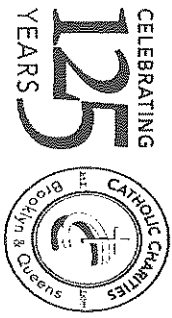




# NYC Department for the Aging

## CATHERINE SHERIDAN OAC -ACTIVITIES CALENDAR - MARCH - MARZO 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CELEBRATING <b>125</b> YEARS</p> 	<p>Colorectal and Kidney Cancer Awareness Month</p> 	<p>ALL ACTIVITIES CAN BE CANCELED OR CHANGED WITHOUT PRIOR NOTICE</p>	<p>Blood Pressure Screening Thursdays and Fridays From: 9 to 3</p> 	<p>QIGong: 10:30 to 11:30 Leisure Games: 11 to 4 Bingo: 1 to 3 Movie Day: 1 to 3 and/or Sit and Fit Video</p>
<p>Computer Lab: 10 to 12 Lecture "Reading Labels &amp; Portion Sizes" By: CCBQ - from: 10:30 - 11:30 Social Dance: 1 to 3 with DJ Valentin</p>	<p>Crochet: 10 to 12 Zumba: 10 to 11 w/ Amira Yoga w/ MIMM: 1:30 to 2:30 Leisure Games: 10 to 4</p>	<p>Crochet: 10 to 12 Sketching: 10 to 12 Exercise: 10:30 to 11:30 with Maria Veronica Social Dance: 1 to 3 with DJ Woody Bingo: 1 to 3</p>	<p>Computer Lab: 10 to 12 Hair Cut: 10 to 1 Painting w/ Juliana: 10 to 12 Presentation: Mount Sinai "Colorectal Cancer" from: 10:30 to 11:30 Sit and Fit Video: 1:30 to 2:30</p>	<p>QIGong: 10:30 to 11:30 Leisure Games: 11 to 4 Bingo: 1 to 3 Movie Day: 1 to 3 and/or Sit and Fit Video</p>
<p>Computer Lab: 10 to 12 Lecture: Mount Sinai "Diabetes" from: 10:30 to 11:30 Social Dance: 1 to 3 with DJ Woody</p>	<p>Crochet: 10 to 12 Zumba: 10 to 11 w/ Amira Yoga w/ MIMM: 1:30 to 2:30 Leisure Games: 10 to 4</p>	<p>Crochet: 10 to 12 Sketching: 10 to 12 Exercise w/ Maria Veronica from: 10:30 to 11:30 Social Dance: 1 to 3 with DJ Julio - ST. PATRICK'S Bingo: 1 to 3</p>	<p>Computer Lab: 10 to 12 Hair Cut: 10 to 1 Painting w/ Juliana: 10 to 12 Presentation: VNS "Self Defense" 10:30 to 11:30 Sit and Fit Video: 1:30 to 2:30</p>	<p>QIGong: 10:30 to 11:30 Leisure Games: 11 to 4 Bingo: 1 to 3 Movie Day and/or Sit and Fit Video</p>
<p>Computer Lab: 10 to 12 Presentation: Mount Sinai "Breast Cancer" from: 10:30 to 11:30 Social Dance: 1 to 3 with DJ Valentin</p>	<p>Crochet: 10 to 12 Zumba: 10 to 11 w/ Amira Yoga w/ MIMM: 1:30 to 2:30 Leisure Games: 10 to 4 Lecture from 11 to 11:15 Newtown Italian Center- "Fraud"</p>	<p>Crochet: 10 to 12 Sketching: 10 to 12 Exercise w/ Maria Veronica from: 10:30 to 11:30 Social Dance: 1 to 3 with DJ Valentin Women's Day Celebration Bingo: 1 to 3</p>	<p>Computer Lab: 10 to 12 Hair Cut: 10 to 1 Painting w/ Juliana: 10 to 12 Presentation: CCBQ "COLORFUL EATING" from: 10:30 to 11:30 Sit and Fit Video: 1:30 to 2:30</p>	<p>QIGong: 10:30 to 11:30 Leisure Games: 11 to 4 Bingo: 1 to 3 Movie Day and/or Sit and Fit Video</p>
<p>Computer Lab: 10 to 12 Presentation: CCBQ "BRAIN FOODS" from: 10:30 to 11:30 Social Dance: 1 to 3 with DJ Woody</p>	<p>Crochet: 10 to 12 Zumba: 10 to 11 w/ Amira Yoga w/ MIMM: 1:30 to 2:30 Leisure Games: 10 to 4</p>	<p>Crochet: 10 to 12 Sketching: 10 to 12 Exercise w/ Maria Veronica from: 10:30 to 11:30 Social Dance: 1 to 3 DJ Julio Bingo: 1 to 3</p>	<p>NO Computer Class Painting w/ Juliana: 10 to 12 Hair Cut is canceled Wellness Event from 9 to 4 by: VillageCare Mac Multiple Activities</p>	<p>THE CENTER IS CLOSE TODAY</p> 