

December 2023 Presentations and Classes - Calendar //

Diciembre 2023 Presentaciones y Clases - Calendario

Funded by the NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Physical Exercise <u>underlined in green</u></p>	<p><i>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</i></p> <p><u>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</u></p> <p>SCHEDULE SUBJECT TO CHANGE</p>	   <p>Contact Recreational Coordinator, Jennifer Deror, for any questions or concerns about activities/events.</p> <p>718-626-1500</p> 	1 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 1:30 Board Game w/Jen D. <u>2:30 Painting for Beginners w/ Helen D.</u>	
4	5	6	7	8
9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing w/ Harrison T.</u> <u>10:30 Target & Macy's Trip</u> <u>10:30 Line Dancing w/Wen T.</u> <u>10:45 Using Google Workspace w/OATS-May.</u> 12:00 Lunch <u>1:00 Winter Dance Party w/ DJ Valentin O.</u>	9:00 Word Search w/ Michael S. <u>10:00 Gentle Stretching w/ Carl S.</u> 10:00 Board Game w/Rosa C. <u>10:30 BJ's Trip</u> <u>11:00 Drawing Class w/ Mark H.</u> <u>11:00 Vocal Chorus (Game Rm) 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>	9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Heart Disease Information w/Michael S.</u> <u>10:45 Google Workspace w/OATS-May.</u> <u>11:00 Zumba w/ HealthFirst</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	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>11:00 Vocal Chorus (Game Rm) w/ Jen D.</u> <u>11:30 Guided Meditation & Reiki w/Nilcee K</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ Joe M.	9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa <u>10:30 Zumba w/Ability B.</u> 11:00 Older Adult Circle: Holiday Season w/ Michael S. 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/ Helen D.</u>
11	12	13	14	15
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> 10:45 Using Google Workspace w/OATS-May <u>11:00 End of Year Jewelry Class- Santa's Workshop w/ Miriam S.</u> 12:00 Lunch <u>1:00 December Birthday Party w/ DJ LaRochelle</u>	9:00 Word Search w/Michael S. <u>10:00 Gentle Stretching w/ Carl S.</u> 10:00 Board Game w/Rosa C. <u>11:00 Drawing Class w/ Mark H.</u> <u>11:00 Vocal Chorus (Arts Rm) w/ Jen D.</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>	9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Cholesterol Information w/Michael S.</u> 10:45 Computer Class- Using Google Workspace- OATS-May. <u>*11:00 Urinary Incontinence w/ Mt. Sinai & DFTA</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ Joe M.	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>11:30 Guided Meditation & Reiki w/Nilcee K.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ Joe M.	9:00 Sudoku Puzzles w/ Michael S. 9:00-12:30 ESL Class w/ Joan B. 10:00 Board Game w/Rosa <u>10:30 Zumba w/Ability B.</u> 12:00 Lunch <u>1:00-2:30 Special Bingo</u> <u>2:30 Painting for Beginners w/ Helen D.</u>
18	19	20	21	22
9:00 Spot the Difference: Brain Teaser w/Patricia P. <u>9:30 Ballroom Dancing w/ Harrison T.</u> <u>10:30 Line Dancing w/Wen T.</u> <u>10:45 Using Google Workspace w/OATS-May.</u> 12:00 Lunch <u>1:00 Winter Holiday & Christmas Celebration w/ DJ Valentin O.</u>	9:00 Word Search w/Patricia P. <u>10:00 Gentle Stretching w/ Carl S.</u> <u>11:00 Vocal Chorus (Arts Rm) w/ Jen D.</u> 10:00 Board Game w/Rosa C. 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>	Winter Holiday Play with Dellamonica Vocal Chorus & Dellamonica Drama Club 9:00 Word fill in Puzzle w/ Patricia P. <u>10:00 Tai Chi w/Wen T.</u> 10:45 Using Google Workspace w/OATS-May. 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	9:00 Word Scramble w/ Patricia P. 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 Leisure Game w/ Joe M.	9:00 Sudoku Puzzles w/ Patricia P. 9:00-12:30 ESL Class w/ Joan B. 10:00 Board Game w/Rosa <u>10:30 Zumba w/Ability B.</u> 12:00 Lunch 1:00-2:30 Bingo
25	26	27	28	29
	9:00 Word Search w/Patricia P. <u>10:00 Gentle Stretching w/ Carl S.</u> 10:00 Board Game w/Rosa C. 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>	9:00 Word fill in Puzzle w/ Patricia P. <u>10:00 Tai Chi w/Wen T.</u> <u>10:45 Using Google Workspace w/ OATS-May.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	9:00 Word Scramble w/ Patricia P. <u>9:30 Cognitive Classes w/Ability B.</u> <u>10:30 Yoga w/ Ability B.</u> 11:00 Art Therapy: Coloring w/ Jen D. 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.	9:00 Sudoku Puzzles w/ Patricia P. 10:00 Board Game w/Rosa <u>10:30 Zumba w/Ability B.</u> 12:00 Lunch 1:00-2:30 Bingo