



MAY 2026



Monday

Tuesday

Wednesday

Thursday

Friday

Virtual Classes Click the link below

~ Ease Stretch 5/18

[https://us04web.zoom.us/j/8435743484?](https://us04web.zoom.us/j/8435743484?pwd=JMMzI8blecfPgWEpiBo7bK7tXmVI5b.1&omn=72405343428)

[pwd=JMMzI8blecfPgWEpiBo7bK7tXmVI5b.1&omn=72405343428](https://us04web.zoom.us/j/78895668354?pwd=tUaSGlrbBH8AXKs7utJUKkX8iftWf.1)

~Chair Exercise 5/18

<https://us04web.zoom.us/j/78895668354?pwd=tUaSGlrbBH8AXKs7utJUKkX8iftWf.1>

MUST BE 60 YEARS OR OLDER TO JOIN



10am - **Technology Class** 1
11am - Health Education RN*
12pm - Midday Lunch Mingle
1pm - Ease & Stretch
2pm - Recreational Games

10am - Morning Meditation 8
11am - Pool Lessons RN*
12pm - Midday Lunch Mingle
1pm - Presentation: ADAPT Community Network
2pm - Social Friday

10am - Creative Arts 15
11am - Zumba Chair Exercise RN*
12pm - Midday Lunch Mingle
1pm - Health Education
2pm - Social Friday

10am - Pool Lessons 22
11am - Zumba Chair Exercise RN*
12pm - Midday Lunch Mingle
EARLY DISMISSAL

The Color Affair 29
10AM - 1PM
NORC Member Meeting / May Birthday Celebrations

FUNDING PARTNERS
• NYC AGING
• NYC DEPARTMENT OF YOUTH AND COMMUNITY DEVELOPMENT
• NYS OFFICE OF VICTIM SERVICES
• NYS DEPARTMENT OF THE AGING

10am - Creative Arts DF 4
11am - **Technology Class**
12pm - Midday Lunch Mingle
1pm - Fueled By Engagement: 'I Ask, You Answer'
2pm - Line Dance

10am - Crochet Class 11
11am - Ease & Stretch Virtual
12pm - Midday Lunch Mingle
Jewelry Making Workshop
1pm-3pm

10am - Creative Arts 18
11am - Chair Exercise Virtual
12pm - Midday Lunch Mingle
1pm - **Technology Class**
2pm - **Spanish Lesson W/Jean**

WE WILL BE CLOSED FOR MEMORIAL DAY 25

10am - Creative Arts 5
11am - Recreational Games SMBP*
12pm - Midday Lunch Mingle
Mother's Day Trip (Sea shore)

10am - Pool Lessons 12
11am - Health Promotion SMBP*
12pm - Midday Lunch Mingle
1pm - Presentation: Oak Street Health
2pm - Meditation / Breathing

10am - Health Education 19
11am - Crochet Class DF SMBP*
12pm - Midday Lunch Mingle
Cricut Workshop
1pm-3pm

10am - Creative Arts 26
11am - Recreational Games SMBP*
12pm - Midday Lunch Mingle
Gilded Brunch Soiree (Ferry / Chamamama Trip)
10:20am SoundView Ferry Stop

10am - Morning Meditation 6
11am - Health Promotion DF
12pm - Midday Lunch Mingle
1pm - Chair Exercise
2pm - Pool Lessons

10am - Creative Art 13
11am - Pool lesson
12pm - Midday Lunch Mingle
1pm - Nutrition Class
2pm - **Make Your Own Salad**

10am - Crochet Class 20
11am - Chair Exercise
12pm - Midday Lunch Mingle
1pm - Health Promotion
2pm - Pool Lessons
Maestros Fashion Show

10am - Creative Arts DF 27
11am - Crochet Class
12pm - Midday Lunch Mingle
1pm - **WORD SEARCH SHOWDOWN**
2pm - Pool lessons

10am - Crochet Class 7
11am - Line Dance SMBP*
12pm - Midday Lunch Mingle
Classic Movie Day
1pm-3pm

10am - Crochet Class 14
11am - Chair Exercise SMBP*
12pm - Midday Lunch Mingle
1pm - **Spanish Lesson W/Jean**
2pm - Line Dance

10am - Health Promotion 21
11am - Line Dance SMBP*
12pm - Midday Lunch Mingle
1pm - **Smoothie Day**
2pm - Pool Lessons

10am - Line Dance 28
11am - Health Promotion
12pm - Midday Lunch Mingle
1pm - Creative Arts
2pm - **OUTDOOR BINGO**

RN ON SITE EACH FRIDAY

SMBP- SELF MONITOR BLOOD PRESSURE STATION

TUESDAY'S & THURSDAY'S

REMINDERS

~Mother's Day Trip Sea Shore Restaurant 5/5
~Presentation :Oak Street 5/12
~Presentation : Spanish Lesson W/ Jean 5/14 & 5/18

~Early Dismissal 5/22
~Gilded Brunch Soiree : Ferry / Chamamama 5/26 (Wear Touch Of yellow)
~The Color Affair 5/29