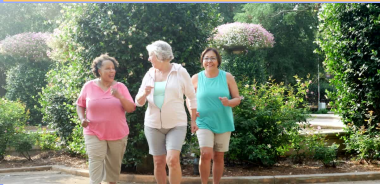
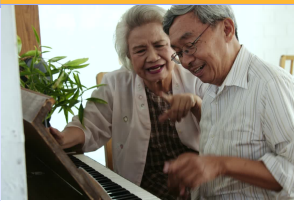


November 2023 Presentations and Classes - Calendar //

Novembre 2023 Presentaciones y Clases - Calendario

Funded by the NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday
 <u>Physical Exercise</u> underlined in green	*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER. <u>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</u> Contact Recreational Coordinator, Jennifer Deror, for any questions or concerns about activities/events. 718-626-1500	1 9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:30 Computer Essentials-OATS-May.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	2 9:00 Word Scramble w/Michael S. 9:00-12:30 ESL Class w/Joan B. <u>9:30 Cognitive Classes w/ Ability B.</u> <u>10:30 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Pool Practice w/Helen D.	3 9:00 Sudoku Puzzles w/Michael S. 9:00-12:30 ESL Class w/Joan B. <u>10:30 Zumba w/Ability B.</u> 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen D.</u>
6 9:00 Spot the Difference: Brain Teaser w/Michael S. <u>10:45 Queens Center Mall Trip w/Jen D.</u> <u>9:30 Ballroom Dancing w/Harrison T.</u> <u>10:30 Line Dancing w/Wen T.</u> <u>10:30 Computer Essentials w/OATS-May OATS-May.</u> 12:00 Lunch 1:00 Mid-Autumn Dance Party w/DJ Valentin O. (Raffle)	7 9:00 Word Search w/Michael S. <u>10:00 Gentle Stretching w/Carl S.</u> <u>11:00 Zumba w/ HealthFirst</u> 12:00 Lunch 1:00-2:30 BINGO <u>1:00 Intro to Italian w/Lucy Gill (Activity Rm)</u> <u>2:30 Watercolor Painting w/Helen D.</u>	8 9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Highly Blood Pressure Information w/Michael S.</u> <u>11:00 Memory Screening at QPL Woodside-Trip w/Jen D.</u> <u>10:30 Computer Essentials w/OATS-May.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	9 9:00 Word Scramble w/Michael S. 9:00-12:30 ESL Class w/Joan B. <u>9:30 Cognitive Classes w/ Ability B.</u> <u>10:30 Yoga w/ Ability B.</u> <u>10:00 Financial Literacy w/ Chase Bank-Regina G.</u> <u>11:30 Guided Meditation & Reiki w/Jen D.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Pool Practice w/Helen D.	10 9:00 Sudoku Puzzles w/Michael S. 9:00-12:30 ESL Class w/Joan B. <u>10:30 Zumba w/Ability B.</u> <u>11:00 Vocal Chorus (Game Rm) w/Jen D.</u> 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen</u>
13 9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing w/Harrison T.</u> <u>10:30 Line Dancing w/Wen T.</u> <u>Using Google Workspace w/OATS-May.</u> 12:00 Lunch 1:00 Movie Day Trip at Regal Cinemas w/Jen D.	14 9:00 Word Search w/Michael S. <u>10:00 Gentle Stretching w/Carl S.</u> <u>10:45 Elmhurst Market Trip w/Jen D.</u> <u>11:00 Chair Exercise</u> <u>Understand Medicare Now + Pool Trust Info Session</u> 12:00 Lunch <u>1:00 Intro to Italian w/Lucy Gill (Activity Rm)</u> <u>2:30 Watercolor Painting w/Helen D.</u>	15 9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Tinnitus Information w/Michael S.</u> <u>10:30 Computer Class-Using Google Workspace-OATS-May.</u> <u>11:00 Vocal Chorus w/Jen D. (Game Rm)</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	16 9:00 Word Scramble w/Michael S. 9:00-12:30 ESL Class w/Joan B. <u>9:30 Cognitive Classes w/ Ability B.</u> <u>10:30 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Pool Practice w/Helen D.	17 9:00 Sudoku Puzzles w/Michael S. 9:00-12:30 ESL Class w/Joan B. <u>10:30 Zumba w/Ability B.</u> <u>11:00 Vocal Chorus (Game Rm) w/Jen D.</u> 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen</u>
20 9:00 Spot the Difference: Brain Teaser w/Michael S. <u>11:00 Costco Trip w/Jen D.</u> <u>9:30 Ballroom Dancing w/Harrison T.</u> <u>10:30 Line Dancing w/Wen T.</u> <u>Using Google Workspace w/OATS-May.</u> 12:00 Lunch 1:00 November Birthday Party w/DJ Valentin O. (Raffle & Cake)	21 Thanksgiving Celebration 9:00 Word Search w/Michael S. 10:00 Gentle Stretching w/Carl S. <u>11:00 Drawing Class w/Jen D.</u> 12:00 Lunch 1:00-2:30 BINGO <u>1:00 Intro to Italian w/Lucy Gill (Activity Rm)</u> <u>2:30 Watercolor Painting w/Helen D.</u>	22 9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:30 Computer Class-Using Google Workspace w/OATS-May.</u> <u>11:00 The Metropolitan Museum of Art: Virtual Tour w/Jen D.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	23 	24 
27 9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing w/Harrison T.</u> <u>10:30 Line Dancing w/Wen T.</u> <u>10:30 Computer Class-Using Google Workspace w/OATS-May.</u> 12:00 Lunch 1:00 DJ & Holiday Dance Party w/VNSNY	28 9:00 Word Search <u>10:00 Gentle Stretching</u> <u>11:00 Drawing Class w/Jen D.</u> 12:00 Lunch 1:00-2:30 BINGO <u>1:00 Intro to Italian w/Lucy Gill (Activity Rm)</u> <u>2:30 Watercolor Painting w/Helen D.</u>	29 9:00 Word fill in Puzzle w/Patricia P. <u>10:00 Tai Chi w/Wen T.</u> <u>10:30 Computer Class-Using Google Workspace w/OATS-May.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	30 9:00 Word Scramble 9:00-12:30 ESL Class w/Joan <u>9:30 Cognitive Classes w/Ability B.</u> <u>10:30 Yoga w/ Ability B.</u> <u>11:30 Guided Meditation & Reiki w/Jen D.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Pool Practice w/Helen D.	 SCHEDULE SUBJECT TO CHANGE