



# NORC WOW at the Samuel Field Y

58-20 Little Neck Parkway

Little Neck, NY 11362 (718) 225-6750 ext. 540



**SAMUEL FIELD Y**

*"The Everybody Place"*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 11:00 Arthritis Exercise Class at Y	4 Y CLOSED 4th OF JULY	5 Office Support	6 11:30 Strength Training for Better Balance	7 10 AM Tai Chi 10:30 AM Senior Advisory Board	8
9	10 11:00 Arthritis Exercise Class at Y	11 Office Support	12 Office Support	13 11:30 Strength Training for Better Balance	14 10 AM Tai Chi	15
16	17 11:00 Arthritis Exercise Class at Y	18 Office Support	19 1:30 BP Screening 2:00 Health Chat at Glen Oaks Li-	20 11:30 Strength Training for Better Balance	21 10 AM Tai Chi	22
23	24 11:00 Arthritis Exercise Class at Y	25 Office Support	26 12:30 NORC WOW Luncheon at Opa Grille	27 11:30 Strength Training for Better Balance	28 10 AM Tai Chi	29
30	31 11:00 Arthritis Exercise Class at Y	<p>NORC WOW is a Program of the Samuel Field Y, a beneficiary of UJA Federation of New York, Partially funded by New York City Department for the Aging and New York State Office for the Aging, and in partnership with Parker Jewish Institute for Health Care and Rehabilitation and SNAP .</p>				

