

# CCNS GLENWOOD SENIOR CENTER

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

## JULY 2024 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> 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 <b>1:00 – 2:30 Bingo</b> - G. Weekes</p>	<p><b>2</b> 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire <b>11:00 – 12:00 Wheel Of Fortune</b> 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – TBA 2:00 – 3:00 Sewing Class – Ivil W. 2 – 4 :Triomino - Connected – Scrabble - domino</p>	<p><b>3</b> 10:00 - 11:00 Well Being with LMSW Courtlyn 11:00- 12:00 TBA 1:00– 2:00 Men’s round table talk with Lenox <b>1:15– 2:30 Bingo</b> - G. Weekes 3 - 4 triomino - domino - scrabble <b>Card – connected- Cornhole – ping pong - pool</b></p>	<p><b>4</b> <b>IN OBSERVANCE OF INDEPENDENCE DAY</b> <b>CENTER IS CLOSED</b></p>	<p><b>5</b> <b>DAY AFTER INDEPENDENCE DAY</b> <b>CENTER IS CLOSED</b></p>
<p><b>8</b> 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 <b>1:00 – 2:30 Bingo</b> - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p><b>9</b> 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire <b>11:00 – 12:00 Wheel Of Fortune</b> 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – TBA 2:00 – 3:00 Sewing Class – Ivil W. 2 – 4 :Triomino - Connected – Scrabble - domino – pool – ping pong</p>	<p><b>10</b> 10:00 - 11:00 Well Being with LMSW Courtlyn 11:00- 12:00 Oak street health 1:00– 2:00 Men’s round table talk with Lenox <b>1:15– 2:30 Bingo</b> - G. Weekes 3 - 4 triomino - domino - scrabble <b>Card – connected- Cornhole – ping pong - pool</b></p>	<p><b>11</b> 10:00 – 11:00 -Poetic License – Claire / Vilma <b>11:00 – 12:00 Island Rhythm with Yvette</b> 1:00 – 2:00 Drama group - Lenox*** <b>Card – Scrabble - domino</b> 1:30 – 2:30 Choir rehearsal - Mr. Hill 2:00 – 3:00 <b>Card – Scrabble - domino</b></p>	<p><b>12</b> 10:00 Creole Group discussion – Mireille JN 10- 11 Arts &amp; Craft – Ms Pumkin &amp; Ms Otey 11:00- 12:00 TBA <b>BIRTHDAY CELEBRATION</b> 2:00 –4:00 -Triomino - Connected For <b>Card – Scrabble - domino - Cornhole</b> 2:00 – 3:00 Tai Chi for Arthritis - Madhavi</p>
<p><b>15</b> 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 <b>1:00 – 2:30 Bingo</b> - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p><b>16</b> 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire <b>11:00 – 12:00 Wheel Of Fortune</b> 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – TBA 2:00 – 3:00 Sewing Class – Ivil W.</p>	<p><b>17</b> 10:00 - 11:00 Well Being with LMSW Courtlyn (stress management) 11:00- 12:00 NY Connect - JASA Catherina 1:00– 2:00 Men’s round table talk with Lenox <b>1:15– 2:30 Bingo</b> - G. Weekes 3 - 4 triomino - domino - scrabble <b>Card –</b></p>	<p><b>18</b> 10:00 – 11:00 -Poetic License – Claire / Vilma <b>11:00 – 12:00 Cardio Fusion with Yvette</b> 1:30 – 2:30 Choir rehearsal - Mr. Hill 2:00 –3:00 -Triomino - Connected For <b>Card – Scrabble - domino – ping pong - pool</b></p>	<p><b>19</b> 10:00 Creole Current Event Group discussion – Mireille 10- 11 Arts &amp; Craft – Ms Pumkin &amp; Ms Otey 11:00- 12:00 TBA 2:00 –3:00 -Triomino - Connected For <b>Card – Scrabble - domino -</b> <b>KARAOKE</b></p>
<p><b>22</b> 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 <b>1:00 – 2:30 Bingo</b> - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p><b>23</b> 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire <b>11:00 – 12:00 Wheel Of Fortune</b> 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – TBA 2:00 – 3:00 Sewing Class – Ivil W. 2 – 4 :Triomino - Connected – Scrabble - domino</p>	<p><b>24</b> 10:00 - 11:00 Well Being with LMSW Courtlyn 11:00- 12:00 Life Insurance Policy - Daniela Trivino 1:00 – 2:00 Men’s round table talk with Lenox <b>1:15– 2:30 Bingo</b> - G. Weekes 2:00 –4:00 triomino - domino - scrabble</p>	<p><b>25</b> 10:00 – 11:00 -Poetic License – Claire / Vilma <b>11:00 – 12:00 Island Rhythm with Yvette</b> 1:00 – 2:00 Drama group - Lenox*** 1:30 – 2:30 Choir rehearsal - Mr. Hill 2:00 –3:00 -Triomino - Connected For <b>Card – Scrabble - domino - ping pong - pool</b></p>	<p><b>26</b> 10:00 Creole Current Event Group discussion – Mireille 10- 11 Arts &amp; Craft – Ms Pumkin &amp; Ms Otey 11:00- 12:00 TBA <b>KARAOKE</b> 2:00 –3:00 -Triomino - Connected For <b>Card – Scrabble - domino -</b></p>
<p><b>29</b> 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 <b>1:00 – 2:30 Bingo</b> - G. Weekes 2:00 – 3:00 Piano Lesson - Joan</p>	<p><b>30</b> 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire <b>11:00 – 12:00 Wheel Of Fortune</b> 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 –Computer Class – TBA 2:00 – 3:00 Sewing Class – Ivil W. 2 – 4 :Triomino - Connected – Scrabble - domino</p>	<p><b>31</b> 10:00 - 11:00 Well Being with LMSW Courtlyn 11:00- 12:00 Nutrition - Claudia 1:00 – 2:00 Men’s round table talk with Lenox <b>1:15– 2:30 Bingo</b> - G. Weekes 2:00 –4:00 triomino - domino - scrabble</p>	<p>Advisory Meeting – TBA General Membership Meeting - TBA Funded by the NYC Department for the Aging</p>	
				<p>MEN'S GROUP DISCUSSION – FREE CONFERENCE CALL 667-770-1291 CODE 478644#</p>
<p><b>HAPPY 4TH OF JULY 2024</b></p>				

