

# CCNS Howard Beach OAC

## May 2026 Activities Schedule

(Events/Classes are subject to rescheduled or cancelled)

Monday	Tuesday	Wednesday	Thursday	Friday
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				<b><u>9:30A-10:30A</u> Exercise / Delia (D)</b> <b><u>10:30A-11:30A</u> Sign Language / Judy (A)</b> <b><u>1P-3P</u> Party with DJ Lou (D)</b> <b><u>1P-3P</u> Mahjong /Linda (A)</b> <b><u>1P-3P</u> Card Games /Sonia (C)</b>
4	5	6	7	8
<b><u>9A-10A</u> Brain Teasers / Delia (D)</b> <b><u>10:15A-11:15A</u> Work your Heart And Muscles / Christina (D)</b> <b><u>10:45A-11:45A</u> Inside Broadway at Howard Beach (C)</b> <b><u>1P-2:30P</u> Bingo / Delia (D)</b>	<b><u>9:30A-10:30A</u> Exercise / Delia (D)</b> <b><u>10A-11:15A</u> Tech Resources for Everyday Life &amp; Open Tech Help/ Daniel Sandoval (C)</b> <b><u>1P-2P</u> Embroidery / Karen (A)</b> <b><u>1:45P-2:30P</u> Tai-Chi / Maggie (D)</b>	<b><u>9:30A-10:30A</u> IntenSati /Joseph (D)</b> <b><u>10A-11A</u> Guitar Class A/ Ayodele Maakheru (A)</b> <b><u>10:30A-11:30A</u> Disco Torso / SEPH (D)</b> <b><u>10:45A-11:45A</u> Inside Broadway at Howard Beach (C)</b> <b><u>11A-12P</u> Guitar Class B/ Ayodele Maakheru (A)</b> <b><u>1P-2P</u> Karaoke / Howard (A)</b> <b><u>1P-2P</u> Leisure Games / Linda (A)</b>	<b><u>9:30A-10:30A</u> Exercise / Delia (D)</b> <b><u>10A-11:15A</u> Tech Resources for Everyday Life &amp; Open Tech Help/ Daniel Sandoval (C)</b> <b><u>10A-11A</u> Beginner Crochet / Mary (A)</b> <b><u>11A-12P</u> Intermediate Crochet / Mary (A)</b> <b><u>11A-11:45A</u> Aging Gracefully / Cathy Byrne</b> <b><u>1P-3P</u> Rock Painting / Margaret (A)</b>	<b><u>9:30A-10:30A</u> Exercise / Delia (D)</b> <b><u>10:30A-11:30A</u> Sign Language / Judy (A)</b> <b><u>10:45A-11:45A</u> Cinco De May O Dance (D)</b> <b><u>1P-3P</u> Party with DJ Joel (D)</b> <b><u>1P-3P</u> Mahjong /Linda (A)</b> <b><u>1P-3P</u> Card Games /Sonia (C)</b>
11	12	13	14	15
<b><u>9A-10A</u> Brain Teasers / Delia (D)</b> <b><u>10:15A-11:15A</u> Work your Heart And Muscles / Christina (D)</b> <b><u>10:45A-11:45A</u> Inside Broadway at Howard Beach (C)</b>	<b><u>9:30A-10:30A</u> Exercise / Delia (D)</b> <b><u>10A-11:15A</u> Tech Resources for Everyday Life &amp; Open Tech Help/ Daniel Sandoval (C)</b>	<b><u>9:30A-10:30A</u> IntenSati /Joseph (D)</b> <b><u>10A-11A</u> Guitar Class A/ Ayodele Maakheru (A)</b>	<b><u>9:30A-10:30A</u> Exercise / Delia (D)</b> <b><u>10A-11:15A</u> Tech Resources for Everyday Life &amp; Open Tech Help/ Daniel Sandoval (C)</b>	<b><u>9:30A-10:30A</u> Exercise / Delia (D)</b> <b><u>10:30A-11:30A</u> Sign Language / Judy (A)</b>

<p><u>1P-2:30P Exercise / Delia (D)</u></p>	<p><u>11:00A-11:45A Mental Health Services Introduction / Alena Khaimchayev</u>  <u>1P-2P Embroidery / Karen (A)</u>  <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p><u>10:30A-11:30A Disco Torso / SEPH (D)</u>  <u>10:45A-11:45A Inside Broadway at Howard Beach (C)</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>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>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>18  <u>9A-10A Brain Teasers / Delia (D)</u>  <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u>  <u>10:45A-11:45A Inside Broadway at Howard Beach (C)</u>  <u>1P-2:30P Exercise / Delia (D)</u></p>	<p>19  <u>9:30A-10:30A Exercise / Delia (D)</u>  <u>10A-11:15A Tech Resources for Everyday Life &amp; 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>20  <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>10:45A-11:45A Inside Broadway at Howard Beach (C)</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>21  <u>9:30A-10:30A Exercise / Delia (D)</u>  <u>10A-11:15A Tech Resources for Everyday Life &amp; 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></p>	<p>22  <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>25  <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>26  <u>9:30A-10:30A Exercise / Delia (D)</u>  <u>10A-11:15A Tech Resources for Everyday Life &amp; 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>27  <u>9:30A-10:30A IntenSati /Joseph (D)</u>  <u>10A-11A Guitar Recital Performance (A)</u>  <u>10:30A-11:30A Disco Torso / SEPH (D)</u>  <u>1P-2P Karaoke / Howard (D)</u>  <u>1P-2P Leisure Games / Linda (A)</u></p>	<p>28  <u>9:30A-10:30A Exercise / Delia (D)</u>  <u>10A-11:15A Tech Resources for Everyday Life &amp; 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></p>	<p>29  <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>

