

BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER MAY 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am	3 Walking With Ease 9:15am Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:15am Current Events 11:00am Latin Dance With Jose at 11:00am	4 Total Body Fitness with Chris 9:00am Basic Computer Instructions With Manuel 10:00am Advanced Computer Instructions with Manuel 11:00am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-12:00pm	5 HAPPY CINCO DE MAYO! Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am	6 Independent Computer 9:30am Ceramics with Harry 10:00- 12:00pm Total Body Fitness with Chris 10:15am VNSNY- Visiting Nurse Services 11:00am-12:00pm
9 Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Art With katherine 11:00am	10 Walking With Ease 9:15am Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:15am Current Events 11:00am Latin Dance with Jose at 11:00am	11 Total Body Fitness with Chris 9:00am Basic Computer Instructions With Manuel 10:00am Advanced Computer Instructions with Manuel 11:00am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-12:00pm	12 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am	13 Independent Computer 9:30am Total Body Fitness with Chris 10:15am
16 Knits & Crochet 10:00am Blood Pressure Screening with Willa 10:30am Contemporary Dance with Joan 11:00am	17 Walking With Ease 9:15am Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:30am Current Events 11:00am Latin Dance with Jose at 11:00am	18 Total Body Fitness with Chris 9:00am Basic Computer Instructions With Manuel 10:00am Advanced Computer Instructions with Manuel 11:00am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-12:00pm	19 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am	20 Independent Computer 9:30am Ceramics with Harry 10:00am Total Body Fitness 10:15am Birthday Celebration 11:00am VNSNY- Visiting Nurse Services 11:00am-12:00pm
23 Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Art With katherine 11:00am	24 Walking With Ease 9:15am Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:30am Elder Abuse Virtual Workshop 11:00am Latin Dance with Jose at 11:00am	25 Total Body Fitness with Chris 9:00am Basic Computer Instructions with Manuel 10:00am Advanced Computer Instructions with Manuel 11:00am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-12:00pm	26 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am	27 Independent Computer 9:30am Total Body Fitness with Chris 10:15am
30 Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am	31 Walking With Ease 9:15am Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:30am Current Events 11:00am			<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>

	Latin Dance with Jose at 11:00am			
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A better life for everyone.™
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