

BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER ACTIVITIES CALENDAR: JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Tai Chi & Yoga 10:30 VNS Support Group 11-12pm Topic: The Cycle of Anger Piano Class 1pm-3pm</p>	<p>4</p> <p>CLOSED FOR INDEPENDENCE DAY</p>	<p>5</p> <p>Calm Coloring 9:30 Advanced Computer: 10:00-10:45 Advanced Computer 10:45-11:30 Relaxation Response 10:30-11:30 Senior Swim 1-2pm Reading with Friends 1pm</p>	<p>6</p> <p>Jewelry Making 10-11 Tai Chi & Self Defense 10:30 Stretching for Arthritis 11-12 The Senioettes 1:15-2:15 Piano Class 1pm-3pm</p>	<p>7</p> <p>Calm Coloring 9:30 Ceramics with Harry 10-12pm Current Events 10:30-11:30 Computer Hour 11-12pm NYPD Vision Zero Safety Presentation 11:30am Tai-Chi for Arthritis 1-2pm</p>
<p>10</p> <p>Tai Chi & Yoga 10:30 VNS Support Group 11-12pm Topic: Relationships Piano Class 1pm-3pm</p>	<p>11</p> <p>OATS Exploring Technology 9:30 OATS Beyond the Basics 10:45 Art & Painting Class 10-11am Art History 11-12pm Knitting/Crochet Club 1-2pm Computer Hour 1-2pm</p>	<p>12</p> <p>Calm Coloring 9:30 Basic Computer: 10:00-10:45 Basic Computer 10:45-11:30 Relaxation Response 10:30-11:30 Senior Swim 1-2pm Reading with Friends 1pm</p>	<p>13</p> <p>OATS Exploring Technology 9:30 OATS Beyond the Basics 10:45 Jewelry Making 10-11 Center for Vein Restoration Information Session 10:30 The Senioettes 1:15-2:15 Piano Class 1pm-3pm</p>	<p>14</p> <p>Calm Coloring 9:30 Current Events 10:30-11:30 Computer Hour 11-12pm Tai-Chi for Arthritis 1-2pm</p>
<p>17</p> <p>Tai Chi & Yoga 10:30 VNS Support Group 11-12pm Topic: Self-Awareness Piano Class 1pm-3pm</p>	<p>18</p> <p>Welcome Summer! Demo: Safety and Self-Defense with George Reyes 11-12m OATS Exploring Technology 9:30 OATS Beyond the Basics 10:45 Art & Painting Class 10-11am Art History 11-12pm Knitting/Crochet Club 1-2pm Computer Hour 1-2pm</p>	<p>19</p> <p>Calm Coloring 9:30 Advanced Computer: 10:00-10:45 Advanced Computer 10:45-11:30 Relaxation Response 10:30-11:30 Senior Swim 1-2pm Reading with Friends 1pm Movie: Shall We Dance? 1pm</p>	<p>20</p> <p>OATS Exploring Technology 9:30 OATS Beyond the Basics 10:45 Jewelry Making 10-11am Tai-Chi and Self Defense 10:30 Stretching for Arthritis 11-12pm The Senioettes 1:15-2:15pm Piano Class 1pm-3pm</p>	<p>21</p> <p>Trip: Bay Plaza Mall 9:30am Departure Calm Coloring 9:30 Ceramics with Harry 10-12pm Current Events 10:30-11:30 Computer Hour 11-12 pm Tai-Chi for Arthritis 1-2pm</p>
<p>24</p> <p>Tai Chi & Yoga 10:30 VNS Support Group 11-12pm Topic: What's Worrying You Piano Class 1pm-3pm</p>	<p>25</p> <p>OATS Exploring Technology 9:30 OATS Beyond the Basics 10:45 Art & Painting Class 10-11 Art History 11-12pm Knitting/Crochet Club 1-2pm Computer Hour 1-2pm</p>	<p>26</p> <p>Calm Coloring 9:30 Basic Computer: 10:00-10:45 Basic Computer 10:45-11:30 Relaxation Response 10:30-11:30 Senior Swim 1-2pm Reading with Friends 1pm</p>	<p>27</p> <p>OATS Exploring Technology 9:30 OATS Beyond the Basics 10:45 Chronic Disease Self-Management 9:00am Jewelry Making 10-11 Tai Chi & Self Defense 10:30 Advisory Committee 11-11:30am The Senioettes 1:15-2:15pm Piano Class 1pm-3pm</p>	<p>28</p> <p>Calm Coloring 9:30 Current Events 10:30-11:30 Computer Hour 11-12pm Cultural Appreciation Day 12-1pm Tai-Chi for Arthritis 1-2pm</p>
<p>31</p> <p>Tai Chi & Yoga 10:30 Piano Class 1pm-3pm</p>	<p>Suggested Lunch Donation is \$1.50. We provide roundtrip transportation in our service area. Call the Senior Services office to find out if you are eligible. 718-792-1800 ext. 228</p>			

MONTHLY HIGHLIGHTS

Cultural Appreciation Day! 7/28 12-1pm
Celebrate with entertainment by Eranga & Prianga.

CLASSES:

- **Calm Coloring:** Wednesday and Friday
- **Tai Chi & Yoga:** Every Monday
- **Ceramics:** 1st and 3rd Friday
- **Stretching for Arthritis:** 1st & 3rd Thursday
- **Tai Chi & Self Defense:** 2nd, 3rd, and 4th Thursdays
- **Current Events with Prudence:** Every Friday
- **Knitting/Crochet Club:** Every Tuesday
- **Piano Class:** Every Monday and Thursday

PRESENTATIONS & TRIPS:

Welcome Summer Day: July 18th
A day of special events and entertainment (See flyer for details).

*NEW: Chronic Disease Self-Management

Start Date: 7/27 9am

- This evidenced-based workshop is given for 2.5 hours, once a week, for 6 weeks. Discuss self-management strategies for issues related to chronic disease. Pre-register now.

*NEW: OATS "Exploring Technology" and "Beyond the Basics" Classes

Start Date: 7/11

- Classes are Tues. and Thurs., starting at 9:30 and 10:45am respectively. Pre-register now.

NYPD Vision Zero Safety Presentation 7/7 11:30am

- Attend a Vision Zero presentation about the NYC's safety initiatives to prevent traffic related accidents and be an informed pedestrian.

Center for Vein Restoration Information Session 7/13 10:30am

- This presentation will focus on blood circulation problems in the legs. Learn about the symptoms, as well as who's at risk, and forms of prevention.

Movie: Shall We Dance? 7/19 1pm

- On his commute home one night, lawyer John Clark notices a stunning woman in a dance studio and decides on a whim to join a class ...

Trip: Bay Plaza Mall 7/21 9:30am Departure

Bronx House Weinberg Neighborhood Center is funded by the NYC Department for the Aging and Councilman James Vacca.

