

# CCNS Howard Beach OAC

## March 2026 Activities Schedule

**(Events/Classes are subject to rescheduled or cancelled)**

| Monday                                                                                                                                              | Tuesday                                                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                  | Friday                                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2                                                                                                                                                   | 3                                                                                                                                                                                                                                                             | 4                                                                                                                                                                                                                                                                                                                                          | 5                                                                                                                                                                                                                                                                                                                                                                                                                                         | 6                                                                                                                                                                                                         |
| <b>9A-10A</b> Brain Teasers / Delia (D)<br><b>10:15A-11:15A</b> Work your Heart And Muscles / Christina (D)<br><b>1P-2:30P</b> Bingo / Delia (D)    | <b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10A-11:15A</b> Beyond the Basics-Web Browser Based / Daniel Sandoval (C)<br><b>1P-2P</b> Embroidery / Karen (A)<br><b>1:45P-2:30P</b> Tai-Chi / Maggie (D)                                                     | <b>9A-2P</b> Free BP Screening/ Nurse Spencer (D)<br><b>9:30A-10:30A</b> IntenSati /Joseph (D)<br><b>10A-11A</b> Guitar Class A/ Ayodele Maakheru (A)<br><b>10:30A-11:30A</b> Disco Torso / SEPH (D)<br><b>11A-12P</b> Guitar Class B/ Ayodele Maakheru (A)<br><b>1P-2P</b> Karaoke / Howard (D)<br><b>1P-2P Leisure Games</b> / Linda (A) | <b>9:30A-10:30A</b> Senior Breakfast / Kamani (D)<br><b>10A-11:15A</b> Beyond the Basics-Web Browser Based / Daniel Sandoval (C)<br><b>10A-11A</b> Beginner Crochet / Mary (A)<br><b>11A-12P</b> Intermediate Crochet / Mary (A)<br><b>1P-1:45P</b> Chinese New Year Dance / Happy Dance Group (D)<br><b>1P-3P</b> Rock Painting / Margaret (A)<br><b>1:30A-2:30P</b> Monthly Book Club / Pat (A)<br><b>1:45P-2:30P</b> Yoga / Maggie (D) | <b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10:30A-11:30A</b> Sign Language / Judy (A)<br><b>1P-3P</b> Party with DJ Lou (D)<br><b>1P-3P</b> Mahjong /Linda (A)<br><b>1P-3P</b> Card Games /Sonia (C)  |
| 9                                                                                                                                                   | 10                                                                                                                                                                                                                                                            | 11                                                                                                                                                                                                                                                                                                                                         | 12                                                                                                                                                                                                                                                                                                                                                                                                                                        | 13                                                                                                                                                                                                        |
| <b>9A-10A</b> Brain Teasers / Delia (D)<br><b>10:15A-11:15A</b> Work your Heart And Muscles / Christina (D)<br><b>1P-2:30P</b> Exercise / Delia (D) | <b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10A-11:15A</b> Beyond the Basics-Web Browser Based / Daniel Sandoval (C)<br><b>1P-2P</b> Embroidery / Karen (A)<br><b>1:45P-2:30P</b> Tai-Chi / Maggie (D)                                                     | <b>9A-2P</b> Free BP Screening/ Nurse Spencer (D)<br><b>9:30A-10:30A</b> IntenSati /Joseph (D)<br><b>10A-11A</b> Guitar Class A/ Ayodele Maakheru (A)<br><b>10:30A-11:30A</b> Disco Torso / SEPH (D)<br><b>11A-12P</b> Guitar Class B/ Ayodele Maakheru (A)<br><b>1P-2P</b> Karaoke / Howard (D)<br><b>1P-2P Leisure Games</b> / Linda (A) | <b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10A-11:15A</b> Beyond the Basics-Web Browser Based / Daniel Sandoval (C)<br><b>10A-11A</b> Beginner Crochet / Mary (A)<br><b>11A-12P</b> Intermediate Crochet / Mary (A)<br><b>1P-3P</b> Rock Painting / Margaret (A)<br><b>1:45P-2:30P</b> Yoga / Maggie (D)                                                                                                                              | <b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10:30A-11:30A</b> Sign Language / Judy (A)<br><b>1P-3P</b> Party with DJ Joel (D)<br><b>1P-3P</b> Mahjong /Linda (A)<br><b>1P-3P</b> Card Games /Sonia (C) |
| 16                                                                                                                                                  | 17                                                                                                                                                                                                                                                            | 18                                                                                                                                                                                                                                                                                                                                         | 19                                                                                                                                                                                                                                                                                                                                                                                                                                        | 20                                                                                                                                                                                                        |
| <b>9A-10A</b> Brain Teasers / Delia (D)<br><b>10:15A-11:15A</b> Work your Heart And Muscles / Christina (D)<br><b>1P-2:30P</b> Exercise / Delia (D) | <b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10A-11:15A</b> Beyond the Basics-Web Browser Based / Daniel Sandoval (C)<br><b>12P-1P</b> St. Patrick Day Feast (D) / Kamani<br><b>1P-2P</b> Embroidery / Karen (A)<br><b>1:45P-2:30P</b> Tai-Chi / Maggie (D) | <b>9A-2P</b> Free BP Screening/ Nurse Spencer (D)<br><b>9:30A-10:30A</b> IntenSati /Joseph (D)<br><b>10A-11A</b> Guitar Class A/ Ayodele Maakheru (A)                                                                                                                                                                                      | <b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10A-11A</b> Beginner Crochet / Mary (A)<br><b>11A-12P</b> Intermediate Crochet / Mary (A)                                                                                                                                                                                                                                                                                                  | <b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10:30A-11:30A</b> Sign Language / Judy (A)<br><b>1P-3P</b> Party with DJ Ray (D)<br><b>1P-3P</b> Mahjong /Linda (A)                                        |

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|                                                                                                                                                           |                                                                                                                                  | <b>10:30A-11:30A</b> Disco Torso / SEPH (D)<br><b>11A-12P</b> Guitar Class B/ Ayodele Maakheru (A)<br><b>1P-2P</b> Karaoke / Howard (D)<br><b>1P-2P</b> Leisure Games / Linda (A)                                                                                                                                                                                                                    | <b>1P-3P</b> Rock Painting / Margaret (A)<br><b>1:45P-2:30P</b> Yoga / Maggie (D)                                                                                                                                                   | <b>1P-3P</b> Card Games /Sonia (C)                                                                                                                                                                                                                                                                                                                                         |
| 23<br><b>9A-10A</b> Brain Teasers / Delia (D)<br><b>10:15A-11:15A</b> Work your Heart And Muscles / Christina (D)<br><b>1P-2:30P</b> Exercise / Delia (D) | 24<br><b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>1P-2P</b> Embroidery / Karen (A)<br><b>1:45P-2:30P</b> Tai-Chi / Maggie (D) | 25<br><b>9A-2P</b> Free BP Screening/ Nurse Spencer (D)<br><b>9:30A-10:30A</b> IntenSati /Joseph (D)<br><b>10A-11A</b> Guitar Class A/ Ayodele Maakheru (A)<br><b>10:30A-11:30A</b> Disco Torso / SEPH (D)<br><b>11A-12P</b> Guitar Class B/ Ayodele Maakheru (A)<br><b>12P-1P</b> Chinese New Year Feast / Jenny (D)<br><b>1P-2P</b> Karaoke / Howard (D)<br><b>1P-2P Leisure Games</b> / Linda (A) | 26<br><b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10A-11A</b> Beginner Crochet / Mary (A)<br><b>11A-12P</b> Intermediate Crochet / Mary (A)<br><b>1P-3P</b> Rock Painting / Margaret (A)<br><b>1:45P-2:30P</b> Yoga / Maggie (D) | 27<br><b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>10:30A-11:30A</b> Medicare Benefit Updates Presentation / Steve Baer (D)<br><b>11:30A-12P</b> Introduction to Pen Pal Project / PS232 (D)<br><b>10:30A-11:30A</b> Sign Language / Judy (A)<br><b>1P-3P</b> March Birthday Party / DJ Lou (D)<br><b>1P-3P</b> Mahjong /Linda (A)<br><b>1P-3P</b> Card Games /Sonia (C) |
| 30<br><b>9A-10A</b> Brain Teasers / Delia (D)<br><b>10:15A-11:15A</b> Work your Heart And Muscles / Christina (D)<br><b>1P-2:30P</b> Exercise / Delia (D) | 31<br><b>9:30A-10:30A</b> Exercise / Delia (D)<br><b>1P-2P</b> Embroidery / Karen (A)<br><b>1:45P-2:30P</b> Tai-Chi / Maggie (D) |                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                            |