

September 2022 Activities

CCNS Woodhaven-Richmond Hill Older
Adult Center

***All Activities are Subject to Change**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Leisure Card Games	2 11am- Bingo 1pm- Dominoes	3
4	5 CENTER CLOSED LABOR DAY!	6 10am- Chair Exercise 11am- Bingo 1pm- Yoga	7 10am- Mind Games/Puzzles 11pm- Bingo 1pm- Belly Dancing	8 9am- Wii- U Bowling 10:00am- Zumba 11am- Bingo 1pm- Leisure Card Games	9 10am- Nutrition Information sponsored by VNS 11am- Bingo 1pm- Evidence Based- SAIL	10
11	12 9am- Smart Device Class 11am- Bingo 1pm- Evidence Based- SAIL	13 10am- Chair Exercise 11am- Bingo 1pm- Yoga	14 10am- Mind Games/Puzzles 11am- DFTA Cooking Live Via Zoom 11am- Bingo 1pm- Belly Dancing	15 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Leisure Card Games	16 10am- ESL 11am- Bingo 1pm- Evidence Based- SAIL	17
18	19 9am- Smart Device Class 11am- Bingo 1pm- Evidence Based- SAIL	20 10am- Chair Exercise 11am- Bingo 1pm- Yoga 1pm- Farmer Market Trip	21 10am- Mind Games/Puzzles 11am- Bingo 1pm- Belly Dancing 9-2pm- Advisory Council Election	22 9am- Wii- U Bowling 10am- Zumba/ Karaoke 11am- Bingo 1pm- Dominoes 1pm- Arts & Craft	23 10am- Fall Prevention by Jamaica Hospital 11am- Bingo 1pm- Evidence Based- SAIL	24
25	26 9am- Smart Device Class 11pm- Bingo 1pm- Evidence Based- SAIL	27 10am- Chair Exercise 11am- Bingo 1pm- Yoga	28 9am- Mind Games/Puzzles 10am- Adult Painting 11am- Bingo 1pm- Belly Dancing	29 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Dominoes	30 10am- ESL 11am- Bingo 1pm - BirthDay Party/ National Senior Center Month	