

MARCH 2020 – MONTHLY SCHEDULE BY WEEK

** Represents classes where suggested donation is requested

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 am: <ul style="list-style-type: none"> • Line Dancing** 10:00 am: <ul style="list-style-type: none"> • Knitting & Crocheting Class • SAIL - Fall Prevention 11:00 am: <ul style="list-style-type: none"> • Exercise Class** - Advanced • Men's Discussion Group • Women's Discussion Group 1:00 pm: <ul style="list-style-type: none"> • Exercise Class**- Beginners/Interm • Canasta 	3 9:00 am: <ul style="list-style-type: none"> • Exercise Class** • Mahjong 9:30 am: <ul style="list-style-type: none"> • Let's Groove in the Radio Room 9:45 am: <ul style="list-style-type: none"> • Spanish Class 10:00 am: <ul style="list-style-type: none"> • Tai Chi with June • Computers w/Ken 10:30 am: <ul style="list-style-type: none"> • Reminiscence Group 11:00 am: <ul style="list-style-type: none"> • Canasta • Looming 11:15 am: <ul style="list-style-type: none"> • Line Dancing* * 	4 9:00 am: <ul style="list-style-type: none"> • Breakfast with Friends • Arm Chair Yoga 10:00 am: <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong • Haircuts by Marilyn <ul style="list-style-type: none"> • Guided Meditation w/Ben 10:30 am: <ul style="list-style-type: none"> • Bingo 11:00 am: <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring 11:30 am: <ul style="list-style-type: none"> • Lunch & Learn w/Nurse Mindy 1:00 pm: <ul style="list-style-type: none"> • Body Conditioning** • Bridge Game 	5 9:30 am: <ul style="list-style-type: none"> • Men's Health • Let's Groove in the Radio Room • Tai Chi** 10:00 am: <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** <ul style="list-style-type: none"> • Mahjong 11:00 am: <ul style="list-style-type: none"> • Improv w/Steph 11:30 am: <ul style="list-style-type: none"> • Creative Writing 12:00 pm: <ul style="list-style-type: none"> • Volunteer Meeting 1:00 pm: <ul style="list-style-type: none"> • Current Events • Karaoke w/Steph 2:30 pm: <ul style="list-style-type: none"> • Exercise** 	7 9:00 am: <ul style="list-style-type: none"> • Exercise Class** 10:00 am: <ul style="list-style-type: none"> • Quilting Class • SAIL - Fall Prevention • Meditation 11:00 am: <ul style="list-style-type: none"> • Chair Yoga • Bingo 1:00 pm: <ul style="list-style-type: none"> • Body Sculpting 1:30 pm: <ul style="list-style-type: none"> • Painting: Freestyle Paint

BREAKFAST WITH FRIENDS Wednesday, March 4, 2020

Enjoy a hearty breakfast and leisurely conversation with your friends beginning at 9:00am. There is a \$2.50 contribution for breakfast only and \$4.50 for breakfast and lunch. The breakfast menu will consist of:

- Spinach & Mushroom Egg Bake, or Scrambled Eggs
- Sweet Potato Tots & Crispy Bacon
- Bagel or Challah Roll with Lox & various spreads
- Assorted Pastries
- Banana
- Orange Juice, Coffee or Tea



NEW CLASS ALERT!

Thursdays at 11 am

Improv w/Stephanie!

This new & exciting class will be held Thursdays at 11am in the Multi-Purpose Room. **Improv**, or **Improvisation**, is a form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment. With the guidance of Stephanie, you will learn new ways to interact and/or draw on some other source of inspiration to get started with acting. Don't miss out on the fun!

Karaoke with Stephanie NEW CLASS TIME ALERT!

Please note, **Karaoke with Stephanie** has moved to 1:00pm on Thursdays.

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9 9:00 am: <ul style="list-style-type: none"> • Line Dancing** 10:00 am: <ul style="list-style-type: none"> • Knitting & Crocheting Class • SAIL - <i>Fall Prevention</i> 11:00 am: <ul style="list-style-type: none"> • Exercise Class** - <i>Advanced</i> • Men's Discussion Group • Women's Discussion Group 1:00 pm: <ul style="list-style-type: none"> • Exercise Class** - <i>Beginners/Interm.</i> • Canasta 	10 9:00 am: <ul style="list-style-type: none"> • Exercise Class** • Mahjong 9:30 am: <ul style="list-style-type: none"> • <i>Let's Groove</i> in the Radio Room 9:45 am: <ul style="list-style-type: none"> • Spanish Class 10:00 am: <ul style="list-style-type: none"> • Tai Chi with June • Computers w/Ken 10:30 am: <ul style="list-style-type: none"> • Reminiscence Group 11:00 am: <ul style="list-style-type: none"> • Canasta • Looming 11:15 am: <ul style="list-style-type: none"> • Line Dancing** 12:30 pm: <ul style="list-style-type: none"> • Pizza & a Movie: <i>Jojo Rabbit</i> 	11 9:00 am: <ul style="list-style-type: none"> • Arm Chair Yoga 10:00 am: <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <ul style="list-style-type: none"> • <i>Guided Meditation w/Ben</i> 10:30 am: <ul style="list-style-type: none"> • Bingo 11:00 am: <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring 11:30 am: <ul style="list-style-type: none"> • <i>Lunch & Learn w/Nurse Mindy</i> 1:00 pm: <ul style="list-style-type: none"> • Body Conditioning** • Bridge Game 	12 8:30 am: <ul style="list-style-type: none"> • <i>AARP Driving Class</i> 9:30 am: <ul style="list-style-type: none"> • Men's Health • <i>Let's Groove</i> in the Radio Room • Tai Chi-CANCELLED 10:00 am: <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong 11:00 am: <ul style="list-style-type: none"> • Haircuts by Marilyn 11:30 am: <ul style="list-style-type: none"> • Creative Writing 1:00 pm: <ul style="list-style-type: none"> • Current Events 2:30 pm: <ul style="list-style-type: none"> • Exercise** 	13 9:00 am: <ul style="list-style-type: none"> • Exercise Class** 10:00 am: <ul style="list-style-type: none"> • Quilting Class • SAIL - <i>Fall Prevention</i> • Meditation 11:00 am: <ul style="list-style-type: none"> • Chair Yoga • Bingo 1:00 pm: <ul style="list-style-type: none"> • Body Sculpting 1:30 pm: <ul style="list-style-type: none"> • Painting: <i>Freestyle Paint</i>

March Movie:



Join us for Pizza & a Movie!

Last month's Pizza & a Movie was such a success we will have another one for March! Please see Nina or Laura by Monday, March 9 to sign up!

When: Tuesday, March 10, 2020
Time: 12:30 pm
Where: Multi-Purpose Room
Cost: \$5/pp



NYS NEWS!!!

Starting March 1, 2020, a new bag waste reduction law will take effect in New York State. When shopping in NY you will need to bring your own bags, or purchase a reusable bag at the retailer.

No better time to go out to Stop & Shop and purchase your reusable bag while helping out SNAP in the process!!

During the month of **March**



We will receive a \$1 donation every time the \$2.50 reusable Community Bag is sold this month at the Stop & Shop located at:

BAY TERRACE SHOPPING CENTER
26th Ave & Bell Blvd., Bayside, NY

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16 9:00 am: <ul style="list-style-type: none"> • Line Dancing** 10:00 am: <ul style="list-style-type: none"> • Knitting & Crocheting Class • SAIL - <i>Fall Prevention</i> 11:00 am: <ul style="list-style-type: none"> • Bag Piping Music • Exercise Class** - <i>Advanced</i> • Men's Discussion Group • Women's Discussion Group 1:00 pm: <ul style="list-style-type: none"> • Exercise Class** - <i>Beginners/Interm.</i> • Canasta 	17 9:00 am: <ul style="list-style-type: none"> • Exercise Class** 9:30 am: <ul style="list-style-type: none"> • Let's Groove in the Radio Room 9:45 am: <ul style="list-style-type: none"> • Spanish Class 10:00 am: <ul style="list-style-type: none"> • Tai Chi w/June • Computers w/Ken 10:30 am: <ul style="list-style-type: none"> • Reminiscence Group 11:00 am: <ul style="list-style-type: none"> • Canasta • Looming 11:15 am: <ul style="list-style-type: none"> • Line Dancing** 1:00 pm: <ul style="list-style-type: none"> • Canasta 	18 9:00 am: <ul style="list-style-type: none"> • Arm Chair Yoga 10:00 am: <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <ul style="list-style-type: none"> • Guided Meditation w/Ben 10:30 am: <ul style="list-style-type: none"> • Bingo 11:00 am: <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring 11:30 am: <ul style="list-style-type: none"> • Lunch & Learn w/Nurse Mindy 1:00 pm: <ul style="list-style-type: none"> • Bridge Game • Body Conditioning** 	19 9:30 am: <ul style="list-style-type: none"> • Men's Health • Tai Chi** <ul style="list-style-type: none"> • Let's Groove in the Radio Room 10:00 am: <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong 10:30 am: <ul style="list-style-type: none"> • Open Recreation 11:00 am: <ul style="list-style-type: none"> • Diversity Day: Hindu Festival of Colors 11:30 am: <ul style="list-style-type: none"> • Creative Writing (Radio Room) 1:00 pm: <ul style="list-style-type: none"> • Current Events 	20 9:00 am: <ul style="list-style-type: none"> • Exercise Class** 10:00 am: <ul style="list-style-type: none"> • Quilting Class • SAIL - <i>Fall Prevention</i> • Meditation 11:00 am: <ul style="list-style-type: none"> • Chair Yoga • Bingo • American History (Classroom 5) 1:00 pm: <ul style="list-style-type: none"> • Body Sculpting 1:30 pm: <ul style="list-style-type: none"> • Painting: Freestyle Paint



DIVERSITY DAY
Thursday, March 19, 2020
"Holi - Hindu Festival of Colors"

Holi is a famous Hindu festival that is celebrated in every part of India with utmost joy and enthusiasm. It is considered as one of the most revered and celebrated festivals of India and it is celebrated in almost every part of the country. It is also sometimes called the "festival of love" as on this day, people get to unite together forgetting all resentments and all types of bad feeling towards each other.

The vibrancy of colors is something that brings in a lot of positivity and Holi being the festival of colors is actually a day worth rejoicing. The ritual starts by lighting up the bonfire one day before the day of Holi and this process symbolizes the triumph of good over the bad. On the day of Holi people play with colors with their friends and families.

PLEASE NOTE: We will be throwing powdered colors. Please see Laura to sign up in advance. You must see Laura to sign up in advance.

IRISH BAG PIPERS
Monday, March 16, 2019

Join us for traditional bag piping lesson and historical conversation with traditional Irish desserts.
\$2.50/pp



ST. PATRICK'S DAY
CELEBRATION
Tuesday, March 17, 2019

Join in on the celebration and wear your best green outfit! A \$5.00 contribution entitles you to a full day of fun, good food and friends. Join us!

8:30 - Breakfast:

- Croissants, Scones or Kaiser Rolls with Assorted Cream Cheese & Jelly
- Assorted Pound Cake
- Orange Juice/Coffee/Tea



12:00 - Luncheon:

- Corned Beef & Cabbage
- Parsleyed Potatoes & Whole Baby Carrots
- Garden Salad
- Irish Soda Bread or Rye Bread w/Margarine
- Fruited Green Jell-O
- Apple Juice and, Soda or Water

1:30pm - Dessert: Brownie or Key Lime Pie / Vanilla Ice Cream

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>10:00 am:</p> <ul style="list-style-type: none"> • SuCasa Program Begins • Knitting & Crocheting Class • SAIL - <i>Fall Prevention</i> <p>11:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** - <i>Advanced</i> • Men's Discussion Group • Women's Discussion Group <p>1:00 pm:</p> <ul style="list-style-type: none"> • Exercise Class**- <i>Beginners/Interm</i> • Canasta 	<p>24</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>9:30 am:</p> <ul style="list-style-type: none"> • Let's Groove in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> • Spanish Class <p>10:00 am:</p> <ul style="list-style-type: none"> • Tai Chi with June <p>10:30 am:</p> <ul style="list-style-type: none"> • Computers w/Ken <p>10:30 am:</p> <ul style="list-style-type: none"> • Reminiscence Group <p>• NYC Emergency Preparedness Presentation</p> <p>11:00 am:</p> <ul style="list-style-type: none"> • Canasta for Beginners <p>• Looming</p> <p>11:15 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> • Canasta 	<p>25</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Arm Chair Yoga <p>10:00 am:</p> <ul style="list-style-type: none"> • Plastic Mesh Class • Zumba Gold • Mahjong <p>• Guided Meditation w/Ben</p> <p>10:30 am:</p> <ul style="list-style-type: none"> • Bingo <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • BP Monitoring <p>11:30 am:</p> <ul style="list-style-type: none"> • Lunch & Learn w/Nurse Mindy <p>1:00 pm:</p> <ul style="list-style-type: none"> • Bridge Game • Body Conditioning** 	<p>26</p> <p>9:30 am:</p> <ul style="list-style-type: none"> • Men's Health • Tai Chi** <p>• Let's Groove in the Radio Room</p> <p>10:00 am:</p> <ul style="list-style-type: none"> • Computers w/Ken • Jewelry Making** • Mahjong <p>10:30 am:</p> <ul style="list-style-type: none"> • Open Recreation <p>11:00 am:</p> <ul style="list-style-type: none"> • Improv w/Steph <p>11:30 am:</p> <ul style="list-style-type: none"> • Creative Writing (Radio Room) <p>1:00 pm:</p> <ul style="list-style-type: none"> • Karaoke w/Steph • Current Events <p>1:30 pm:</p> <ul style="list-style-type: none"> • Billiards <p>2:30 pm:</p> <ul style="list-style-type: none"> • Exercise** 	<p>27</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>10:00 am:</p> <ul style="list-style-type: none"> • SuCasa Theater Program • Quilting Class • SAIL - <i>Fall Prevention</i> • Meditation <p>11:00 am:</p> <ul style="list-style-type: none"> • Chair Yoga • Bingo • American History (Classroom 5) <p>1:00 pm:</p> <ul style="list-style-type: none"> • Body Sculpting <p>1:30 pm:</p> <ul style="list-style-type: none"> • Painting: Freestyle Paint

MONDAY	TUESDAY	SUCASA is back!		
<p>30</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>10:00 am:</p> <ul style="list-style-type: none"> • SuCasa Theater Program • Knitting & Crocheting Class • SAIL - <i>Fall Prevention</i> <p>11:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** - <i>Advanced</i> • Men's Discussion Group • Women's Discussion Group <p>1:00 pm:</p> <ul style="list-style-type: none"> • Exercise Class**- <i>Beginners/Interm</i> • Canasta 	<p>31</p> <p>9:00 am:</p> <ul style="list-style-type: none"> • Exercise Class** <p>9:30 am:</p> <ul style="list-style-type: none"> • Let's Groove in the Radio Room <p>9:45 am:</p> <ul style="list-style-type: none"> • Spanish Class <p>10:00 am:</p> <ul style="list-style-type: none"> • Tai Chi with June <p>10:30 am:</p> <ul style="list-style-type: none"> • Computers w/Ken <p>10:30 am:</p> <ul style="list-style-type: none"> • March Birthday Celebration w/Lyn • Reminiscence Group <p>11:00 am:</p> <ul style="list-style-type: none"> • Canasta for Beginners • Looming <p>11:15 am:</p> <ul style="list-style-type: none"> • Line Dancing** <p>1:00 pm:</p> <ul style="list-style-type: none"> • Canasta 	<p>Starting March 23rd you can join us in the library from 10 AM to 12 PM for a new session of SUCASA. SET workshops will be held every Monday & Friday from 10 AM to 12 PM.</p> <p>In collaboration with Queens Theatre, Senior <i>Ensemble Theatre (SET)</i> Program provides a vital sense of commitment and joy in the lives of mature adults. Through a series of workshops, participants in <i>SET</i> will create a cabaret-style performance filled with life experiences, personal talents, bucket list goals and more, all while forming close friendships with ensemble members.</p> <p>The program culminates in a performance at SNAP Senior Center and at the Queens Theatre. All workshops and final performances are free and open to any guest of the center.</p>		