

November

CCNS Woodhaven-Richmond Hill Older Adult Center

2022

***All Activities are Subject to Change**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10am- Chair Exercise 11am- Bingo 1pm- Yoga	2 10am- Pedestrian Safety Presentation 11am- Bingo 1pm- Belly Dancing	3 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Dominoes	4 10am- Oral Health and Nutrition Presentation 11am- Bingo 1pm- JoAnn Award Ceremony	5
6	7 10am- Flu and COVID informational 11am- Bingo 1pm- Evidence Based-SAIL	8 10am- Chair Exercise 11am- Bingo 1pm- Yoga	9 10am- ESL Class 11am- Bingo 1pm- Belly Dancing	10 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Dominoes	11 10am- Arts and Craft with Loreta 11am- Bingo 1pm- Evidence Based-SAIL	12
13	14 10am- Smart Device Class 11am- Bingo 1pm- Evidence Based-SAIL	15 10am- Chair Exercise 11am- Bingo 1pm- Yoga	16 10am- Adult Painting 11am- DFTA Cooking Live 1pm- Belly Dancing	17 9am- Wii- U Bowling 10am- Zumba 11am- Bingo 1pm- Arts & Craft with Tessie	18 10am- Arts and Craft with Loreta 11am- Bingo 1pm- Monthly Birthday Party	19
20	21 10am- Smart Device Class 11am- Bingo 1pm- Evidence Based-SAIL	22 10am- Chair Exercise 11am- Bingo 1pm- Yoga	23 10am- ESL Class 11am- Bingo 1pm- Belly Dancing/ Thanksgiving Celebration	24 CENTER CLOSED	25 CENTER CLOSED	26
27	28 10am- Smart Device Class 11am- Bingo 1pm- Evidence Based-SAIL	29 10am- Chair Exercise 11am- Bingo 1pm- Yoga	30 10am- Arts and Craft with Loreta 11am- Bingo 1pm- Belly Dancing			