



CATHOLIC CHARITIES
Brooklyn & Queens
ESTABLISHED 1899

CCNS GLENWOOD SENIOR CENTER

5701 AVENUE H, BROOKLYN, NY 11234 / T (718)241-7711 | Fx 929-292-0223

OCTOBER 2023 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p>3 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00- 12: Medicare Saving Program – HealthFirst (Nerlande Malvoisin) 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – Kenyatta 2</p>	<p>4 10:00 - 11:00 Well Being with LMSW Courtlyn Beginning Color painting – Ms. Rosenberg 11:00- 12:00 Medicaid Long Term Care – Yohanna- BlueBird 11_12 Tai Chi for arthritis - Tommy 1:00- 2:00 Men’s round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes</p>	<p>5 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Island Rhythm with Yvette 1:00 – 2:00 Drama group - Lenox*** Card – Scrabble - domino 1:30 – 2:30 Choir rehearsal – Mr. Hill 2:00 – 3:00 Card – Scrabble - domino</p>	<p>6 10:00 Creole Current Event Group discussion – Mireille 10- 11 Arts & Craft – Ms Pumkin & Ms Otey 10:00 – 11:00 BP screening and monitoring – CUNY Students 11_12 Tai Chi for arthritis - Tommy 1:00 – 2:00 Karaoke / Sing along</p>
<p>9</p> <p>COLUMBUS DAY CENTER IS CLOSED</p>	<p>10 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00- 12: Medicaid LTC – Summit (Ricardo) 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – Kenyatta 2:00 – 3:00 Sewing Class – Ivil W. 2 – 4 :Triomino - Connected - Scrabble - domino - pool - ping pong</p>	<p>11 10:00 - 11:00 Well Being with LMSW Courtlyn Beginning Color painting – Ms. Rosenberg 11_12 Tai Chi for arthritis - Tommy 1:00- 2:00 Men’s round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes - pool - ping pong -</p>	<p>12 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Cardio Fusion with Yvette 1:00 – 2:00 Drama group - Lenox*** Card – Scrabble - domino 1:30 – 2:30 Choir rehearsal – Mr. Hill 2:00 – 3:00 Card – Scrabble - domino - ping pong - pool</p>	<p>13 10:00 Creole Current Event Group discussion – Mireille JN 10- 11 Arts & Craft – Ms Pumkin & Ms Otey 10:00 – 11:00 blood pressure screening and monitoring – CUNY Students 11_12 Tai Chi for arthritis - Tommy BIRTHDAY CELEBRATION 2:00 –4:00 -Triomino - Connected For Card – Scrabble - domino – Cornhole</p>
<p>16 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p>17 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 - 12:00 VNS – Belly Dance Class 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – Kenyatta</p>	<p>18 10:00 - 11:00 Well Being with LMSW Courtlyn Beginning Color painting – Ms. Rosenberg 11_12 Tai Chi for arthritis - Tommy 1:00- 2:00 Men’s round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes - pool - connected- Cornhole</p>	<p>19 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Island Rhythm with Yvette 1:30 – 2:30 Choir rehearsal – Mr. Hill 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino – ping pong - pool</p>	<p>20 10:00 Creole Current Event Group discussion – Mireille 10- 11 Arts & Craft – Ms Pumkin & Ms Otey 10:00 - 11:00 BP screening and monitoring - CUNY Students 11_12 Tai Chi for arthritis 1:00 – 2:00 Breast Cancer Awareness - with CAB</p>
<p>23 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p>24 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00- 12:00 - Medicare basic - Sylvia OAK Street Health 1:00 – 2:00 Yoga with Yvette - Canceled 2:00 –3:00 –Mobile Device Class – Kenyatta 2:00 – 3:00 Sewing Class – Ivil W.</p>	<p>25 10:00 - 11:00 Well Being with LMSW Courtlyn Beginning Color painting – Ms. Rosenberg 11_12 Tai Chi for arthritis - Tommy 1:00- 2:00 Men’s round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes - pool</p>	<p>26 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Cardio Fusion with Yvette canceled 1:00 – 2:00 Drama group - Lenox*** 1:30 – 2:30 Choir rehearsal – Mr. Hill 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino - ping pong - pool</p>	<p>27 10:00 Creole Current Event Group discussion – Mireille 10- 11 Arts & Craft – Ms Pumkin & Ms Otey 10:00 - 11:00 BP screening and monitoring - CUNY Students 11_12 Tai Chi for arthritis BRAATA PRODUCTION 2:00 –3:00 -Triomino - Connected For</p>
<p>30 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p>31 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 - 12:00 Medicaid Long Term Care - Infinite Home Kalisha 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Mobile Device class - Kenyatta 2:00 – 3:00 Sewing Class – Ivil W.</p>	<p>Ryder Post Office (Customer Service Supervisor Ms. Williams) - To purchase Stamps- Let us know if</p>	<p>Advisory Meeting – TBA General Membership Meeting - TBA</p> <p>Funded by the NYC Department for the Aging</p>	<p>Older Adults - Breakfast \$1.00 / Lunch \$1.50 / Lunch Special \$2.00 Younger than 60 – Breakfast \$1.50 / Lunch \$3.00 / Lunch special \$3.50</p>

OCTOBERFEST 2023