

## BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER CALENDAR FOR AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>			<b>2</b>	<b>2</b>
<p><b>Suggested Lunch Donation is \$1.50. We provide round trip transportation in our service area. Call the Senior Services office to find out if you are eligible.</b></p>			<p>Tai-Chi &amp; Self Defense 9:30am-11:00am                      Stretching for Arthritis 11:00-12:00pm                      The Senioresses Dance Group 1:15-2:15 pm</p>	<p>Open Computer Hour 9:00am-12:00pm                      Book Club 10:00am-11:00pm  <b>Writing Club 11:00am-12:00pm</b>  <b>West Niles Virus Workshop 11:00am-12:00pm</b>                      Tai-Chi for Arthritis 1:00pm-2:00pm</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<p>Tai Chi &amp; Yoga 10:30am-11:30am                      VNS Support Group 11:00am-12:00pm                      Open Computer Hour 11:00am-12:00pm</p>	<p><b>Coloring Class 10:00am-12:00pm</b>                      Yiddish Group 11:00am-12:00pm                      Knitting Crochet Club 1:00pm-2:00pm                      Open Computer Hour 1:00pm-2:00pm</p>	<p>Basic Computer Class 10:00am-11:00am                      Current Events 10:30-11:30am  <b>Senior Swim 12:30pm-1:30pm</b></p>	<p>Tai-Chi &amp; Self Defense 9:30am-11:00am                      Stretching for Arthritis 11:00-12:00pm                      The Senioresses Dance Group 1:15-2:15 pm</p>	<p><b>City Island Seashore Restaurant 10:00am-12:00pm</b>                      Open Computer Hour 9:00am-12:00pm                      Book Club 10:00am-11:00pm  <b>Writing Club 11:00am-12:00pm</b>                      Tai-Chi for Arthritis 1:00pm-2:00pm</p>
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<p>Tai Chi &amp; Yoga 10:30 am-11:30am                      VNS Support Group 11:00am-12:00pm                      Open Computer Hour 1:00pm-3:00pm</p>	<p><b>Farmer's Market 10:30am -12:30pm</b>                      Yiddish Group 11:00am-12:00pm                      Knitting Crochet Club 1:00pm-2:00pm                      Open Computer Hour 1:00pm-2:00pm</p>	<p>Advance Computer Class 10:00-11:00am                      Current Events 10:30-11:30am  <b>Senior Swim 12:30pm-1:30pm</b></p>	<p><b>Madame Tussaud's 9:30am-3:00pm</b>                      Tai-Chi &amp; Self Defense 9:30am-11:00am                      Stretching for Arthritis 11:00am-12:00pm                      Healing With Art Class 1:00pm-3:00 pm                      The Senioresses Dance Group 1:15-2:15 pm</p>	<p>Open Computer Hour 9:00am-12:00pm                      Book Club 10:00am-11:00pm  <b>Writing Club 11:00am-12:00pm</b>  <b>Blood Pressure Day 10:00am-12:00pm</b>                      Tai-Chi for Arthritis 1:00pm-2:00pm</p>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<p>Tai Chi &amp; Yoga 10:30am-11:30am                      VNS Support Group 11:00am-12:00pm                      Open Computer Hour 11:00am-12:00pm</p>	<p><b>Nutrition Lecture 11:00am-12:00pm</b>  <b>Topic: Helpful Snack Hints</b>                      Yiddish Group 11:00am-12:00pm                      Knitting &amp; Crochet Club 1:00pm-2:00pm                      Open Computer Hour 1:00pm-2:00pm</p>	<p>Basic Computer Class 10:00am-11:00am                      Current Events 10:30-11:30am  <b>Senior Swim 12:30pm-1:30pm</b></p>	<p>Tai-Chi &amp; Self Defense 9:30am-11:00am                      Stretching for Arthritis 11:00am-12:00pm                      Healing With Art Class 1:00pm-3:00pm                      The Senioresses Dance Group 1:15-2:15 pm</p>	<p>Open Computer Hour 9:00am-12:00pm                      Book Club 10:00am-11:00pm  <b>Writing Club 11:00am-12:00pm</b>  <b>BINGO! 11:15am-11:45pm</b>                      Tai-Chi for Arthritis 1:00pm-2:00pm</p>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<p><b>Surf Club Trip 9:00am-5:00pm</b>                      Tai Chi &amp; Yoga 10:30am-11:30am                      VNS Support Group 11:00am-12:00pm                      Open Computer Hour 10:00am-12:00 pm</p>	<p><b>Coloring Class 10:00am-12:00pm</b>                      Yiddish Group 11:00am-12:00pm                      Knitting &amp; Crochet Club 1:00pm-2:00pm                      Open Computer Hour 1:00pm-2:00pm</p>	<p>Advance Computer Class 10:00-11:00am                      Current Events 10:30-11:30am  <b>Senior Swim 12:30pm-1:30pm</b></p>	<p><b>Farmer's Market 10:30am-12:30pm</b>                      Tai-Chi &amp; Self Defense 9:30am-11:00am                      Stretching for Arthritis 11:00-12:00pm                      Healing With Art Class 1:00pm-3:00pm                      The Senioresses Dance Group 1:15-2:15 pm</p>	<p>Open Computer Hour 9:00am-12:00pm                      Book Club 10:00am-11:00pm  <b>Writing Club 11:00am-12:00pm</b>  <b>Summer Ends Party! 11:00am-1:00pm</b>                      Tai-Chi for Arthritis 1:00pm-2:00pm</p>

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Bronx House Weinberg Neighborhood Center is funded by the NYC Department of Aging and Councilman Mark Gjonaj 990 Pelham Parkway South, Bronx, NY 10461 718-792-1800 ext 228  
[www.bronxhouse.org](http://www.bronxhouse.org)

