

WOODSIDE SENIOR CENTER Monthly Activities for March 2025

50-37 Newtown Road. • Woodside, NY 11377 (718) 932-6916

Monday	Tuesday	Wednesday	Thursday	Friday
				
3	4	5	6	7
<p>10a-11a Technology Clinic w/Loulise 11a-12p Yoga w/Marilyn 1p-3p Bingo</p>	<p>9:30a-2:30p Painting w/ Roberta 11a-12p Yoga w/ Marilyn 1p-2p Advisory Board Meeting</p>	<p>9:30a-12:30p Crochet w/Mary Dubois 11a-12p Technology Clinic w/Loulise 1p-3p Social Dancing</p>	<p>11a-12p Zumba w/ Lillian 12:30p – 12:45p Anchor Health – HCS -101 1p-2p MEMBERSHIP MEETING! 2p-3p ASL</p>	<p>9:30a-12:30p Crochet w/Mary Dubois 11a-12p Exercise w/Lillian 1p-3p Rummikub</p>
10	11	12	13	14
<p>10a-11a Technology Clinic w/Loulise 11a-12p Yoga w/Marilyn 1p-3p Arts & Craft</p>	<p>9:30a-2:30P Painting w/Roberta 11a-12p Yoga w/Marilyn 12p-3p Sewing Class w/Ruth</p>	<p>9:30a-12:30p Crochet w/Mary Dubois 11a-12p Technology Clinic w/Loulise 1p-3p Cricut</p>	<p>11a-12p Zumba w/Lillian 1p-2p ASL 2p-3p Movie Day "Throw Mama from The Train"</p>	<p>9:30a-12:30p Crochet w/Mary Dubois 11a-12p Exercise w/Lillian 12:30p – 1p Advance Care Planning (A, B, C, D) 1:30p-3p Mahjong</p>

*SUBJECT TO CHANGE

BREAKFAST HOURS: 8:30 AM – 9:30 AM / LUNCH HOURS: 11:30 AM – 12:30 PM

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Monday	Tuesday	Wednesday	Thursday	Friday
17 10a-11a Technology Clinic w/Loulise 11a-12p Yoga w/ Marilyn 1p-3p St. Patrick's Day Celebration	18 9:30a-2:30p Painting w/ Roberta 11a-12p Yoga w/ Marilyn 1p-3p Women's History Month Event Celebration!	19 9:30a-12:30p Crochet w/Mary Dubois 11a-12p Technology Clinic w/ Loulise 1p-3p Cricut	20 11a-12p Zumba w/Lillian 1p-2p ASL 2p-3:30p Family Feud!	21 9:30a-10:30p Crochet w/Mary Dubois 10:30a – 11:30a "Talk it Out" - Mental Health Presentation 11a-12p Exercise w/Lillian 1p-3p Arts & Craft
24 10a-11a Technology Clinic w/Loulise 11a-12p Yoga w/ Marilyn 1p-3p Arts & Craft	25 9:30a-2:30p Painting w/ Roberta 11a-12p Yoga w/ Marilyn 12:30p – 1:00 p Understanding Medicare Now "After Enrollment" 12p-3P Sewing Class w/ Ruth	26 9:30a-12:30p Crochet w/Mary Dubois 11a-12p Technology Clinic w/ Loulise 1p-2p Discussion Group with Jade	27 11a-12p Zumba w/Lillian 1p-2p ASL 2p-3:30p Karaoke	28 9:30a-12:30p Crochet w/Mary Dubois 11a-12p Exercise w/Lillian 1p-3p Birthday Celebration
31 10a-11a Technology Clinic w/Loulise 11a-12p Yoga w/ Marilyn 1p-3p Arts & Craft				

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COMPUTERS ARE OPEN MONDAY- FRIDAY FROM 10AM TO 3PM

THE GYM IS OPEN MONDAY – FRIDAY 8AM TO 3PM