













# CCNS CATHERINE SHERIDAN OAC SEPTEMBER 2022 ACTIVITIES/SEPTIEMBRE 2022 ACTIVIDADES

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>CCNS CATHERINE SHERIDAN SENIOR CENTER 35-24 83RD STREET JACKSON HEIGHTS NY 11372 718-458-4600 MON-FRI 8:30-4:30</p>			<p>HAIR CUT 10:00 TO 1:00</p>  <p>SIT AND FIT VIDEO EXERCISE 11:30 TO 12:00</p>	<p>BINGO 1:00 -3:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p>
6	7	8	9	10
<p>CENTER CLOSED</p>  <p>HAPPY LABOR DAY ★★★</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00</p> <p>LEISURE GAMES YOGA w/ MIMI 1:30 TO 2:30</p>	<p>BINGO 1:00 TO 3:00</p>  <p>ZUMBA W/ MARIA 10:00 TO 11:00</p>	<p>HAIR CUT 10:00 TO 1:00</p>  <p>SIT AND FIT VIDEO EXERCISE 11:30 TO 12:00</p>	<p>BINGO 1:00 -3:00</p> <p>CHINESE FOLK DANCE 1:00-3:00</p> <p>MOVIE DAY 1:15 TO 3:00</p>
11	12	13	14	15
<p>SIT AND FIT VIDEO EXERCISE 11:30 TO 12:00</p>  <p>DANCING PARTY DJ VALENTIN 1:00 TO 3:00</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00</p> <p>LEISURE GAMES YOGA w/ MIMI 1:30 TO 2:30</p>	<p>BINGO 1:00 TO 3:00</p>  <p>ZUMBA W/ MARIA 10:00 TO 11:00</p>	<p>HAIR CUT 10:00 TO 1:00</p>  <p>SIT AND FIT VIDEO EXERCISE 11:30 TO 12:00</p>	<p>BINGO 1:00 -3:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p>
16	17	18	19	20
<p>SIT AND FIT VIDEO EXERCISE 11:30 TO 12:00</p>  <p>DANCING PARTY DJ VALENTIN 1:00 TO 3:00</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00</p> <p>LEISURE GAMES YOGA w/ MIMI 1:30 TO 2:30</p>	<p>BINGO 1:00 TO 3:00</p>  <p>ZUMBA W/ MARIA 10:00 TO 11:00</p>	<p>HAIR CUT 10:00 TO 1:00</p>  <p>SIT AND FIT VIDEO EXERCISE 11:30 TO 12:00</p>	<p>BINGO 1:00 -3:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p>
21	22	23	24	25
<p>DANCING PARTY DJ JULIO 1:00 TO 3:00</p>  <p>TAI-CHI X ARTHRITIS w/ GERARD 1:15 TO 2:15</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00</p> <p>LEISURE GAMES YOGA w/ MIMI 1:30 TO 2:30</p>	<p>BINGO 1:00 TO 3:00</p>  <p>ZUMBA W/ MARIA 10:00 TO 11:00</p>	<p>HAIR CUT 10:00 TO 1:00</p>  <p>TAI-CHI X ARTHRITIS w/ GERARD 1:15 TO 2:15</p>	<p>BINGO 1:00 -3:00</p> <p>MOVIE DAY 1:15 TO 3:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p>
26	27	28	29	30
<p>DANCING PARTY DJ VALENTIN 1:00 TO 3:00</p>  <p>TAI-CHI X ARTHRITIS w/ GERARD</p>	<p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00</p> <p>LEISURE GAMES YOGA w/ MIMI</p>	<p>BINGO 1:00 TO 3:00</p>  <p>ZUMBA W/ MARIA</p>	<p>HAIR CUT 10:00 TO 1:00</p>  <p>TAI-CHI X ARTHRITIS w/ GERARD</p>	<p>BINGO 1:00 -3:00</p> <p>CHINESE FOLK DANCE 1:00 TO 3:00</p>

1:15 TO 2:15	1:30 TO 2:30	10:00 TO 11:00	1:15 TO 2:15	
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