

CCNS GLENWOOD SENIOR CENTER

5701 AVENUE H, BROOKLYN, NY 11234 / T (718)241-7711 | Fx 929-292-0223

MAY 2024 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Men's group discussion – Free conference call 667-770-1291 CODE 478644#	<p>Funded by the NYC Department for the Aging</p> <p>Advisory Meeting – TBA General Membership Meeting - TBA</p>	<p>1 10:00- 11:00 Tai Chi for arthritis - Madhavi. 11:00 - 12:00 Well Being with LMSW Courtlyn 1:00- 2:00 Men's round table talk with Lenox 1:15- 2:30 Bingo - G. Weekes 3 - 4 triomino - domino - scrabble Card -</p>	<p>2 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 - 12:00 Cardio Fusion with Yvette 1:00 – 2:00 Drama group - Lenox*** Card – Scrabble - domino 1:30 - 2:30 Choir rehearsal - Mr. Hill 2:00 - 3:00 Card – Scrabble - domino</p>	<p>3 10:00 Creole Current Event Group discussion – Mireille 10:00- 11:00 Tai Chi for arthritis - Madhavi 11- 12 Arts & Craft – Ms Pumkin BIRTHDAY CELEBRATION 2:00 –4:00 -Triomino - Connected For Card – Scrabble - domino – Cornhole</p>
HAPPY MOTHER'S DAY 2024				
<p>6 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current Event Group discussion – Bianca 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p>7 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Medication adherence - CUNY student 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – Kenyatta 2:00 – 3:00 Sewing Class – Ivil W. 2 - 4 :Triomino - Connected - Scrabble - domino - pool - ping pong</p>	<p>8 10:00- 11:00 Tai Chi for arthritis - Madhavi. 11:00 - 12:00 Well Being with LMSW Courtlyn 1:00- 2:00 Men's round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes 3 - 4 triomino - domino - scrabble Card – connected- Cornhole – ping pong - pool</p>	<p>9 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Island Rhythm with Yvette 1:00 – 2:00 Drama group - Lenox*** Card – Scrabble - domino 1:30 - 2:30 Choir rehearsal - Mr. Hill 2:00 - 3:00 Card – Scrabble - domino</p>	<p>10 10:00 Creole Group discussion – Mireille JN 10:00- 11:00 Tai Chi for arthritis - Madhavi 11- 12 Arts & Craft – Ms Pumkin MOTHER'S DAY CELEBRATION 2:00 –4:00 -Triomino - Connected For Card – Scrabble - domino - Cornhole 2:00 – 3:00 Tai Chi for Arthritis - Madhavi PHOTO BOOTH (10- 12)- VNS</p>
<p>13 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current Event Group discussion – Bianca 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p>14 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Nutrition Claudia 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – Kenyatta 2:00 – 3:00 Sewing Class – Ivil W.</p>	<p>15 10:00- 11:00 Tai Chi for arthritis - Madhavi. 11:00 - 12:00 Well Being with LMSW Courtlyn 1:00- 2:00 Men's round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes 3 - 4 triomino - domino - scrabble Card –</p>	<p>16 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 - 12:00 Cardio Fusion with Yvette 1:30 - 2:30 Choir rehearsal - Mr. Hill 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino – ping pong - pool</p>	<p>17 10:00 Creole Current Event Group discussion – Mireille 10:00- 11:00 Tai Chi for arthritis - Madhavi 11- 12 Arts & Craft – Ms Pumkin HAITIAN FLAG DAY 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino -</p>
<p>20 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current Event Group discussion – Bianca 10:30 – 11:30 loom Knitting – Sonia Rice 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p>21 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Financial abuse (fraud, scam) - Berkshire Bank 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Mobile Device Class – Kenyatta 2:00 – 3:00 Sewing Class – Ivil W. 2 - 4 :Triomino - Connected - Scrabble - domino</p>	<p>22 10:00- 11:00 Tai Chi for arthritis - Madhavi. 11:00 - 12:00 Well Being with LMSW Courtlyn 1:00 - 2:00 Men's round table talk with Lenox GUYANA'S INDEPENDENCE DAY</p>	<p>23 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 – 12:00 Island Rhythm with Yvette 1:00 – 2:00 Drama group - Lenox*** 1:30 - 2:30 Choir rehearsal - Mr. Hill 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino - ping pong - pool</p>	<p>24 10:00 Creole Current Event Group discussion – Mireille 10:00- 11:00 Tai Chi for arthritis - Madhavi 11- 12 Arts & Craft – Ms Pumkin MEMORIAL DAY CELEBRATION 2:00 –4:00 -Triomino - Connected For Card – Scrabble - domino – Cornhole</p>
<p>27 MEMORIAL DAY CENTER IS CLOSED</p>	<p>28 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 - 12:00 Life Insurance Policy = Health whiz solutions - Ruthlym -Noel Joseph 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Mobile Device Class – Kenyatta 2:00 – 3:00 Sewing Class – Ivil W.</p>	<p>29 10:00- 11:00 Tai Chi for arthritis - Madhavi. 11:00 - 12:00 Well Being with LMSW Courtlyn 1:00- 2:00 Men's round table talk with Lenox 1:15– 2:30 Bingo - G. Weekes 2:00 –4:00 triomino - domino - scrabble</p>	<p>30 10:00 – 11:00 -Poetic License – Claire / Vilma 11:00 - 12:00 Island Rhythm with Yvette 1:00 – 2:00 Drama group - Lenox*** 1:30 - 2:30 Choir rehearsal - Mr. Hill 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino - ping pong - pool</p>	<p>31 10:00 Creole Current Event Group discussion – Mireille 10:00- 11:00 Tai Chi for arthritis - Madhavi 11- 12 Arts & Craft – Ms Pumkin & Ms Otey 1:00 - KARAOKE 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino -</p>

Keyboard for beginners - Will Ford with the Paerdegat Library / CAB community Conversation @ 3:00 PM