

CCNS Howard Beach OAC April 2026 Activities Schedule

(Events/Classes are subject to rescheduled or cancelled)

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	1	2	3
<p><u>9A-10A Brain Teasers / Delia (D)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>1P-2:30P Bingo / Delia (D)</u></p>	<p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>1P-2P Embroidery / Karen (A)</u></p>	<p><u>9A-2P Free BP Screening/ Nurse Spencer (D)</u> <u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10:30A-11:30A Best Diet for Heart Health Presentation / Nurse Spencer (C)</u> <u>10A-11A Guitar Class A/ Ayodele Maakheru (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakheru (A)</u> <u>1P-2P Karaoke / Howard (D)</u> <u>1P-2P Leisure Games / Linda (A)</u></p>	<p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Easter Dance / Golden Age Dance Group (D)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>1P-3P Rock Painting / Margaret (A)</u></p>	<p style="text-align: center;"><u>GOOD FRIDAY - CENTER CLOSED</u></p>
6	7	8	9	10
<p><u>9A-10A Brain Teasers / Delia (D)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>1P-2:30P Bingo / Delia (D)</u></p>	<p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>1P-2P Embroidery / Karen (A)</u></p>	<p><u>9A-2P Free BP Screening/ Nurse Spencer (D)</u> <u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10:30A-11:30A Fall Prevention Presentation / Nurse Spencer (C)</u> <u>10A-11A Guitar Class A/ Ayodele Maakheru (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakheru (A)</u> <u>1P-3P Benefits of Homecare Services Lecture / MHC (D)</u></p>	<p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>1P-3P Rock Painting / Margaret (A)</u></p>	<p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Sign Language / Judy (A)</u> <u>1P-3P Party with DJ Joel (D)</u> <u>1P-3P Mahjong /Linda (A)</u> <u>1P-3P Card Games /Sonia (C)</u></p>

<p>13</p> <p><u>9A-10A Brain Teasers / Delia (D)</u> <u>11A-12P Pen Pal Time / Wendy (C)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>1P-2:30P Exercise / Delia (D)</u></p>	<p>14</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Mental Health Wellbeing Workshop 1 / Charlotte (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>1P-2P Embroidery / Karen (A)</u> <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p>15</p> <p><u>9A-2P Free BP Screening/ Nurse Spencer (D)</u> <u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10:30A-11:30A Best Diet for Diabetes Presentation / Nurse Spencer (C)</u> <u>10A-11A Guitar Class A/ Ayodele Maakheru (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakheru (A)</u> <u>1P-2P Karaoke / Howard (D)</u> <u>1P-2P Leisure Games / Linda (A)</u></p>	<p>16</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>1:30P-2:30P Monthly Book Club / Pat (C)</u> <u>1P-3P Rock Painting / Margaret (A)</u> <u>1:45P-2:30P Yoga / Maggie (D)</u></p>	<p>17</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Sign Language / Judy (A)</u> <u>10:30A-11:30A The Impact of Stress Presentation / Ohel (D)</u> <u>1P-3P Party with DJ Ray (D)</u> <u>1P-3P Mahjong /Linda (A)</u> <u>1P-3P Card Games /Sonia (C)</u></p>
<p>20</p> <p><u>9A-10A Brain Teasers / Delia (D)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>1P-2:30P Exercise / Delia (D)</u></p>	<p>21</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Mental Health Wellbeing Workshop 2 /Charlotte (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>1P-2P Embroidery / Karen (A)</u> <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p>22</p> <p><u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10A-11A Guitar Class A/ Ayodele Maakheru (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakheru (A)</u> <u>1P-2P Karaoke / Howard (D)</u> <u>1P-2P Leisure Games / Linda (A)</u></p>	<p>23</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>1P-3P Rock Painting / Margaret (A)</u> <u>1:45P-2:30P Yoga / Maggie (D)</u></p>	<p>24</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Sign Language / Judy (A)</u> <u>1P-3P Monthly Birthday Party / DJ Lou (D)</u> <u>1P-3P Mahjong /Linda (A)</u> <u>1P-3P Card Games /Sonia (C)</u></p>

<p>27</p> <p><u>9A-10A Brain Teasers / Delia (D)</u> <u>11A-12P Pen Pal Time / Wendy (C)</u> <u>10-15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>1P-2:30P Exercise / Delia (D)</u></p>	<p>28</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Mental Health Wellbeing Workshop 3 / Charlotte (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>1P-2P Embroidery / Karen (A)</u> <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p>29</p> <p><u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10A-11A Guitar Class A/ Ayodele Maakheru (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Comedy Show / Howard the Joker (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakheru (A)</u> <u>1P-2P Karaoke / Howard (D)</u> <u>1P-2P Leisure Games / Linda (A)</u></p>	<p>30</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>11A-12P Medicare Presentation / David (D)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>1P-3P Rock Painting / Margaret (A)</u> <u>1:45P-2:30P Yoga / Maggie (D)</u></p>
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