



CCNS GLENWOOD SENIOR CENTER

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

MARCH 2025 ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson – I. Walters	4 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Epicto lower your part D – Mary Kernizan 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 -Computer Class – TBA 2 - 4 :Triomino - Connected – Scrabble – domino	5 10:00 – 11:00 Ashes Distribution - Dabreo 11:00- 12:00 Financial Literacy – Ms. Jenkins 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 ASH WEDNESDAY	6 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	7 10:00 Creole Current Event Group discussion – Mireille 10- 11 Painting Class - Flovil 11:00 – 11:00 TBA 1:00 – 2:00 KARAOKE 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino -
10 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 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 – I. Walters	11 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Basic CPR for seniors – Ladorch (Abdoula) 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 -Computer Class – TBA 2 - 4 :Triomino - Connected – Scrabble – domino – pool – ping pong 3:00 – 4:00 WII Bowling, Tennis, Golf	12 10:00 – 11:00 TBA 11:00- 12:00 CABS 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 3:00 – 4:00 WII Bowling, Tennis, Golf	13 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	14 10:00 Creole Current Event Group discussion – Mireille JN 10- 11 Painting Class - Flovil 11:00 – 11:00 TBA BIRTHDAY CELEBRATION 1:00 – 2:30 Birthday celebration 2:00 –4:00 -Triomino - Connected For Card – Scrabble - domino - Cornhole
17 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 11: –12 Strength exercise - Tommy 1:00– 2:30 Bingo - G. Weekes 2:00 – 3:00 Piano Lesson – I. Walters	18 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Crime Prevention - NYPD 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 -Computer Class – TBA 2:00 – 3:00 Sewing Class – Ivil W.	19 10:00 – 11:00 TBA 11:00- 12:00 Nutrition Claudia 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 3:00 – 4:00 WII Bowling, Tennis, Golf	20 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	21 10:00 Creole Current Event Group discussion – Mireille 10- 11 Painting Class - Flovil 11:00 – 12:00 TBA 1:00 – 2:00 KARAOKE 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino - TRIP TO BAM
24 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 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 – I. Walters	25 10:00 – 11:00 Current Event Group Discussion*** Vilma / Claire 11:00 – 12:00 Scam Alert – Berkshire Bank 1:00 – 2:00 Yoga with Yvette 2:00 –3:00 -Mobile Device Class – TBA 2 - 4 :Triomino - Connected – Scrabble - domino	26 10:00 – 11:00 TBA 11:00- 12:00 Nutrition Claudia 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 3:00 – 4:00 WII Bowling, Tennis, Golf	27 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	28 10:00 Creole Current Event Group discussion – Mireille 10- 11 Painting Class - Flovil 11:00 – 11:00 TBA 1:00 – 2:00 International Women’s Day Celeb 2:00 –3:00 -Triomino - Connected For Card – Scrabble - domino - INTERNATIONAL WOMEN'S DAY CELEBRATION
31 9:30 - 10:30 Blood Pressure Screening / Monitoring - Claire – Sonia_ Maureen - Mavis 10:00 Spanish Current event Group discussion Cora / Grace 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 – I. Walters	Daylight Saving Time Ends (March 9, 2025)		MEN'S GROUP DISCUSSION / Spanish Group Discussion – FREE CONFERENCE CALL 667-770-1291 CODE 478644#	Older Adults - Breakfast \$1.00 / Lunch \$1.50 / Lunch Special \$2.00 Younger than 60 – Breakfast \$1.50 / Lunch \$3.00 / Lunch special \$3.50
Funded by the NYC Department for the Aging		Advisory Meeting – TBA General Membership Meeting - TBA	LENT MARCH 5 – APRIL 19, 2025	
HAPPY INTERNATIONAL WOMEN'S DAY 2025		HAPPY SAINT PATRICK'S DAY 2025		