



June



St. Charles Jubilee OAC | May 2023 Schedule | 718-855-0326 | Funded by NYC Aging

Congregate meals are available Mon - Fri 11:30am - 1pm

MONDAY

10:30am: Yoga Stretch w/ Avion Edwards (Multi-purpose Rm)

11:30am: Every Now and Zen Yoga w/ Avion Edwards

1:00pm: Folk Dancing w/ Elaine Sohn (Multi-purpose Rm)

2:00pm: BINGO (Art Rm) Every Monday w/ Beverly Closs (Art Rm)

TUESDAY

10am -12pm: Urban Glass Mosaic Class w/ artist Courtney McCloskey

10:30am-11:30: Exercise Tape

1:00-2:00: Art Appreciation w/ Ruth Rosenberg

June 6th: N.C. Wyeth

June 13th: Andrew Wyeth

June 20th: Jamie Wyeth

June 27th: Wyeth dynasty

2:10pm: Documentary Tuesdays (Multi-Purpose Rm)

Animal (2021 • Nature documentary • 2 season)

June 6th: Season 1 EP. 1: Big Cats: Majestic, powerful and deadly, big cats were once thought to be solitary creatures, but turn out to be more collaborative than suspected.

June 13th: Season 1 EP.2: Dogs: Be it foxes on city streets or wolves on the tundra, canines rely on sharp senses, athleticism and fierce determination to punch above their weight.

June 20th: Season 1 EP.3: Marsupials: It's not all about the pouches; these mammalian misfits are full of surprises, from flamboyant kangaroo showdowns to rattling koala mating calls.

June 27th: Season 1 EP.4: Octopus: In changing seas and oceans, cephalopods like the cuttlefish and the giant Pacific octopus must rely on their remarkable intelligence to survive.

June 6th: 1:00-1:30: Presentation: How to support someone with depression w/ Charlotte

WEDNESDAY

11:30am: Cardio Fit w/ Avion Edwards (Hybrid)

1:00pm: Mahjong Tutorial w/ Rita Warnick (Multi-Purpose Rm)

June 7th & June 21st: 10:30am: Get your Blood pressure checked w/ Laine Campbell ☺

June 7th & June 21st: 1:00pm-3:00pm: Art Class w/ Roberta Louise (Art rm)

June 7th & June 21st: Massage w/ Shelly: 2:00pm - 4:30pm. Please contact me or Admin. Assistant Victoria for further help and information on how to reserve a spot ☺.

June 7th: Lecture on Financial Literacy: Know your rights workshop w/New Economy Project (HYBRID)

June 14th: 10:30: Lecture w/ Anna from Pro Life Home Care

June 28th: 10:30am: Lecture w/ Laine Campbell on **Arthritis Awareness** (HYBRID)

June 28th: 1:30pm: General Membership Meeting & Birthday Party (in person & virtually)

THURSDAY

10:30am: Slow Flow Yoga w/ Kristie Walsh

11:45am: Tai Chi w/ Arthur Douse

1:30pm: Advanced Mahjong w/ Rita Warnick

1:30pm: Film Studies *Movies to be announced the week of*

June 8th: 12:30pm: Origami w/ Ginger 🌸

June 22nd & June 29th: 10am: Creative Water coloring w/ Louise Parks

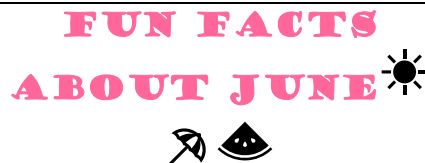
June 22nd: 1:00pm: Trip to New York Transit Museum *Transportation not provided*

FRIDAY

10:30am: Tai Chi for Arthritis w/ Arthur Douse

1:30pm: Film Studies *Movies to be announced week of*

June 9th: 10:00am: Origami with Ginger 🌸



Named for the Roman goddess Juno, patroness of marriage and the well-being of women. Also from the Latin word *juvenis*, "young people." People born in the month of June are fortunate enough to have three beautiful gems to choose from, including pearls, alexandrite, and moonstone. The June birth flower is the Rose and the Honeysuckle. The zodiac signs for June are Gemini and Cancer. Gemini is the

June 1: Say Something Nice Day
June 3: Full Moon known as the Strawberry Moon named for the bounty of fruit grown at this time of year.
June 3rd: National Macaroon Day
June 7th: National Chocolate Ice Cream Day
June 18 is Father's Day. The first known Father's Day service occurred in Fairmont, West Virginia, on

<p>third sign of the zodiac and is represented by the symbol of the twins. People born under this sign are said to be communicative, curious, and adaptable. Cancer is the fourth sign of the zodiac and is represented by the symbol of the crab. People born under this sign are said to be nurturing, sensitive, and emotional.</p>	<p>July 5, 1908, after hundreds of men died in the worst mining accident in U.S. history. The Sunday service happened because of the efforts of Grace Golden Clayton, the daughter of a dedicated reverend.</p> <p>June 19: Juneteenth. On this day in 1865, Union General Gordon Granger read the Emancipation Proclamation aloud in Galveston, Texas, effectively liberating enslaved people in the state, which had thus far been beyond control of the Union Army.</p>
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