

March CCNS Woodhaven-Richmond Hill Older Adult Center

2023

***All Activities are Subject to Change**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11am- Bingo 1pm- Belly Dancing	2 10am- Zumba 11am- Bingo 1pm- Arts and Craft	3 10am- Health Talk Information 11am- Bingo 1pm- ESL Class	4
5	6 10am-Salsa Lesson by VNS 11am- Bingo 1pm- Smart Device Class	7 10am- Chair Exercise 11am- Bingo 1pm- Yoga	8 10am- Karaoke 11am- Bingo 1pm- Belly Dancing	9 10am- Zumba 11am- Bingo 1pm- Arts and Craft	10 10am- Health Talk Information 11am- Bingo 12:45pm- Stretching and Balancing by Madhavi 1:30pm- ESL Class	11
12	13 11am- Bingo 1pm- Smart Device Class	14 10am- Chair Exercise 11am- Bingo 1pm- Yoga	15 10am- Karaoke 11am- Bingo 1pm- Belly Dancing	16 10am- Zumba 11am- Bingo 1-3pm- St. Patrick Day Party	17 10am- Health Talk Information 11am- Bingo 12:45pm- Stretching and Balancing by Madhavi 1:30pm- ESL Class	18
19	20 9-11am- Museum of Moving Images- SU CASA 11am- Bingo 1pm- Smart Device Class	21 10am- Chair Exercise 11am- Bingo 1pm- Yoga	22 10am- Karaoke 11am- Bingo 1pm- Belly Dancing	23 10am- Zumba 11am- Bingo 1pm- Arts and Craft	24 10am- Health Talk Information 11am- Bingo 12:45pm- Stretching and Balancing by Madhavi 1:30pm- ESL Class	25
26	27 9-11am- Museum of Moving Images- SU CASA 11am- Bingo 1pm- Smart Device Class	28 10am- Chair Exercise 11am- Bingo 1pm- Yoga	29 10am- Karaoke 11am- Bingo 1pm- Belly Dancing	30 10am- Zumba 11am- Bingo 1pm- Arts and Craft	31 10am- Health Talk Information 11am- Bingo 1-3pm- Monthly Birthday Party	

