

# CCNS SEASIDE SENIOR CENTER

## APRIL 2024 ACTIVITY CALENDAR

320 Beach 94<sup>th</sup> Street, Rockaway Beach, NY 11693, Tel.:347-926-4119

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe 11:00 <b>AEROBICS</b> w. Anna 1:00 <b>YOGA</b> w. VNS	<b>2</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe <b>11:00 CHAIR EXERCISE</b> w. Tommy 1:00 GAMES	<b>3</b> 9:00 News/Music 10:00 <b>EBP/TAI CHI for ARTHRITIS</b> w. Joe 11:00 <b>COMFORT and PALLIATIVE CARE</b> w. A. Goehring, MD, NY-Presbyterian Hosp. 1:00 GAMES	<b>4</b> 9:00 <b>ARTS/CRAFTS/CREATIVITY</b> For World Health Day 10:00 <b>TAI CHI</b> w. Joe 11:00 <b>STRENGTH EXERCISE</b> w. Tommy 1:00 BINGO	<b>5</b> 10:00 <b>BASIC INTERNET/TABLETS</b> <b>11:00 EBP/TAI CHI for ARTHRITIS</b> w. Joe <b>12:30 TRIP TO "NO DRESS REHEARSAL"/One Woman's Search for LOVE and FREEDOM</b> 1:00 <b>SOCIAL FRIDAY</b>
<b>8</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe 10:00 <b>BLOOD PRESSURE SCREENING</b> 11:00 <b>AEROBICS</b> w. Anna <b>12:30 TRAFFIC SAFETY</b> w. Eric	<b>9</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TRIP to FIVE TOWNS</b> 10:00 <b>TAI CHI</b> w. Joe <b>11:00 CHAIR EXERCISE</b> w. Tommy <b>12:30 ADVISORY BOARD MEETING</b> 1:00 <b>GAMES</b>	<b>10</b> 9:00 <b>AFFORDABLE CONNECTIVITY Program</b> 10:00 <b>BASIC INTERNET/TABLETS</b> 11:00 <b>EBP/TAI CHI for ARTHRITIS</b> w. Joe 12:30 <b>GENERAL MEETING</b> 1:00 GAMES	<b>11</b> 9:00 <b>ARTS/CRAFTS/CREATIVITY</b> For Spring 10:00 <b>TAI CHI</b> w. Joe 11:00 <b>STRENGTH EXERCISE</b> w. Tommy 1:00 BINGO	<b>12</b> <b>8:30 Trip to Queens Borough President Donovan Richards Jr. 2024 State of the Borough at Queens Theatre</b> 9:00 <b>BASIC INTERNET/TABLETS</b> <b>11:00 EBP/TAI CHI for ARTHRITIS</b> w. Joe 1:00 <b>SOCIAL FRIDAY</b>
<b>15</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe 11:00 <b>AEROBICS</b> w. Anna <b>12:30 AM I TAKING MEDICATIONS THE RIGHT WAY?</b> w. LIU Pharmacy	<b>16</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe <b>11:00 CHAIR EXERCISE</b> w. Tommy 12:30 <b>ESTOY TOMANDO MIS MEDICAMIENTOS DE LA MANERA CORRECTA?</b>	<b>17</b> 9:00 News/Music 10:00 <b>BASIC INTERNET/TABLETS</b> <b>11:00 EBP/TAI CHI for ARTHRITIS</b> w. Joe <b>1:00 POKENO</b>	<b>18</b> 9:00 <b>ARTS/CRAFTS/CREATIVITY</b> For Earth Day 10:00 <b>TAI CHI</b> w. Joe 11:00 <b>STRENGTH EXERCISE</b> w. Tommy 1:00 BINGO	<b>19</b> 9:00 News/Music 9:30 <b>TRIP to Free Movie at BAM</b> 10:00 10:00 <b>BLOOD PRESSURE SCREENING</b> <b>11:00 EBP/TAI CHI for ARTHRITIS</b> w. Joe 1:00 <b>SOCIAL FRIDAY: EARTH DAY TRIVIA</b>
<b>22</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe 11:00 <b>AEROBICS</b> w. Anna <b>12:30 NUTRITION</b> W. Claudia	<b>23</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe <b>11:00 CHAIR EXERCISE</b> w. Tommy 1:00 GAMES	<b>24</b> 9:00 <b>TIPS FOR BUDGETING</b> w. B 10:00 <b>BASIC INTERNET/TABLETS</b> 11:00 <b>EBP/TAI CHI for ARTHRITIS</b> w. Joe 12:30 <b>POISON CONTROL</b> w. Eduardo Torres	<b>25</b> 9:00 <b>ARTS/CRAFTS/CREATIVITY</b> For April Birthdays 10:00 <b>TAI CHI</b> w. Joe 11:00 <b>STRENGTH EXERCISE</b> w. Tommy 1:00 BINGO	<b>26</b> 9:00 News/Music 10:00 <b>BASIC INTERNET/TABLETS</b> <b>11:00 EBP/TAI CHI for ARTHRITIS</b> w. Joe 1:00 <b>APRIL BIRTHDAY PARTY</b>
<b>29</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe 11:00 <b>AEROBICS</b> w. Anna <b>12:30 BINGO</b>	<b>30</b> 9:00 <b>BASIC INTERNET/TABLETS</b> 10:00 <b>TAI CHI</b> w. Joe <b>11:00 CHAIR EXERCISE</b> w. Tommy 1:00 GAMES			BREAKFAST 8:30-10:30 LUNCH 12:00 – 1:00pm/POOL and PING PONG (8- 4) / DOMINOES - CARDS (8- 4) / POKENO (once a month)/BINGO (M, Th 1pm) <i>Funded By NYG Aging</i>



