

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>COMPUTER LAB 10 TO 12</p>  <p>SOCIAL DANCING DJ VALENTIN 1:00 TO 3:00</p> 	<p>3</p> <p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 CROCHET CLASS 10-12</p> <p>YOGA W/ MIMI 1:30 TO 2:30</p>	<p>4</p> <p>EXERCISE W/MARIA VERONICA 10:00 TO 11:00</p> <p>CROCHET CLASS 10 TO 12 BINGO 1 TO 3 BLOOD PRESSURE SCREENING 9:00 TO 3:00</p>	<p>5</p> <p>HAIR CUT 10:00 TO 1:00</p>  <p>COMPUTER CLASS 10 TO 12 Walk w/ Ease w/ GERARD 1:00 TO 2:00</p>	<p>6</p> <p>COMPUTER CLASS 10 TO 12 SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00 BLOOD PRESSURE SCREENING 9:00 TO 3:00 MOVIE DAY 1:30 TO 3:00 BINGO 1:00 TO 3:00</p>
<p>9</p> <p>COMPUTER LAB 10 TO 12</p>  <p>SOCIAL DANCING DJ VALENTIN 1:00 TO 3:00</p> 	<p>10</p> <p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 BLOOD PRESSURE SCREENING 9:00 TO 3:00 CROCHET CLASS 10-12 YOGA W/ MIMI 1:30 TO 2:30</p>	<p>11</p> <p>EXERCISE W/ MARIA VERONICA 10:00 TO 11:00</p> <p>CROCHET CLASS 10 TO 12 BINGO TO 1 TO 3 BLOOD PRESSURE SCREENING 9:00 TO 3:00</p>	<p>12</p> <p>HAIR CUT 10:00 TO 1:00</p>  <p>COMPUTER CLASS 10 TO 12 Walk w/ Ease w/ GERARD 1:00 TO 2:00</p>	<p>13</p>  <p>COMPUTER CLASS 10 TO 12 SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00</p> <p>1:30 TO 3:00 BINGO 1:00 TO 3:00</p>
<p>16</p> <p>COMPUTER LAB 10 TO 12</p>  <p>SOCIAL DANCING DJ JULIO 1:00 TO 3:00</p> 	<p>17</p> <p>ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 BLOOD PRESSURE SCREENING 9:00 TO 3:00 CROCHET CLASS 10:00 TO 12:00 YOGA W/ MIMI 1:30 TO 2:30</p>	<p>18</p> <p>EXERCISE W/ MARIA VERONICA 10:00 TO 11:00</p> <p>CROCHET CLASS 10 TO 12 BINGO 1 TO 3 BLOOD PRESSURE SCREENING 9:00 TO 3:00</p>	<p>19</p> <p>HAIR CUT 10:00 TO 1:00 COMPUTER CLASS 10 TO 12</p>  <p>MEDICARE FRAUD PRESENTATION 11:00 -11:30 Walk w/ Ease w/ GERARD 1:00 TO 2:00</p>	<p>20</p>  <p>COMPUTER CLASS 10 TO 12 SIT AND FIT VIDEO EXERCISE 11:00 TO 12:00</p> <p>BINGO 1:00 TO 3:00</p>
<p>23</p> <p>COMPUTER LAB 10 TO 12</p>  <p>SOCIAL DANCING DJ VALENTIN 1:00 TO 3:00</p> 	<p>24</p> <p>ZUMBA GOLD w/AMIRA 10:00 TO 11:00 BLOOD PRESSURE SCREENING 9:00 TO 3:00</p> <p>CROCHET CLASS 10:00 TO 12:00 LEISURE GAMES 11 TO 4 YOGA W/ MIMI 1:30 TO 2:30</p>	<p>25</p> <p>EXERCISE W/ MARIA VERONICA 10:00 TO 11:00</p> <p>CROCHET CLASS 10 TO 12 BINGO 1 TO 3 BLOOD PRESSURE SCREENING 9:00 TO 3:00</p>	<p>26</p> <p>HAIR CUT 10:00 TO 1:00 COMPUTER CLASS 10 TO 12</p>  <p>EMERGENCY PREPARENESS By City Preparedness Corps 11:00 to 11:30 Walk w/ Ease w/ GERARD 1:00 TO 2:00</p>	<p>27</p>  <p>COMPUTER CLASS 10 TO 12</p> <p>MEDICINE SAFETY & FALLS PREVENTION 11:00 TO 12:00</p> <p>BINGO 1:00 TO 3:00</p>
<p>30</p> <p>COMPUTER LAB 10 TO 12 COSTUME CONTEST & PRIZES</p>  <p>HALLOWEEN PARTY</p> <p>DJ WOODY 1:00 TO 3:00</p>	<p>31</p> <p>ZUMBA GOLD w/ AMIRA LEISURES GAMES 11 TO 4 CROCHET CLASS 10 TO 12 BLOOD PRESSURE SCREENING 9:00 TO 3:00 YOGA W/ MIMI 1:30 TO 2:30</p>	 <p>Be Healthy! Eat well, Live well.</p>	 <p>CATHOLIC CHARITIES Brooklyn & Queens ESTABLISHED 1899</p>	<p>CCNS CATHERINE SHERIDAN OLDER ADULT CENTER 35-24 83RD STREET JACKSON HEIGHTS NY11372 718-458-4600 MONDAY -FRIDAY 8:30 to 4:30</p>

