

# CCNS GLENWOOD SENIOR CENTER

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## OCTOBER 2024 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Older Adults - Breakfast \$1.00 / Lunch \$1.50 / Lunch Special \$2.00</b>  <b>Younger than 60 - Breakfast \$1.50 / Lunch \$3.00 / Lunch special \$3.50</b></p> <p>Mark your calendar for the BAM Senior Cinema on Oct 18 showing "Little Shop of Horrors" See Case Manager Ms. K.</p>	<p><b>1</b> 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire            11:00 – 12:00 Wheel of fortune            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>2</b> 10:00 – 11:00 Well Being with LMSW Courtlyn            11:00- 12:00 Family HomeCare - Marina            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><b>3</b> 10:00 – 11:00 -Poetic License – Claire / Vilma            11:00 – 12:00 Island Rhythm with Yvette            1:00 – 2:00 Drama group - Lenox***  <b>Card – Scrabble - domino</b>            1:30 – 2:30 Choir rehearsal - Mr. Hill            2:00 – 3:00 Card – Scrabble - domino</p>	<p><b>4</b> 10:00 Creole Current Event Group discussion – Mireille            10- 11 Arts &amp; Craft – Ms Pumkin &amp; Ms Otey            10:00 – 11:00 TBA  <b>1:00 - KARAOKE</b>            2:00 – 4:00 -Triomino - Connected For Card – Scrabble - domino – Cornhole  <b>COMMUNITY FAIR EVENT</b></p>
<p><b>7</b> 9:30 - 10:30 Blood Pressure S / M with Claire – Sonia_ Maureen - Mavis Norwood – Corey- Joselyn            10:00 Spanish Current event Group discussion Corey / Grace            11: –12 Strength exercise - Tommy  <b>1:00– 2:30 Bingo</b> - G. Weekes            2:00 – 3:00 Piano Lesson – I. Walters</p>	<p><b>8</b> 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 – TBA            2 – 4 :Triomino - Connected – Scrabble - domino – pool - ping pong  <b>NIA’s Production- Elder Arts Festival (Evria)</b></p>	<p><b>9</b> 10:00 – 11:00 Well Being with LMSW Courtlyn            11:00 - 12:00 Basics of Medicare - SSNA M. Daniels            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 Card – connected- Cornhole – ping pong - pool</p>	<p><b>10</b> 10:00 – 11:00 -Poetic License – Claire / Vilma            11:00 – 12:00 Cardio Fusion with Yvette            1:00 – 2:00 Drama group - Lenox***  <b>Card – Scrabble - domino</b>            1:30 – 2:30 Choir rehearsal - Mr. Hill            2:00 – 3:00 Card – Scrabble - domino</p>	<p><b>11</b> 10:00 Creole Current Event Group discussion – Mireille JN            10- 11 Arts &amp; Craft – Ms Pumkin &amp; Ms Otey            10:00 – 11:00 TBA  <b>BIRTHDAY CELEBRATION</b>            2:00 – 4:00 -Triomino - Connected For Card – Scrabble - domino - Cornhole</p>
<p><b>14</b> 9:30 - 10:30 Blood Pressure S / M with Claire – Sonia_ Maureen - Mavis Norwood – Corey- Joselyn            10:00 Spanish Current event Group discussion Corey / Grace            11: –12 Strength exercise - Tommy            1:00– 2:30 Bingo - G. Weekes            2:00 – 3:00 Piano Lesson – I. Walters</p>	<p><b>15</b> 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire            11:00 – 12:00 Live Well Pharmacy-            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>16</b> 10:00 – 11:00 Well Being with LMSW Courtlyn            11:00- 12:00 Understanding Medicare - Gary            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 Card –</p>	<p><b>17</b> 10:00 – 11:00 -Poetic License – Claire / Vilma            11:00 – 12:00 Island Rhythm with Yvette            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>18</b> 9:00 Am – 1:00 -BAM Senior Cinema            10:00 Creole Current Event Group discussion – Mireille            10:00 – 11:00 TBA            1:00 Trip: PennWorthman Performance            2:00 – 4:00 -Triomino - Connected For Card – Scrabble - domino – Cornhole  <b>Breast Cancer Awareness - CABS</b></p>
<p><b>21</b> 9:30 - 10:30 Blood Pressure S / M with Claire – Sonia_ Maureen - Mavis Norwood – Corey- Joselyn            10:00 Spanish Current event Group discussion Corey / Grace            11: –12 Strength exercise - Tommy  <b>1:00– 2:30 Bingo</b> - G. Weekes            2:00 – 3:00 Piano Lesson – I. Walters</p>	<p><b>22</b> 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire            11:00 – 12:00 Wills, power of attorney, healthcare proxies, Foreclosure- Access Justice Brooklyn            1:00 – 2:00 Yoga with Yvette  <b>2:00 – 3:00 - the pink and teal presentation – Helen Share Cancer Support</b>            2 – 4 :Triomino - Connected – Scrabble - domino</p>	<p><b>23</b> 10:00 – 11:00 Well Being with LMSW Courtlyn            11:00- 12:00 Medicare Savings Program Jean Robert - Business Alliance Group            1:00 – 2:00 Men’s round table talk with Lenox  <b>1:15– 2:30 Bingo</b> - G. Weekes</p>	<p><b>24</b> 10:00 – 11:00 -Poetic License – Claire / Vilma            11:00 – 12:00 Cardio Fusion with Yvette            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>25</b> 10:00 Creole Current Event Group discussion – Mireille            10- 11 Arts &amp; Craft – Ms Pumkin &amp; Ms Otey            10:00 – 11:00 TBA  <b>1:00 NIA’S PRODUCTION- ELDER ARTS FESTIVAL (EVRIA)</b>            2:00 – 3:00 -Triomino - Connected For  <b>Card – Scrabble - domino -</b></p>
<p><b>28</b> 9:30 - 10:30 Blood Pressure S / M with Claire – Sonia_ Maureen - Mavis Norwood – Corey- Joselyn            10:00 Spanish Current event Group discussion Corey / Grace            11: –12 Strength exercise - Tommy  <b>1:00– 2:30 Bingo</b> - G. Weekes            2:00 – 3:00 Piano Lesson – I. Walters</p>	<p><b>29</b> 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 –Mobile Device Class – TBA            2 – 4 :Triomino - Connected – Scrabble - domino</p>	<p><b>30</b> 10:00 – 11:00 Well Being with LMSW Courtlyn            11:00- 12:00 Medicare Savings Program – Jean Obert Anatua (SBA Group)            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>31</b> 10:00 – 11:00 -Poetic License – Claire / Vilma            11:00 – 12:00 Cardio Fusion with Yvette            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>Advisory Meeting – TBA            General Membership Meeting - TBA</p> <p>Funded by the NYC Department for the Aging</p> <p>MEN’S GROUP DISCUSSION – FREE CONFERENCE            CALL 667-770-1291 CODE 478644#</p>

Glenwood OAC supports Older Adults - Ageism Awareness Month

ST VINCENT AND THE GRENADINES INDEPENDENCE DAY 10/27

HAPPY INDEPENDENCE DAY CUBA - 10/10