SCHEDULE SUBJET TO CHANGE November 2024 Presentations and Classes - Calendar // WITHOUT PRIOR NOTICE Noviembre 2024 Presentaciones y Clases - Calendario Funded by the NYC Aging Monday Wednesday Thursday Friday Tuesday **Physical Exercise** SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED. underlined in green 9:00 Sudoku Puzzles w/ MS 10:30 Zumba w/Ability B. 10:00 Tech made Easy info AMERICAN w/Group 11:00 Leisure Games w/Group 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/ Helen D. 8 MEETING 9:00 Word Scramble w/Ms 9:00 Spot the Difference: Brain 9:30 Cognitive Class w/Ability Coffee Hour at 10AM 9:00 Word Search w/MS 9:00 Sudoku Puzzles w/ MS Teaser w/MS 10:00 Chair Yoga w/ Ability B. 9:00 Word fill in Puzzle w/MS 10:30 Zumba w/Ability B. 10:00 Gentle Stretching 9:30 Ballroom Dancing 11:00 Guided Meditation 10:00 Tai Chi w/Wen T. 10:00 \*COPD : What Is It? w/Carl S. 10:00 Board Games w/Group w/Harrison 11:00 Board Games 11:00 Chair Zumba w/Abi w/St. John's University-Zoom 10:30AM HealthFirst 10:30 Line Dancing w/Wen T. 11:00 Nutrition Lecture w/Jen D. w/Group 11:00 Leisure Games w/Group 11:00 General Membership 11:00 Acrylic Painting w/Tony 12:00 Lunch 12:00 Lunch 12:00 Lunch Meeting w/Advisory Board 12:00 Lunch 靠 1:00-2:30 BINGO 🛚 🎎 1:00-2:30 BINGO 1:00-2:30 Bingo 12:00 Lunch 1:00 Alzheimer's Awareness 2:30 Watercolor Painting w/ 2:30 Painting for Beginners 4:30\*Virtual Painting w/ 12:00 \*Respiratory Virus Season Month Celebration w/DJ Helen D. w/ Helen D. Joel A.-Zoom Webinar-Zoom <u>Woody</u> 1:00-2:30 BINGO VETERANS DAY 2024 13 14 \*\*\* 9:00 Word Scramble w/MS 9:00 Word Search w/MS 9:00 Spot the Difference: Brain 9:30 Cognitive Class w/Ability Coffee Hour at 10AM 9:00 Sudoku Puzzles w/MS 10:00 Gentle Stretching Teaser w/MS 10:00 Chair Yoga w/ Ability B. 9:00 Word fill in Puzzle w/MS w/Carl S. 10:30 Zumba w/Ability B. 11:00 Guided Meditation 9:30 Ballroom Dancing 10:00 Tai Chi w/Wen T. 11:00 Chair Zumba w/Abi 10:00 Wellness Creative 10:00 Tech made Easy info w/Harrison 11:00 Health & Wellness 10:00 Nutrition Lecture & Food w/Group movement w/Eugene 10:30 Line Dancing w/Wen T. Education w/Jen D. Demonstration w/Neron hosted 11:00 Leisure Games w/Group 11:00 Coping Skills-11:00 Acrylic Painting w/Tony by VillageCareMax 12:00 Lunch 12:00 Lunch 12:00 Lunch **Anger Shield!** 11:00 Crocheting w/Vanessa 1:00-2:30 BINGO 1:00-2:30 Bingo 1:00 Veteran's Day Celebration 12:00 Lunch 4:30\*Virtual Painting w/ 2:30 Painting for Beginners w/Miriam S. w/DJ Valentine 2:30 Watercolor Painting w/ Helen D. Joel A.-Zoom 12:00 Lunch w/ Helen D. 1:00-2:30 BINGO 19 20 18 21 22 (TELEBRATE 9:00 Word Search w/MS Coffee Hour at 10AM 9:00 Spot the Difference: Brain 9:30 MET Art in a Box 9:00 Word fill in Puzzle w/MS 9:00 Word Scramble w/MS Teaser w/MS 10:00 Tai Chi w/Wen T. w/Miriam S. 9:00 Sudoku Puzzles w/ MS 9:30 Cognitive Class w/Ability 9:30 Ballroom Darcing w/Harrison 10:30 Zumba w/Ability B. 10:00 Gentle Stretching \*10:30AM SHARE 10:00 Chair Yoga w/ Ability B. 10:00 DOH Mold & Moisture 10:00 Tech made Easy info 11:00 Guided Meditation w/Carl S. Cancer Support w/ 10:00 Jewelry Making w/Group w/Jewel Gosh 11:00 Chair Zumba w/Abi **Helen Falk** 11:00 Leisure Games w/Group 11:00 Acrylic Painting w/Tony 11:00 \*Alzheimer's w/Miriam S. 11:00 \*The Diabetic Foot 12:00 Lunch 10:30 Line Dancing w/Wen T. Presentation w/ Donna Ivey 11:00 NYPD Safety w/Mt. Sinai-Zoom 1:00-2:30 Bingo 12:00 Lunch 11:00 Crocheting w/Vanessa Presentation w/Sgt. Diaz 12:00 Lunch 2:30 Painting for Beginners 1:00 November Birthday Part 12:00 Lunch 12:00 Lunch 1:00-2:30 BINGO w/ Helen D. w/ DJ Valentin 1:00-2:30 BINGO 1:00-2:30 BINGO 4:30\*Virtual Painting w/ (Birthday Cake) 2:30 Watercolor Painting Joel A.-Zoom w/ Helen D. 26 27 28 29 9:00 Word Search w/MS 9:00 Spot the Difference: Brain Coffee Hour at 10AM 10:00 Gentle Stretching Teaser w/MS 9:00 Word fill in Puzzle w/MS w/Carl S. 9:30 Ballroom Dancing w/Harrison 10:00 Tai Chi w/Wen T. 11:00 Chair Zumba w/Abi **CLOSED** 10:30 Homecare presentation 11:00 Crocheting w/Vanessa 11:00 Health & Wellness w/MHC-Singing Concert Closed 12:00 Lunch

11:00 Acrylic Painting w/Tony 10:30 Line Dancing w/Wen T. 12:00 Lunch 1:00 Thanksgiving-Dance & DJ Celebration w/VNS

12:00 \*Respiratory Virus Season Webinar-Zoom 1:00-2:30 BINGO

2:30 Watercolor Painting w/

Helen

Education w/Jen D. 12:00 Lunch 1:00-2:30 BINGO

Joel A.-Zoom

4:30\*Virtual Painting w/

Thanksgiving