

Monday	Tuesday	Wednesday	Thursday	Friday
2  WE'RE CLOSED FOR LABOR DAY SEE YOU ON TUESDAY!	3 9:00 Word Search w/ Michael S. 10:00-4:00 CONEY ISLAND TRIP  10:00 Gentle Stretching w/Nilcee S. 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/Helen D.	4 9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> 10:00 "Medicare 101: What's Changing?" w/ Marcela C. and Steve B. 11:00 Fire Safety-FDNY 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Coloring-SD	5 9:00 Word Scramble w/Michael S. <u>10:00 Yoga w/ Ability B.</u> <u>11:00 Guided Meditation w/Nilcee</u> 10:30 Drum Circle w/Gennie 11:00 Coping Skills w/Miriam S. 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling & Creative Writing-SD	6 9:00 Sudoku Puzzles w/Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Scams 101 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/ Helen D.</u>
9  HAPPY GRANDPARENTS DAY 9:00 Spot the Difference: Brain Teaser w/Michael S. 10:00 Gardening w/Tony <u>10:30 Line Dancing w/Wen T.</u> 11:00 Acrylic Painting w/Tony 12:00 Lunch 1:00 GrandParents' Day Celebration w/DJ Valentin 3:00 Scrabble/Monopoly: Board Game w/MC	10 9:00 Word Search w/ Michael S. 10:00 Blood Pressure Monitoring w/Miriam Castro <u>10:00 Gentle Stretching w/Nilcee S.</u> 11:00 Nutrition Lecture & Food Demonstration w/Neron F. 10:00 Crocheting w/Vanessa 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting w/Helen D.</u>	11  9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Mind & Body Healing w/JD</u> 11:00 Remembrance Day Poetry Reading/JD 12:00 Lunch 1:00-2:30 BINGO 2:30 Drum Circle w/ Eugenia	12  9:00 Word Scramble w/Michael S. <u>10:00 Yoga w/ Ability B.</u> 10:00 Blood Pressure Monitoring w/Miriam Castro 11:00 General membership Meeting 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling & Creative Writing-SD	13 9:00 Sudoku Puzzles w/Michael S. <u>10:30 Zumba w/Ability B.</u> <u>10:00 Drawing w/Jennifer</u> 10:00 Technology Conversation w/JD <u>11:00 Elder Fraud Statistics w/ QCSW</u> 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen D.</u>
16  SEPTEMBER IS HEALTHY AGING MONTH 9:00 Spot the Difference: Brain Teaser w/Michael S. <u>10:30 Line Dancing w/Wen T.</u> 10:30 Gardening w/Tony 11:00 Acrylic Painting w/Tony 12:00 Lunch 1:00 National Healthy Aging Awareness Month Celebration w/DJ Woody. 3:00 Scrabble/Monopoly: Board Game w/MC	17 9:00 Word Search w/Michael S. <u>9:30 MET Art in Box w/Miriam Summerford</u> <u>10:00 Gentle Stretching w/Carl S.</u> 10:00 Blood Pressure Monitoring w/Miriam Castro 11:00 Crocheting w/Vanessa 12:00 Lunch <u>2:30 Watercolor Painting w/Helen D.</u>	18 9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition Education w/Jennifer</u> 11:00 Jokesercise w/ Comedian Aldo + Howard N. 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Coloring-SD	19  9:00 Word Scramble w/Michael S. <u>10:00 Yoga w/ Ability B.</u> <u>11:00 Guided Meditation w/Nilcee</u> 10:00 Nutrition Lecture w/MS 11:00 Hispanic Heritage Month Celebration w/Village CareMax 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling & Creative Writing-SD	20 9:00 Sudoku Puzzles w/Michael S. <u>10:30 Zumba w/Ability B.</u> 10:30 Pedestrian Safety w/DOT 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen D.</u>
23  HAPPY BIRTHDAY 9:00 Spot the Difference: Brain Teaser w/Michael S. 10:30 Gardening w/Tony 11:00 Acrylic Painting w/Tony <u>10:30 Line Dancing w/Wen T.</u> 12:00 Lunch 1:00 September Birthday Party w/DJ Valentin (Gifts & Cake) 3:00 Scrabble/Monopoly: Board Game w/MC	24 9:00 Word Search w/Michael S. 10:00 Blood Pressure Monitoring w/Miriam Castro <u>10:00 Gentle Stretching w/Nilcee S.</u> 11:00 Crocheting w/Vanessa 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting w/Helen D.</u>	25 9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> 10:00 DOH Falls Prevention For Older Adults w/ VNSNY 11:00 Caption Call 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Coloring-SD	26  FALL PREVENTION 9:00 Word Scramble w/ Michael S. <u>10:00 Yoga w/ Ability B.</u> <u>10:00 Jewelry Making/Miriam</u> 11:00 Balance & Falls Prevention & w/ Fit Club 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling & Creative Writing-SD	27 9:00 Sudoku Puzzles w/ Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Technology Conversation w/JD 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen D.</u>
30  National Senior Center Month 9:00 Spot the Difference: Brain Teaser w/Michael S. 10:30 Gardening w/Tony <u>10:00 Scam & Fraud Prevention w/Chase Bank (Regina)</u> 11:00 Acrylic Painting w/Tony <u>10:30 Line Dancing w/Wen T.</u> 12:00 Lunch 1:00 National Senior Center Month (Powering Connections) w/DJ from Elite Home Care & Special Dance 3:00 Scrabble/Monopoly: Board Game w/MC	Scan with phone to access our Newsletter 	SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.	Physical Exercise underlined in green	*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.

Contact Miriam Summerford for any questions or concerns about activities/events.
718-626-1500

