


BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER JANUARY 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Independent Computer 9:00am Senior Support Group With Prudence 10:00am Line Dancing with Joan 11:00am	4 Walking With Ease With Terry 9:15am Tai Chi Self Defense With George 10:15am Current Events With Prudence 11:00am	5 Total Body Fitness with Chris 9:00am Basic computer instruction Manuel 10:00am Advanced computer instruction with Manuel 11:00am Zumba Gold With Shelly at 10:30am Senior Swim 10:30am-12:00pm	6 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am Knitting & Crochet Class 1:00pm	7 Independent Computer 9:00am Ceramics With Harry 10:00-12:00pm Total Body Fitness with Chris 10:15am BINGO! 11:00am
10 Independent Computer 9:00am Senior Support Group With Prudence 10:00am Arts & Craft With Katherine 11:00am Virtual Line Dancing with Joan 11:00am	11 Walking With Ease With Terry 9:15am Tai Chi Self Defense With George 10:15am Current Events With Prudence 11:00am	12 Total Body Fitness with Chris 9:00am Basic computer instruction Manuel 10:00am Advanced computer instruction With Manuel 11:00am Zumba Gold With Shelly at 10:30am Senior Swim 10:30am-12:00pm	13 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am Knitting & Crochet Class 1:00pm	14 Ceramics With Harry 10:00-12:00pm Total Body Fitness with Chris 10:15am Arts & Craft 11:00am
17 Independent Computer 9:00am Senior Support Group With Prudence 10:00am Line Dancing with Joan 11:00am Crime Victim Assistance Program Scam Presentation With Ashley 11:30am Auditorium	18 Walking With Ease With Terry 9:15am Tai Chi Self Defense With George 10:15am Virtual Elder Abuse Presentation with Juan Laguerra Neighborhood Shopp 11:00am	19 Total Body Fitness with Chris 9:00am Basic computer instruction with Manuel 10:00am Zumba Gold With Shelly at 10:30am Senior Swim 10:30am-12:00pm	20 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am Knitting & Crochet Class 1:00pm	21 Ceramics With Harry 10:00-12:00pm Total Body Fitness with Chris 10:15am Virtual Chair Yoga With Harold 1:00pm
24 Independent Computer 9:00am Support Group With Prudence 10:00am Line Dancing with Joan 11:00am Blood Pressure Screening With Willa at 11:00am	25 Walking With Ease With Terry 9:15am Tai Chi Self Defense With George 10:15am Current Events With Prudence 11:00am	26 Total Body Fitness with Chris 9:00am Computer Basic With Manuel 10:00am Computer Advance With Manuel 11:00am Zumba Gold With Shelly at 10:30am Senior Swim 10:30am-12:00pm	27 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am Knitting & Crochet Class 1:00pm	28 Ceramics With Harry 10:00-12:00pm Total Body Fitness with Chris 10:15am Arts & Craft 11:00am
31 Independent Computer 9:00am Senior Support Group With Prudence 10:00am Virtual Nutrition Class With Amelia 10:00am Line Dancing with Joan 11:00am			<p><i>Welcome January!</i> <i>Happy New Year 2022!</i></p> 	<p>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 *Mask Required Indoors*</p>

Bronx House Weinberg Neighborhood Center is funded by the NYC Department of Aging
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