/ Olson Bell</i> 1:30-3:30 <i>ICEE & POPCORN SOCIAL</i> SPONSOR MARKS HOMECARE 12PM TO 3PM	6 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Silver Sneakers Workout</i> 10:00AM to 11:00AM <i>HEALTH MANAGEMENT</i> <i>MS. COLEMAN</i> 1:15pm TO 2:00pm <i>Movie Day</i> 1:30-3:30	7 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>News & Views Discussion (Clyde)</i> 10:30am to 11:30am <i>Art Class w/ Mrs. Sade</i> 10:30 to 12:00pm <i>Ceramics Class</i> <i>Shenan Howard</i> 1:00 to 3:00pm <i>Movie Day</i>	8 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Tommy Chair Exercise</i> 12:00 to 1:00pm <i>Knitting w/ Ms. Virginia</i> 1:30 to 3:00pm <i>BINGO</i> 1:30-3:30
11 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Group Meditation (Eugene)</i> 11:00 to 12:00pm <i>Movie Monday's</i> 1:30-3:30 <i>Game Hour</i> 2:00 to 3:00pm	12 <i>Discussion News & Views</i> 9:00-11:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Walking Club</i> 10:00-11:00 <i>D.I.Y. PAINTING CLASS</i> 10:30 TO 12:00pm <i>Group Exercise (Eugene)</i> 1:15pm to 2:00pm <i>Computer Classes w/ Olson Bell</i> 1:30-3:30 <i>Movie Tuesday's</i> 12:00pm to 3:30pm	13 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Silver Sneakers Workout</i> 10:00AM to 11:00AM <i>HEALTH MANAGEMENT</i> <i>MS. COLEMAN</i> 1:15pm TO 2:00pm <i>Movie Day</i> 1:30-3:30	14 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Group Meditation (Eugene)</i> 11:00 to 12:00pm <i>Ceramics Class</i> <i>Shenan Howard</i> 1:00 to 3:00pm <i>Movie Day</i>	15 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Tommy Chair Exercise</i> 12:00 to 1:00pm <i>Knitting w/ Ms. Virginia</i> 1:30 to 3:00pm <i>Movie Friday's</i> 1:30-3:30
18 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Group Meditation (Eugene)</i> 11:00 to 12:00pm <i>Women's Club Meeting</i> 1:00 to 2:00pm <i>Movie Monday's</i> 1:30-3:30 <i>Game Hour</i> 2:00 to 3:00pm	19 <i>Discussion News & Views</i> 9:00-11:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Walking Club</i> 10:00-11:00 <i>D.I.Y. PAINTING CLASS</i> 10:30 TO 12:00pm <i>Group Exercise (Eugene)</i> 1:15pm to 2:00pm <i>Computer Classes w/ Olson Bell</i> 1:30-3:30 <i>Movie Tuesday's</i> 12:00pm to 3:30pm	20 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Silver Sneakers Workout</i> 10:00AM to 11:00AM <i>HEALTH MANAGEMENT</i> <i>MS. COLEMAN</i> 1:15pm TO 2:00pm <i>Movie Day</i> 1:30-3:30	21 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>News & Views Discussion (Clyde)</i> 10:30am to 11:30am <i>Art Class w/ Mrs. Sade</i> 10:30 to 12:00pm <i>Ceramics Class</i> <i>Shenan Howard</i> 1:00 to 3:00pm <i>Movie Day</i>	22 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Tommy Chair Exercise</i> 12:00 to 1:00pm <i>Knitting w/ Ms. Virginia</i> 1:30 to 3:00pm <i>Movie Friday's</i> 1:30-3:30
25 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Group Meditation (Eugene)</i> 11:00 to 12:00pm <i>Movie Monday's</i> 1:30-3:30 <i>Game Hour</i> 2:00 to 3:00pm	26 <i>Discussion News & Views</i> 9:00-11:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Walking Club</i> 10:00-11:00 <i>D.I.Y. PAINTING CLASS</i> 10:30 TO 12:00pm <i>Group Exercise (Eugene)</i> 1:15pm to 2:00pm <i>Computer Classes w/ Olson Bell</i> 1:30-3:30 <i>Movie Tuesday's</i> 12:00pm to 3:30pm	27 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Silver Sneakers Workout</i> 10:00AM to 11:00AM <i>HEALTH MANAGEMENT</i> <i>MS. COLEMAN</i> 1:15pm TO 2:00pm <i>Movie Day</i> 1:30-3:30	28 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Group Meditation (Eugene)</i> 11:00 to 12:00pm <i>Ceramics Class</i> <i>Shenan Howard</i> 1:00 to 3:00pm <i>Movie Day</i>	29 <i>Discussion News & Views</i> 9:00-11:30 <i>Walking Club</i> 9:30-10:30 <i>Dominoes/ Pool</i> 9:30-3:50 <i>Tommy Chair Exercise</i> 12:00 to 1:00pm <i>Knitting w/ Ms. Virginia</i> 1:30 to 3:00pm <i>Movie Friday's</i> 1:30-3:30