

# **WOODSIDE OLDER ADULT CENTER**

MONTHLY NEWSLETTER FOR AUGUST 2025

### Welcome!

If you are <u>60 years or</u> older, we invite you to join our vibrant community. Here at Woodside Older Adult Center, we offer a variety of on-site activities designed to support your health, joy, and lifelong learning. In addition to breakfast and lunch, we are open from Monday to Friday, though closed on federal holidays and weekends. We'll be back the next day with open doors and warm smiles.

#### **ACTIVITIES & EVENTS**

Come join us! For the over 30 free programs, held on-site each week! (Flip the page! For the month's events and activities calendar).

#### **MEALS**

Join us, here at
Woodside Older Adult
Center, for healthy,
nutritious meals on
weekdays (Monday
through Friday).
Breakfast Hours:
8:30AM-9:30AM.

**Lunch Hours:** 

11:30AM-12:30PM.

A suggested contribution of \$1.50 for breakfast and \$2.00 for lunch is appreciated.

# **ROOM ACCESS HOURS**

**Computer Room Hours:** 

Monday-Friday (10AM-3PM)

**Gym Room Hours:** 

Monday-Friday (8 AM-3PM)

## **ELIGIBILITY**

To become a member of the Woodside Older Adult Center, you must:

- Be 60 years of age or older (waived for individuals 55+ with a disability).
- Live in one of the five boroughs of New York City.
- · Show New York State identification.

#### **LOCATION**

Name: Samaritan Daytop Village, Woodside Older Adult Center Address: 50-37 Newtown Road Building 19 Woodside, New York 11377

**Phone:** 718-932-6916 **Fax:** 718-932-6911

Email: tonya.chestnut@samaritan

village.org (No Spaces)

# **STAFF**

**Director:** Tonya Chestnut

**Receptionist:** Margarita Canales

**Chief:** Dawn Twyman **Driver:** Lorenzo Regalado

**Recreation Specialist:** Roberta Louise

Maintenance: Kevin Hidalgo

#### **EVENT HIGHLIGHTS**

#### **ANNUAL ALL-WHITE AFFAIR**

The inaugural Annual All-White Affair, hosted by Woodside Older Adult Center and Boulevard Family Residence, was a resounding success. The event provided a memorable experience for attendees of all ages. We anticipate building on this success for next year.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Creative Exercisi Educatio	COLOR KEY:  e & Artistic Activities - P  ng & Sport Activities - G  onal & Technology Relat  lovie & Social Activities  Red	reen red - Blue		9:30AM-12:30PM Crochet w/Mary DuBois  1AM-12PM Exercise w/Lillian  1PM-3PM Rummikub
Walmart  11AM-12PM Yoga w/Marilyn 	9:30AM-2:30PM Painting w/Roberta 11AM-12PM Yoga w/Marilyn 1PM-3PM Sewing Class w/ Ruth	Technology Clinic w/Loulise 1PM-3PM	7	9:30AM Walmart 9:30AM-12:30AM Crochet w/Mary DuBois Exercise w/Lillian 1PM-3PM Game Day
Technology Clinic w/ Loulise 1PM-3PM Yoga w/Marilyn	9:30AM-2:30M Painting w/Roberta 11AM-12AM Yoga w/Marilyn	9:30AM-12:30PM Crochet w/Mary Dubois  1:00PM-3PM	14	9AM-2PM IKEA 9:30AM-12:30PM Crochet w/Mary Dubois  Exercise w/Lilian  1PM-3PM Big Game Day
w/ Loulise 11AM-12PM Yoga w/Marilyn	9:30AM-2:30PM Painting w/Roberta 11AM-12PM Yoga w/Marilyn	9:30AM-12:30PM Crochet w/Mary Dubois  11AM-12PM Technology w/Loulise 	11AM-12PM Zumba w/Lillian  2PM-3:30PM Rummikub	9:30AM-12:30PM Crochet w/Mary Dubois  11AM-12PM Exercise w/Lilian  1PM-3PM
w/ Loulise 11AM-12PM Yoga w/Marilyn 1PM-3PM Mahjong	9:30AM-2:20PM Painting w/Roberta 11AM-12PM Yoga w/Marilyn	9:30AM-12:30PM Crochet w/Mary DuBois 11AM-12PM Technology Clinic w/Loulise 1PM-3PM Social Dancing	28 11AM-12PM Zumba w/Lillian 2PM-3:30PM Arts & Crafts  Samarite	7AM-4PM TRIP - Lake George

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