



Albany OAC  
 BPHN OAC  
 Christopher Blenman OAC  
 Grace AgardHarewoodOAC  
 Grant Square OAC  
 Hazel Brooks OAC  
 Hugh Gilroy OAC

## Fort Greene Council, Inc.

### Virtual Older Adult Clubs Calendar

Marcus Garvey & Seth Low Affiliates  
 Maria Lawton OAC  
 Sarita Jean OAC  
 Stuyvesant Heights OAC  
 Teresa Moore OAC  
 Willoughby OAC

**JUNE2022**

<b>ZOOM Meeting ID: 968-548-6212 Password: 9666</b> <b>Zoom Dial-In: 646-876-9923 (Enter Zoom Meeting ID&amp; Password)</b> <b>Having Difficulties w/Zoom Contact: 718-638-6910 Ext. 202</b>					<b>Guidelines</b> 1. Download the ZOOM app. If you do not have the app, you can sign in at <a href="https://zoom.us">zoom.us</a> 2. Open app on device (cell phone, I-pad, computer, Etc.). Select <b>join meeting</b> . 3. Enter <b>meeting ID and password</b> . 4. Once in meeting in the <b>chat type your name and the center you belong to</b> aide in taking attendance.
Monday	Tuesday	Wednesday	Thursday	Friday	
		<b>1.National Pen Pal Day</b> 9:30-10- Breakfast Club 10-10:50 – <b>Open Discussion</b> 11-11:50–Chair Yoga w/ Jaja 12-12:50- 96.6 FGC 1-1:50 – Total Body Conditioning 2-2:50 –Generation “Y” Talk Back	<b>2.National Rocky Road Ice Cream Day</b> 9:30-10- Breakfast Club 10-10:50 – Zumba w/ DanceWave 11-11:30 –Cardio 11:35-12:05-Physical Exercise 12:05-12:55–96.6 FGC 1-1:50 – SU-CASA: Golden Calm 2-2:50- Men’s Round Table	<b>3.National Donut Day</b> 9:30-10- Breakfast Club 10-10:50 –SU-CASA: Golden Voices 11-11:50 - Chair Fitness w/Quinn 12-12:50 –96.6 FGC 1-1:50 –Karaoke Fridays 2-2:50- Stretch/Dance w/ DanceWave	<b>Programming is Subject to Change</b> Sponsored By: <b>Fort Greene Council, Inc.</b> Funded By: <b>NYC Department for The Aging</b>
<b>6.D-Day</b> 9:30-10- Breakfast Club 10-10:50- Alert & Alive 11-11:50–Chair Fitness w/ Quinn 12-12:50-96.6 FGC 1-1:50- Simone’s Kitchen 2-2:50-SU-CASA: Golden Moves	<b>7.World Safety Day</b> 9:30-10- Breakfast Club 10-10:50 –Tai Chi 11-11:30 –Cardio w/Art 11:35-12:05- Physical Exercise 12:05-12:55–96.6 FGC 1-1:50 – Teatime w/ Mrs. Flowers 2-2:50 – Dancercise w/ Ms. Ella	<b>8.National Best friend Day</b> 9:30-10- Breakfast Club 10-10:50 – Downstate Hospital 11-11:50–Chair Yoga w/ Jaja 12-12:50- 96.6 FGC 1-1:50 – Total Body Conditioning 2-2:50 – Basic Creole w/ Ms. Vanessa	<b>9.International Archives Day</b> 9:30-10- Breakfast Club 10-10:50 – Zumba w/ DanceWave 11-11:30 –Cardio 11:35-12:05-Physical Exercise 12:05-12:55–96.6 FGC 1-1:50 –SU-CASA: Golden Calm 2-2:50- <b>Dr. Jensen Woodhull</b>	<b>10.National Iced Tea Day</b> 9:30-10- Breakfast Club 10-10:50 –SU-CASA: Golden Voices 11-11:50 – Chair Fitness w/Quinn 12-12:50 –96.6 FGC 1-1:50 –Karaoke Fridays 2-2:50-Stretch/Dance w/ DanceWave	<u><b>AWARENESS &amp; OBSERVANCES:</b></u> African American Musician Appreciation Month Alzheimer’s and Brain Awareness Month Cataract Awareness Month Effective Communication Month LGTBQ Pride Month Men’s Health Month National Aphasia Awareness Month National Caribbean American Heritage Month National Safety Month PTSD Awareness Month Caribbean American HIV Awareness Day 6/8
<b>13.Sewing Machine Day</b> 9:30-10- Breakfast Club 10-10:50 – Alert & Alive 11-11:50- Chair Fitness w/Quinn 12-12:50- 96.6 FGC 1-1:50- <b>TheNew Economy Project Presentation (Know-Your-Rights)</b> 2-2:50 –SU-CASA: Golden Moves	<b>14.Flag Day</b> 9:30-10- Breakfast Club 10-10:50 –Tai Chi 11-11:30 –Cardio w/Art 11:35-12:05- Physical Exercise 12:05-12:55–96.6 FGC 1-1:50 – FGC Game Time 2-2:50 – Hot Topics w/ Ms. Brutus	<b>15.World Elder Abuse Awareness Day</b> 9:30-10- Breakfast Club 10-10:50 – <b>Technology w/ FGC</b> 11-11:50–Chair Yoga w/ Jaja 12-12:50 – 96.6 FGC 1-1:50 – Total Body Conditioning 2-2:50- Generation “Y” Talk Back	<b>16.National Fudge Day</b> 9:30-10- Breakfast Club 10-10:50 – Zumba w/ DanceWave 11-11:30 –Cardio 11:35-12:05-Physical Exercise 12:05-12:55–96.6 FGC 1-1:50 –SU-CASA: Golden Calm 2-2:50- Men’s Round Table	<b>17.National Flip Flop Day</b> 9:30-10- Breakfast Club (Juneteenth) 10-10:50 –SU-CASA: Golden Voices 11-11:50 - Chair Fitness w/Quinn 12-12:50 – 96.6 FGC 1-1:50 – Karaoke Fridays 2-2:50 –Stretch/Dance w/ DanceWave <b>Father’s Day Celebration</b>	
<b>20.</b>  <b>ALL OAC’s CLOSED</b>	<b>21.National Selfie Day/World Music Day</b> 9:30-10- Breakfast Club 10-10:50 –Tai Chi 11:00-11:30- Cardio w/Art 11:35-12:05-Physical Exercise 12:05-12:55–96.6 FGC 1-1:50- <b>Hearing/ BalancePresentation</b> 2-2:50-Dancercise w/ Ms. Ella	<b>22.National Onion Ring Day</b> 9:30-10- Breakfast Club 10-10:50 –Downstate Hospital 11-11:50– Chair Yoga w/ Jaja 12-12:50 –96.6 FGC 1-3:30- <b>Cultures United Event Twin Day</b>	<b>23.National Pink Day</b> 9:30-10- Breakfast Club 10-10:50 – Zumba w/ DanceWave 11-11:30 –Cardio 11:35-12:05-Physical Exercise 12:05-12:55–96.6 FGC 1-1:50 –SU-CASA: Golden Calm 2-2:50- <b>Colored Easel</b>	<b>24.Take Your Dog to Work Day</b> 9:30-10- Breakfast Club 10-10:50 –SU-CASA: Golden Voices 11-11:50 - Chair Fitness w/Quinn 12-12:50 – 96.6 FGC 1-1:50 – Karaoke Fridays 2-2:50 –Stretch/Dance w/ DanceWave	HIV Long Term Survivors Day 06/05 National Cancer Survivors Day 06/05 World Environment Day 06/05 Father’s Day 06/19 Juneteenth 06/19 World Refugee Day 06/20



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**JUNE2022**

**27.National HIV Testing Day**  
 9:30-10- Breakfast Club  
 10-10:50-Alert & Alive  
 11-11:50-Chair Fitness w/ Quinn  
 12-12:50-96.6 FGC  
 1-1:50-Simone’s Kitchen  
 2-2:50-SU-CASA: Golden Moves

**Mondays**

**1-1:50PM: Chair  
 Yoga with Su Casa**

**28.National Tapioca Day**  
 9:30-10- Breakfast Club  
 10-10:50 – Tai Chi  
 11-11:30 – Cardio w/Art  
 11:35-12:05- Physical Exercise  
 12:05-12:55– 96.6 FGC  
 1-1:50 – FGC Game Time  
 2-2:50 – Hot Topics w/ Ms. Brutus

**Tuesdays**

**1-1:50PM: Zumba  
 with Terry**

**June 7th: SNAP  
 Outreach with  
 Adrian**

**29.National Camera Day**  
 9:30-10- Breakfast Club  
 10-10:50 -**Personal Planning w/  
 Dignity Memorial**  
 11-11:50–Chair Yoga w/ Jaja  
 12-12:50 – 96.6 FGC  
 1-1:50 – Total Body Conditioning  
 2-2:50- Basic Creole w/ Ms. Vanessa

**Wednesdays:**

**11-12PM:  
 Technology**

**1-1:50PM: The  
 Ladies Circle with  
 Sonja**

**30.World Social Media Day**  
 9:30-10- Breakfast Club  
 10-10:50 – Zumba w/ DanceWave  
 11-11:30 –Cardio  
 11:35-12:05-Physical Exercise  
 12:05-12:55-96.6 FGC  
 1-1:50 –SU-CASA: Golden Calm  
 2-2:50- **Colored Easel**

**Thursdays**

**1-1:50PM: Pottery  
 with Su Casa**

**June 30<sup>th</sup>: LIVE  
 Show Case Finale  
 with Su Casa**

**Fridays**

**1-1:50PM: Line  
 Dancing w/ Terry**

**June 24<sup>th</sup> at 11AM:  
 James Brown  
 Impersonator**

**QUOTE OF THE MONTH**

“Far up in the deep blue sky, Great white clouds are floating by; All the world is dressed in green; Many happy birds are seen, Roses bright and sunshine clear Show that lovely June is here.” — **F. G. Sanders**

Reminders:

- Please submit documentation for approval 3days prior to classes to the Production Team
- Please submit **Downstate attendance** every other **Wednesday**
- Please submit **Dancewaveattendance** every **Thursday and Friday**