

WOODSIDE OLDER ADULT CENTER Monthly Activities for October 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	
Нарру	y Halloween	10am-11:30am Crochet w/Mary Dubois	1 11am-12pm Zumba w/ Lillian 1pm-2pm Membership Meeting 2pm-4pm Movie Night (Superman)	9:30a-12:30p Crochet w/Mary Dubois 11a-12p Exercise w/Lillian 1p-3p Rummikub	3
9:30am-12:30pm Walmart 11a-12p Yoga w/Marilyn 1p-3p Bingo	9:30am-2:30pm Painting w/ Roberta 11:00am-12:00pm Yoga w/ Marilyn 1:00pm-3:00pm Sewing Class w/ Ruth	9:30am-12:30pm Crochet w/Mary Dubois 1pm-3pm Board Games	11a-12p Zumba w/ Lillian 1pm 2p-3:30p Karaoke	9 9:30a-12:30p Crochet w/Mary Dubois 11a-12p Exercise w/Lillian 1p-3p Social Dancing	10
11a-12p Yoga w/Marilyn 1p-3p Arts & Craft	9:30a-2:30P Painting w/Roberta 11a-12p Yoga w/Marilyn 12p-3p Sewing Class w/Ruth	9:30a-12:30p Crochet w/Mary Dubois 1p-3p Cricut 4pm-6pm Haunted House	11a-12p Zumba w/Lillian 1p-3:30p Big Game Day 9am-3pm Talent is Timeless 4pm-6pm Haunted House	9:30a-12:30p Crochet w/Mary Dubois 11a-12p Exercise w/Lillian 4pm-6pm Haunted House	17

*SUBJECT TO CHANGE

Funded by NYC Department for the Aging



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Monday	Tuesday	Wednesday	Thursday	Friday
20		21 22	23	24
9:30am-3pm	9:30a-2:30p	9:30a-12:30p	11a-12p	9:30a-12:30p
Apple/Pumpkin Picking	Painting w/ Roberta	Crochet w/Mary Dubois	Zumba w/Lillian	Crochet w/Mary Dubois
11:00am-12:00pm	11a-12p	1p-2p	2p-3p	11a-12p
Yoga w/Marilyn	Yoga w/ Marilyn	Men's Group w/Robert	Line Dance	Exercise w/Lillian
	12p-3p	4pm-6pm	4pm-6pm	
	Sewing Class w/ Ruth	Haunted House	Haunted House	1pm-3:30pm
				Pokeno
				4pm-6pm
				Haunted House
27		28 29	30	31
9:30am-12:30pm	9:30a-2:30p	9:30a-12:30p	11:00am-12:00am	9:30am-12:30pm
IKEA	Painting w/ Roberta	Crochet w/Mary Dubois	Zumba w/ Lillian	Crochet w/Mary Dubois
11a-12p	11a-12p	1p-2p	2:00pm-3:30pm	11:00am-12:00pm
Yoga w/ Marilyn	Yoga w/ Marilyn	Women's Group w/Tonya	Karaoke	Exercise w/ Lillian
1p-3p	12p-3P	4pm-6pm	4pm-6pm	1:00pm-3:00pm
Arts & Craft	Sewing Class w/ Ruth	Haunted House	Haunted House	Halloween Party/
				Birthday Celebration

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

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