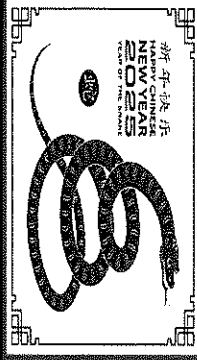
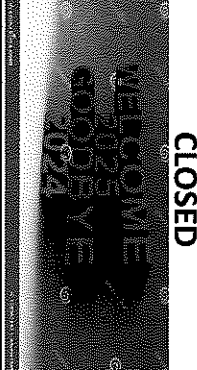




CCNS CATHERINE SHERIDAN CENTER OAC - ACTIVITIES CALENDAR JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CCNS Catherine Sheridan Older Adult Center OAC 35-24 83rd. Street Jackson Heights, NY 11372 Tel: 718-458-4600 Fax: 718-458-5665</p>		<p>CLOSED</p> 	<p>Computer Class: 10-12 Hair Cut: 10-1 Painting w/ Juliana: 10-12 Counseling/Consortia: 8:30-4:30 Sit Fit: 1-3 Leisure Games: 10-4</p>	<p>Qi-Gong w/ Sharia: 10:30-11:30 Leisure Games: 10-4 Bingo: 1-3 At the Movies: 1:30 to 3:30 Pop-corn or/and Hot dog</p>
<p>Computer Class: 10-12 Physical Therapy/ Exercises: 10:30 Counseling/Consortia: 8:30-4:30 Leisure Games: 10-4 Social Dance: 1-3 D-J Julio</p>	<p>Crochet: 10-12 Zumba w/Amira:10-11 Yoga w/Mimi: 11:30 - 12:15 Leisure Games: 10 - 4</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Social Dance: 1 - 3 D-J Valentin</p>	<p>Computer Class: 10-12 Hair Cut: 10-1 Painting w/ Juliana: 10-12 Counseling/Consortia: 8:30-4:30 Lecture: Inflammation and Health Brain Mr. Capps from Sunnyside: 11</p>	<p>Qi-Gong w/ Sharia: 10:30-11:30 Leisure Games: 10-4 Bingo: 1-3 At the Movies: 1:30 to 3:30 Pop-corn or/and Hot dog</p>
<p>Computer Class: 10-12 Sit Fit Exercises: 10:30-11:30 Counseling/Consortia: 8:30-4:30 Social Dance: 1-3 w/ D-J Julio</p>	<p>Crochet: 10-12 Zumba w/ Amira: 10-11 Yoga w/ Mimi: 11:30 - 12:15 Leisure Games: 10 - 4</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Social Dance: 1 - 3 D-J Julio</p>	<p>Computer Class: 10-12 Hair Cut: 10-1 Painting w/ Juliana: 10-12 Counseling/Consortia: 8:30-4:30 Lecture: QCSW</p>	<p>Qi-Gong w/ Sharia: 10:30-11:30 Leisure Games: 10-4 Bingo: 1-3 At the Movies: 1:30 to 3:30 Pop-corn or/and Hot dog</p>
 Martin Luther King Jr. Day	<p>Crochet: 10 - 12 Zumba w/ Amira: 10 - 11 Yoga w/ Mimi: 11:30 - 12:15 Leisure Games: 10 - 4</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Social Dance: 1 - 3 D-J Julio</p>	<p>Computer Class: 10-12 Hair Cut: 10-1 Painting w/ Juliana: 10-12 Counseling/Consortia: 8:30-4:30 Lecture: Mr. Capps from Sunnyside: 11 6 Steps to Cultivating Happiness</p>	<p>At the Movies: 1:30 to 3:30 Pop-corn or/and Hot dog</p>
<p>Computer Class: 10 - 12 Sit Fit Exercises: 10:30 - 11: 30 Counseling/Consortia: 8:30 - 4:30 Counseling activity w/Victoria: 10:30 Social Dance: 1-3 w/D-J Woody</p>	<p>Crochet: 10 - 12 Zumba w/ Amira: 10 - 11 Yoga w/ Mimi: 11:30 - 12: 15 Leisure Games: 10 - 4</p>	<p>Exercise w/Maria Veronica: 10:30 Bingo: 1-3 Leisure Games: 10-4 Social Dance: 1-3 w/D-J Valentin</p> 	<p>Computer Class: 10-12 Hair Cut: 10-1 Painting w/ Juliana: 10-12 Counseling/Consortia: 8:30-4:30 Lecture: Oak Street 10-11 Topic: Medicare's new rules</p>	<p>Qi-Gong w/ Sharia: 10:30-11:30 Leisure Games: 10-4 Bingo: 1-3 At the Movies: 1:30 to 3:30 Pop-corn or/and Hot dog</p>