125+

March 2025 Presentations and Classes - Calendar //

.E SUBJET TO CHANGE

WITHOUT PRIOR NOTICE

Marzo 2025 Presentaciones y Clases - Calendario

5

Funded by the NYC Aging

9:00 Spot the Difference: Brain Teaser w/MS

Monday

10:00 Line Dancing w/Wen T.

10:00 Computer Classes

w/Ability

11:00-11:45 Board Games

w/Ability

9:00 Word Search w/ MS 10:00 Gentle Stretching w/Carl S. 12:00 Lunch 1:30 Watercolor Painting w/

Helen D.

3:00 Leisure Games w/Group

Tuesday

10:00 Tai Chi w/Wen T. 11:00 Health & Wellness Prsentation w/Jen D. 12:00 Lunch 1:00-2:30 BINGO 4:30*Virtual Painting w/

Wednesday

9:00 Word fill in Puzzle w/MS

11:00 Guided Meditation w/ Nilcee S. 11:00 Elder Abuse w/ Sunnyside Community Center 12:00 Lunch 1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for

Thursday

9:00 Word Scramble w/MS

10:00 Chair Yoga w/ Ability B.

6

13

10:00 Computer Classes w/Ability 11:00 Arts & Craft w/ Ability B. 12:00 Lunch 1:30 Painting for Beginners w/ Helen D.

Friday

9:00 Sudoku Puzzles w/MS

10:00 Zumba w/Ability B.

12:00 Lunch 1:00 Women's History Recognition Month w/ **DJ Valentine**

11

Joel A.-Zoom

9:00 Word fill in Puzzle w/MS

10:00 Tai Chi w/Wen T.

11:00 Health & Wellness

Prsentation w/Jen D.

12:00 Lunch

1:00-2:30 BINGO

4:30*Virtual Painting w/

Joel A.-Zoom

Arthritis w/Stony Brook

14

9:00 Spot the Difference: Brain Teaser w/MS 10:00 Line Dancing w/Wen T. 10:00 Computer Classes

w/Ability 12:00 Lunch 11:00-11:45 Board Games 1:30 Watercolor Painting w/ w/Ability Helen D. 12:00 Lunch

18

10:00 Line Dancing w/Wen T. 10:00 Nutrition Lecture

25

3:00 Leisure Games w/Group

9:00 Word Search w/ MS

10:00 Gentle Stretching

w/Carl S.

19

12

12:00 Lunch

1:00-2:30 BINGO 3:00 Hybrid-Tai Chi for

9:00 Word Scramble w/MS

10:00 Chair Yoga w/ Ability B.

11:00 Guided Meditation w/

Nilcee S.

1:30 Painting for Beginners **Arthritis w/Stony Brook**

10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/ Ability B. 12:00 Lunch

w/ Helen D.

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

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.

9:00 Sudoku Puzzles w/MS

17

10

1:00 Special Bingo

9:00 Spot the Difference: Brain

Teaser w/MS

10:00 Computer Classes

w/Ability

11:00-11:45 Board Games

w/Ability

12:00 Lunch

Valentin

9:00 Spot the Difference: Brain

Teaser w/MS

9:00 Word Search w/MS

w/Neron Francis

10:00 Gentle Stretching

w/Carl S.

12:00 Lunch

1:30 Watercolor Painting w/

12:00 Lunch

1:00-2:30 BINGO

4:30*Virtual Painting w/

Joel A.-Zoom

9:00 Word fill in Puzzle w/MS 9:00 Word Scramble w/MS 10:00 Tai Chi w/Wen T. 10:00 Chair Yoga w/ Ability B. 11:00 Health & Wellness Prsentation w/Jen D.

11:00 Coping Skills Gratitude w/Miriam S. 12:00 Lunch 1:00-2:30 BINGO

3:00 Hybrid-Tai Chi for

1:00-2:30 Bingo Arthritis w/Stony Brook 1:30 Painting for Beginners w/ Helen D.

28

1:00 St. Patrick Day

24

Celebration w/DJ

Helen D.

9:00 Word Search w/MS

10:00 Gentle Stretching

w/Carl S.

Jewelry Making

w/Miriam S.

12:00 Lunch

3:00 Leisure Games w/Group

26

9:00 Word fill in Puzzle w/MS 10:00 Tai Chi w/Wen T.

11:00 Health & Wellness Prsentation w/Jen D. 12:00 Lunch

12:00 Lunch 1:00-2:30 BINGO

9:00 Word Scramble w/MS

10:00 Chair Yoga w/ Ability B.

11:00 MET Art in a Box

w/Miriam S.

3:00 Hybrid-Tai Chi for Arthritis w/Stony Brook

10:00 Line Dancing w/Wen T. 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability (

12:00 Lunch 1:00 March Birrhday Party w/ DJ Woody

1:30 Watercolor Painting w/ Helen D. 3:00 Leisure Games w/Group

4:30 *Virtual Painting w/ Joel A.-Zoom

1:00-2:30 BINGO

9:00 Spot the Difference: Brain Teaser w/MS 10:00 Line Dancing w/Wen T. 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 Special Bingo

Physical Exercise SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED. underlined in green

