



THE HINDU TEMPLE SOCIETY OF NORTH AMERICA

Śri Mahā Vallabha Ganapati Devasthānam

45-57 Bowne Street, Flushing, NY 11355

Tel: (718) 460-8484 ext 112 • Fax: (718) 461-8055

Email: hts@nyganeshtemple.org



SENIOR PROGRAM

SCHEDULE

TUESDAY FROM 10:00 AM - 3:00PM

10:00 AM - 11:00 AM	YOGA / MEDITATION
11:00 AM - 11:30 AM	COFFEE BREAK
11:30 AM - 1:00 PM	GITA STUDY (IN HINDI)
1:00 PM - 1:30 PM	LUNCH
1:30 PM - 3:00 PM	ARTS & CRAFTS / BHAJANS/ POETRY READING

WEDNESDAY FROM 10:00 AM - 3:00PM

10:00 AM - 11:00 AM	YOGA / MEDITATION / PRANAYAMAN
11:15 AM - 1:15 PM	BHAGAWAT GITA - STUDY AND DISCUSSION
1:15 PM - 1:45 PM	LUNCH
1:45 PM - 2:45 PM	BHAJAN CLASS

THURSDAY FROM 10:00 AM - 3:00 PM

10:00 AM - 11:00 AM	YOGA / MEDITATION / PRANAYAMAN
11:30 AM - 12:30 PM	VEDA CHANTING CLASS
1:15 PM - 1:45 PM	LUNCH
1:45 PM - 4:30 PM	BOARD GAMES

*ALL ARE WELCOME TO PARTICIPATE, IN THIS SPIRITUAL
& PHYSICAL ENHANCEMENT!*

FOR FURTHER INFORMATION CONTACT THE TEMPLE AT (718) 460-8484 EXT 112
NIRMALA RAM (718) 969-**1827** • RADHIKA MOHAN (646) 420-6216
OR V. SUBRAMANIAM (718) 343-2016

Please turn over ➡



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SENIOR PROGRAM - REGISTRATION FORM

NAME: _____
FIRST MIDDLE LAST

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ CELL: _____

EMAIL: _____

EMERGENCY CONTACT: _____
(NAME) (PHONE)

GENDER: MALE FEMALE AGE 60 OR OVER: YES NO

OCCUPATION: _____

INTERESTS: ESL, COMPUTERS, CITIZENSHIP, ARTS & CRAFTS, YOGA, SINGING, DANCE & MUSIC

OTHER: _____

ALL ARE WELCOME

PLEASE NOTE

Please consult your physician before you join the Yoga, other exercise classes and all other activities offered by the Senior Program of The Hindu Temple Society of North America. If you have health problems (high blood pressure, diabetes, orthopedic problems, body pains or any other medical problems, etc.) you must bring a no objection or a clearance letter from your physician. The Hindu Temple Society of North America, the Senior Center, or any affiliates of the Temple are not responsible for any injuries or physical impairments that might occur.

I UNDERSTAND THE ABOVE,

Signature

Date

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