

## BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER NOVEMBER 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Independent Computer 9:00am VNS Support Group with Marlene 10:00am Line Dancing with Joan 11:00am	2 <b>Election Day- Come Out and Vote!</b> <b>ALZHEIMER AWARENESS MONTH</b> * <b>BINGO! 10:00am in Cafeteria</b> Current Events at 11:00am	3 Total Body Fitness with Chris 9:00am Computer Basic With Manuel 10:00am Computer Advance With Manuel 11:00am <b>Zumba Gold With Shelly at 10:30am</b> <b>Senior Swim 10:30am-12:00pm</b>	4 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am Knits & Crochet Class 1:00pm	5 Ceramics With Harry 10:00-12:00pm Total Body Fitness with Chris 10:30am <b>Birthday Celebration</b> <b>With DJ Juan Ortega</b> <b>11:00am-12:00pm</b>
8 Independent Computer 9:00am VNS Support Group with Marlene 10:00am Line Dancing with Joan 11:00am	9 <b>Tai Chi Self Defense With George</b> <b>10:00am</b> Current Events at 11:00am	10 Total Body Fitness with Chris 9:00am Computer Basic With Manuel 10:00am Computer Advance With Manuel 11:00am <b>Zumba Gold With Shelly at 10:30am</b> <b>Senior Swim 10:30am-12:00pm</b>	11 Tai Chi Self Defense with George 9:30am <b>Chair Yoga 10:00am</b> Stretching with Arthritis with Terry at 11:00am Knits & Crochet Class 1:00pm	12 Ceramics With Harry 10:00-12:00pm Total Body Fitness with Chris 10:30am <b>BINGO! 11:00am-12:00pm</b>
15 Independent Computer 9:00am VNS Support Group with Marlene 10:00am Line Dancing with Joan 11:00am	16 <b>Tai Chi Self Defense With George</b> <b>10:00am</b> Current Events at 11:00am	17 Total Body Fitness with Chris 9:00am Computer Basic With Manuel 10:00am Computer Advance With Manuel 11:00am <b>Zumba Gold With Shelly at 10:30am</b> <b>Senior Swim 10:30am-12:00pm</b>	18 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am Knits & Crochet Class 1:00pm	19 Ceramics With Harry 10:00-12:00pm Total Body Fitness with Chris 10:30am <b>Thanksgiving Celebration</b> <b>With DJ Juan Ortega</b> <b>11:00am-12:00pm</b>
22 Independent Computer 9:00am VNS Support Group with Marlene 10:00am Line Dancing with Joan 11:00am	23 <b>Tai Chi Self Defense With George</b> <b>10:00am</b> <b>Wine Glass Painting Event 10:00am</b> Current Events at 11:00am	24 Total Body Fitness with Chris 9:00am Computer Basic With Manuel 10:00am Computer Advance With Manuel 11:00am <b>Zumba Gold With Shelly at 10:30am</b> <b>Senior Swim 10:30am-12:00pm</b>	25 <b>Happy Thanksgiving!</b> <b>Bronx House Closed!</b> 	26 <b>Thanksgiving Holiday</b> <b>Bronx House Closed</b>  <b>Hanukkah Begins Sunday 11/28/21</b>

29  
Independent Computer 9:00am  
VNS Support Group with Marlene  
10:00am  
Line Dancing with Joan 11:00am  
**Blood Pressure Screening With Willa  
at 11:00am**

30  
**Tai Chi Self Defense With George  
10.00am**  
Current Events at 11:00am



**Suggested Lunch Donations \$1.50.  
We Provide Round Trip Transportation in  
our service area. Please call and reserve in  
the Senior Services office to find out if  
you are eligible.**

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

