

Rose Caracappa Senior Citizen Center 739 Route 25A Mt. Sinai 631 - 476-6449

ACTIVITY	DAYS OF WEEK	TIME OF DAY	FEE
Nutrition Program	Monday through Friday.	Call for details 631-476-6446	
Cards and Games	Monday through Friday	1:30 – 4:15	NF
Asian-American Group	Monday	11:30 – 1:30	NF
Line Dancing	Monday	10:30 – 11:30	NF
Bereavement Support Group	1 st & 3 rd Monday of Month	10:00 – 11:00	NF
Mah Jongg	Monday	12:00 – 4:00	NF
Mah Jongg	Tuesday	1:30 - 4:00	NF
Book Discussion	2 nd Tuesday of Month	1:30 – 3:00	NF
Book Discussion	4 th Friday of Month	9:30 – 11:00	NF
Caregiver Support Group	1 st Tuesday of Month	10:30 – 11:30	NF
* Yoga	Tuesday OR Thursday	10:00 – 11:00	\$45 /8 wks
* Arthritis Exercise	Tuesday	12:00 – 1:00	\$45/ 8 wks
SCPD Drug Drop-off Program	1 st Thursday of the month	10:00 –12:00	NF
HIICAP Counselor	2 nd Wednesday of the month	10:30-12:30	NF
Meditation	2 nd Wednesday of the month	2:00 – 3:00	NF
Sheng Zhen Meditation	1 st ,3 rd , & 4 th Wed. of month	2:00 - 3:00	NF
Senior Advocate (SCOFA)	1 st Wednesday of the month	2:30 – 4:30	NF
Bunco	3 rd Wednesday of the month	1:30 – 3:30	NF
Knit & Crochet Group	Thursday	1:00 – 3:00	NF
Pinochle	Thursday	1:30 – 3:30	NF
Reiki	Thursday	2:30 – 3:30	NF
Veterans Chat Group	2 nd Thursday of Month	10:00- 11:00	NF
Current Events Discussion Group	4 th Thursday of Month	10:00 - 1130	NF
Pencil Drawing Class	Friday	11:00 –12:00	NF
Bridge	Friday	1:00 – 4:00	NF
Quilting Class	Friday	1:00 - 3:00	NF
Woodcarvers (experience not necessary)	Friday	9:00- 12:00	NF
TOB Defensive Driving class	Call for details	\$25/40	