

COLUMBUS AMSTERDAM

BUSINESS IMPROVEMENT DISTRICT

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www.columbus-amsterdam-bid.org

A COMMUNITY CELEBRATION

“Manhattan Valley Family Days”

Free Activities for All Ages

Dance and Exercise Classes, Arts Projects for Kids, Live
Music, Demos, Computer Recycling Facilities

Sunday May 16 11am-5pm

Sunday May 23 11am-5pm

Amsterdam Avenue - 106-110 Streets

**The Avenue will be Closed To Traffic,
filled instead with Tables and Chairs,
Dancing Feet, Strollers, and Walkers and
activities sponsored by local community groups**

- **Pilates and dance classes**
- **Taino Nation Dancers/Ballet Hispanico/Ascencion Fairies**
- **Laughing Yoga** Chander Malik of Indian Café and Roti Roll
- **Therapeutic drumming circle** Jewish Home Life Care
- **Tai Chi and Yoga** WSFSSH Manhattan Valley Golden Age
- **Dominoes** La Perla Garden & MV Golden Age
- **Karate Lessons** Hiraldo's Karate School
- **Pottery demonstrations** Mugi Pottery
- **E-waste and textile collection for re-use and re-cycling**
- **Kids mural project** El Taller Latino
- **Box city for kids**
- **Face Painting** Michael Alpert and W. 107St Block Assoc.
- **Cultural heritage crossword puzzle party** Puzzles For Us
- **Neighborhood vision mural**
- **“What a Neighborhood!” create songlines for WS streets**
Park West Neighborhood History Group with Orfeo Duo
- **Pet health** Animal Care Extraordinaire
- **Pigeon flock flight demo** Victor Casiano
- **Pet Therapy** Morningside Village
- **House Plant Repotting** W104th St Community Garden
- **Bike lessons** Bike New York
- **Free bicycle gear and maps** NYC DOT
- **Bike & Skateboard lane** UWS Streets Renaissance Campaign
- **Pipe cleaner Tree Guard & Bike Rack Sculpture** Livable Streets Education Project
- **Live music performances**

Some Activities One Weekekd Only

ECUADORIAN PARADE 5/16 on CPW W.110-96 1:30pm-3:30

& FESTIVAL 5/23 W.107 St.; 10am-6pm 212-496-8981

Music, Ecuadorian food specialties; folklore;

Complete Schedule at www.columbus-amsterdam-bid.org

**Come Out, Enjoy the Spring, Meet Your Neighbors
and Celebrate the Neighborhood**