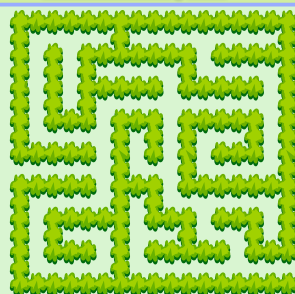


Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 Women's History Recognition Month w/DJ Valentine	4 9:00 Word Search w/ MS <u>10:00 Gentle Stretching w/Carl S.</u> 12:00 Lunch 1:30 Watercolor Painting w/Helen D. 3:00 Leisure Games w/Group	5 9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 11:00 Health & Wellness Presentation w/ Jen D. 12:00 Lunch 1:00-2:30 BINGO 4:30*Virtual Painting w/Joel A.-Zoom	6 9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <u>11:00 Guided Meditation w/Nilcee S.</u> 11:00 Elder Abuse w/Sunnyside Community Center 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook	7 9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/Ability B. 12:00 Lunch 1:30 Painting for Beginners w/Helen D.
10 9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 Special Bingo	11 9:00 Word Search w/ MS <u>10:00 Gentle Stretching w/Carl S.</u> 12:00 Lunch 1:30 Watercolor Painting w/Helen D. 3:00 Leisure Games w/Group	12 9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 11:00 Health & Wellness Presentation w/ Jen D. 12:00 Lunch 1:00-2:30 BINGO 4:30*Virtual Painting w/Joel A.-Zoom	13 9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <u>11:00 Guided Meditation w/Nilcee S.</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook	14 9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/Ability B. 12:00 Lunch 1:30 Painting for Beginners w/Helen D.
17 9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 St. Patrick Day Celebration w/DJ Valentin	18 9:00 Word Search w/MS 10:00 Nutrition Lecture w/Neron Francis <u>10:00 Gentle Stretching w/Carl S.</u> 12:00 Lunch 1:30 Watercolor Painting w/Helen D. 3:00 Leisure Games w/Group	19 9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 11:00 Health & Wellness Presentation w/ Jen D. 12:00 Lunch 1:00-2:30 BINGO 4:30*Virtual Painting w/Joel A.-Zoom	20 9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> 11:00 Coping Skills Gratitude w/Miriam S. 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook	21 9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/Ability B. 12:00 Lunch 1:00-2:30 Bingo 1:30 Painting for Beginners w/Helen D.
24 9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 March Birrhdya Party w/DJ Woody.	25 9:00 Word Search w/MS <u>10:00 Gentle Stretching w/Carl S.</u> Jewelry Making w/Miriam S. 12:00 Lunch 1:30 Watercolor Painting w/Helen D. 3:00 Leisure Games w/Group	26 9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 11:00 Health & Wellness Presentation w/ Jen D. 12:00 Lunch 1:00-2:30 BINGO 4:30 *Virtual Painting w/Joel A.-Zoom	27 9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> 11:00 MET Art in a Box w/Miriam S. 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook	28 9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/Ability B. 12:00 Lunch 1:30 Painting for Beginners w/Helen D.
31 9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 Special Bingo	<u>Physical Exercise</u> undertined in green		SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.	



Practice
GRATITUDE

