

WOODSIDE SENIOR CENTER Monthly Activities for April 2022

50-37 Newtown Ave. • Queens, NY 11377 • (718) 932-6916

Monday	Tuesday	Wednesday	Thursday	Friday
				9:30a-10:30a Crochet w/ Mary Dubois 10a-11a Tai-Chi Class w/ Sheree
				11a-12p Exercise w/ Lillian
				1p-2:30p Bingo w/ Carmen
4 10a-11a Discussion Group w/ Frank	9:30a-2:30p Painting w/ Roberta	6 10a-11a Tai-Chi Class w/ Sheree	7 10a-12p Technology Training w/ Michael	9:30a-10:30a Crochet w/ Mary
11a-12p Yoga w/ Marilyn	11a-12p Yoga w/ Marilyn	11a-12p Technology Training w/ Loulise	11a-12p Zumba w/ Lillian	10a-11a Tai-Chi Class w/ Sheree
12p-1p Braata Theater		12p-1p Braata Theater	1p-1:30p Support Group for	11a-12p Exercise w/ Lillian
1p-2:30p Bingo w/ Carmen		1p-2:30p Bingo w/ Carmen	Seniors w/ Ms. Chestnut	1p-2:30p Bingo w/ Carmen
11	12	13	14	15
10a-11a Walk With Ease w/ Gerard	9:30a-2:30p Painting w/ Roberta	10a-11a Tai-Chi Class w/ Sheree	10a-12p Technology Training w/ Michael	9:30a-10:30a Crochet w/ Mary
10a-11p Discussion Group w/	11a-12p Yoga w/ Marilyn	11a-12p Technology Training w/ Loulise	11a-12p Zumba w/ Lillian	10a-11a Tai-Chi Class w/ Sheree
11a-12p	1p-2:30p Sewing Class w/ Ruth	11:30a-12:30p Braata Theater	1p-1:30p Support Group for	11a-12p Exercise w/ Lillian
Yoga w/ Marilyn 12p-1p Braata Theater		1p-2:30p Bingo w/ Carmen	Seniors w/ Ms. Chestnut 1:30p-3p	1p-2:30p Bingo w/ Carmen
1p-2:30p Bingo w/ Carmen			Game Day	



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Monday	Tuesday	Wednesday	Thursday	Friday
18	19	20	21	22
10a-11a	9:30a-2:30p	10a-11a	10a-12p	9:30a-10:30a
Walk With Ease w/	Painting w/ Roberta	Tai-Chi Class w/ Sheree	Technology Training w/ Michael	Crochet w/ Mary
	11a-12p	11a-12p		10a-11a
10a-11p Discussion Group w/	Yoga w/ Marilyn	Technology Training w/ Loulise	11a-12p Zumba w/ Lillian	Tai-Chi Class w/ Sheree
Frank	1p-2:30p			11a-12p
	Sewing Class w/ Ruth	11:30a-12:30p	1p-1:30p	Exercise w/ Lillian
11a-12p Yoga w/ Marilyn		Braata Theater	Support Group for Seniors w/ Ms. Chestnut	1p-2:30p
		1p-2:30p		Bingo w/ Carmen
12p-1p Braata Theater		Bingo w/ Carmen	1:30p-3p Movie Day	
1p-2:30p Bingo w/ Carmen				
25	26	27	28	29
10a-11a	9:30a-2:30p	10a-11a	10a-12p	9:30a-10:30a
Walk With Ease w/ Gerard	Painting w/ Roberta	Tai-Chi Class w/ Sheree	Technology Training w/ Michael	Crochet w/ Mary
	11a-12p	11a-12p		10a-11a
10a-11p Discussion Group w/	Yoga w/ Marilyn	Technology Training w/ Loulise	11a-12p Zumba w/ Lillian	Tai-Chi Class w/ Sheree
Frank	11:30a-12:30p			11a-12p
	Nutrition Workshop	11:30a-12:30p	1p-1:30p	Exercise w/ Lillian
11a-12p	(Zoom) w/ Sara	Braata Theater	Support Group for	
Yoga w/ Marilyn	4 2.20	4 2.20	Seniors w/ Ms. Chestnut	1p-2:30p
12p-1p	1p-2:30p Sewing Class w/ Ruth	1p-2:30p Bingo w/ Carmen	1:30p-3p	Seniors Birthday
Braata Theater	Sewing Class W/ Ruth	Bingo w/ Carmen	Spiritual Thursday	Bash
1p-2:30p Bingo w/ Carmen				

*Subject to Change

Funded by NYC Department of Aging