






CCNS GLENWOOD SENIOR CENTER



5701 AVENUE H, BROOKLYN, NY 11234 / T (718)241-7711

Catholic Charities neighborhood services

JULY 2021 ACTIVITIES CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| Advisory Mtg 7/8 (11:00 – 12:00) General membership Mtg 7/21 (10– 11) | *** AUDIO 712-770-5037 - CODE 478644# -/ ZOOM ID NUMBER 337 055 9339 | Bingo and Movie Zoom ID 337 055 9339 Walk With Ease On Your Own Day /Time | 1 9:30- 10:00 “I Am Meditation- 10:00 – 11:00 -Poetic License – Claire / Vilma*** 11:00 – 12:00 Gentle Qi Gong Exercise 1:00 – 2:00 An Afternoon At The Movie*** 2:00 – 3:00 Card – Scrabble - domino | 2 9:30- 10:00 Guided Meditation for positive energy, happiness and peace of mind*** 10:00 - 11:00 Popcorn Book Club - Sonia 11:00-12:00 Zumba Gold for Seniors - Zoom  1:00 -2:00 Karaoke Friday |
| HAPPY FOURTH OF JULY | | Funded by the NYC Department for the Aging | | |
| 5 IN HONOR OF INDEPENDANCE DAY CENTER IS CLOSED | 6 9:30- 10:00 “I Am Meditation- For Spiritual Abundance and prosperity *** 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Chair Yoga  2:00 –3:00 Card – Scrabble - domino | 7 9:30- 10:00 “I Am Meditation-Positive Affirmations for health, happiness *** 10:00- 11:00 Medicaid Pooled Income Trust - Center Light 11:00 – 12:00 Walking Exercise - Zoom 1:00- 2:00 Men’s round table talk with Lenox 1:00 – 3:00 Afrodancized – Mambo | 8 9:30- 10:00 “I Am Meditation- 10:00 – 11:00 -Poetic License – Claire / Vilma*** 11:00 – 12:00 ADVISORY COMMITTEE MTG. *** G. Weekes 1:00 – 2:00 Drama group - Lenox***  | 9 9:30- 10:00 Guided Meditation for positive energy, happiness and peace of mind*** 10:00 – 11:00 Popcorn Book Club - Sonia 11:00-12:00 Zumba Gold for Seniors - Zoom 1:00 -2:00 Karaoke Friday **** |
| 12 9:30 Meditation to manage your health, wellbeing *** Creole Current Event Group discussion – Mireille 11:00 – 12:00 Tai Chi -zoom 1:00 – 2:00 BINGO *** zoom 2:00 – 3:00 Community Conversation – Mafor Mambo | 13 9:30- 10:00 “I Am Meditation- 10:00 – 11:00:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Chair Yoga 1:00 Wheel of fortune 2:00 –3:00 Card – Scrabble - domino | 14 9:30- 10:00 “I Am Meditation- 10:00 – 11:00 Diabetic effect on Glaucoma- OAK Street Health 11:00 – 12 Walking Exercise - Zoom 1:00 – 2:00 Men’s round table talk- Lenox Birthday Celebration | 15 9:30- 10:00 “I Am Meditation- 10:00 – 11:00 -Poetic License – Claire / Vilma*** 11:30 –12:30 Gentle Qi Gong Exercise 1:00 – 2:00 An Afternoon At The Movie*** 2:00 – 3:00 Card – Scrabble - domino | 16 9:30- 10:00 Guided Meditation for positive energy, and peace of mind*** 10:00 – 11:00 Popcorn Book Club - Sonia 11:00-12:00 Zumba Gold for Seniors - Zoom 1:00 -2:00 Karaoke Friday **** |
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