

CCNS GLENWOOD SENIOR CENTER

5701 AVENUE H, BROOKLYN, NY 11234 / T (718)241-7711 | Fx 929-292-0223

NOVEMBER 2024 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Older Adults - Breakfast \$1.00 / Lunch \$1.50 / Lunch Special \$2.00 Younger than 60 - Breakfast \$1.50 / Lunch \$3.00 / Lunch special \$3.50</p> <p>Ryder Post Office (Customer Service Supervisor Ms. Williams) - To purchase Stamps- Let the center know.</p>	<p>MEN'S GROUP DISCUSSION – FREE CONFERENCE CALL 667-770-1291 CODE 478644#</p> <p>BARBADOS' INDEPENDENCE DAY 11/29</p> <p>PANAMA'S INDEPENDENCE DAY 11/3</p>	<p>DOMINICA'S INDEPENDENCE DAY 11/3</p> <p>ANTIGAU & BARBUDA'S INDEPENDENCE DAY 11/1</p>		<p>1 10:00 Creole Current Event Group discussion – Mireille 10- 11 Arts & Craft – Ms Pumkin & Ms Otey 11:00 – 12:00 TBA</p> <p>PANAMA'S INDEPENDENCE DAY CELEBRATION</p> <p>2:00 –4:00 -Triomino - Connected For Card – Scrabble - domino – Cornhole</p>
<p>4 9:30 - 10:30 Blood Pressure S / M with Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson – I. Walters</p>	<p>5 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Burn Prevention VNS - JAVIER 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – TBA 2 - 4 :Triomino - Connected – Scrabble - domino – pool – ping pong</p>	<p>6 10:00 – 11:00 Well Being with LMSW Courtlyn 11:00- 12:00 Nutrition Claudia 1:00– 2:00 Men's round table talk with Lenox 1:00 – 1:30 Cluster Care Simon David (MHC) 1:15– 2:30 Bingo - G. Weekes 3 - 4 triomino - domino - scrabble Card – connected- Cornhole – ping pong - pool</p>	<p>7 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Cardio Fusion with Yvette 1:00 – 2:00 Drama group - Lenox *** Card – Scrabble - domino 1:30 – 2:30 Choir rehearsal - Mr. Hill 2:00 – 3:00 Card – Scrabble - domino</p>	<p>8 10:00 Creole Current Event Group discussion – Mireille JN 10- 11 Arts & Craft – Ms Pumkin & Ms Otey 11:00 – 12:00 TBA</p> <p>BIRTHDAY CELEBRATION</p> <p>2:00 –4:00 -Triomino - Connected For Card – Scrabble - domino - Cornhole Elder Atrs Fest at Penn Wortman</p>
<p>11 9:30 - 10:30 Blood Pressure S / M with Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson – I. Walters</p>	<p>12 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Medicare & Medicaid Plan-Village- Ralph 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – TBA 2:00 – 3:00 Sewing Class – Ivil W.</p>	<p>13 10:00 – 11:00 Well Being with LMSW Courtlyn 11:00- 12:00 Nutrition Claudia 1:00– 2:00 Men's round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes 3 - 4 triomino - domino - scrabble Card – connected- Cornhole</p>	<p>14 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Island Rhythm with Yvette 1:30 – 2:30 Choir rehearsal - Mr. Hill 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino – ping pong - pool</p>	<p>15 9:30 Trip to BAM 10:00 Creole Current Event Group discussion – Mireille 10- 11 Arts & Craft – Ms Pumkin & Ms Otey 11:00 – 12:00 TBA</p> <p>VETERAN'S DAY CELEBRATION- BRAATA PRODUCTION</p> <p>2:00 –3:00 -Triomino - Connected For</p>
<p>18 9:30 - 10:30 Blood Pressure S / M with Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson – I. Walters</p>	<p>19 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Live Well - Diabetes 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Mobile Device Class – TBA 2 - 4 :Triomino - Connected – Scrabble - domino</p>	<p>20 10:00 – 11:00 Well Being with LMSW Courtlyn 11:00- 12:00 Lowering Prescription Cost – Senior Services Of North America 1:00 – 2:00 Men's round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes 2:00 –4:00 triomino - domino - scrabble</p>	<p>21 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Cardio Fusion with Yvette 1:00 – 2:00 Drama group - Lenox *** 1:30 – 2:30 Choir rehearsal - Mr. Hill 2:00 –3:00 Triomino - Connected For Card – Scrabble - domino - ping pong - pool</p>	<p>22 10:00 Creole Current Event Group discussion – Mireille 10- 11 Arts & Craft – Ms Pumkin & Ms Otey 10:30 – 11:45 Barbados' culture</p> <p>THANKSGIVING CELEBRATION</p>
<p>25 9:30 - 10:30 Blood Pressure S / M with Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson – I. Walters</p>	<p>26 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Wheel of Fortune 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Mobile Device Class – TBA</p> <p>BARBADOS' INDEPENDENCE DAY CELEBRATION</p>	<p>27 10:00 – 11:00 Well Being with LMSW Courtlyn 11:00- 12:00 TBA 1:00 – 2:00 Men's round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes 2:00 –4:00 triomino - domino - scrabble</p>	<p>28</p> <p>THANKSGIVING DAY CENTER IS CLOSED</p> <p>Funded by the NYC Department for the Aging</p>	<p>29</p> <p>DAY AFTER THANKSGIVING CENTER IS CLOSED</p> <p>Advisory Meeting – TBA General Membership Meeting - TBA</p>

Daylight Light Time Savings End On 11/3/24 - Set Clock Back 1 Hour