




BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER August 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm	2 Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:15am Current Events 11:00 am Art & Craft With Katherine 11:00am	3 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	4 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am NSNY- Visiting Nurse Services-Finding Happiness with Beth 1:00 pm-2:00pm Easy Fit Cardio with Stuart 1:00pm	5 Independent Computer 9:30am Total Body Fitness with Chris 10:15am Senior Support Group with Prudence 10:00am City Island Crab Shanty 11:00-2pm
8 Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm	9 Senior Support Group with Prudence 10:00am Wave Hill Garden Trip Chair Yoga with Jazmine 10:15am Current Events 11:00 am Art & Craft With Katherine 11:00am	10 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	11 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am NSNY- Visiting Nurse Services-Finding Happiness with Beth 1:00 pm-2:00pm Easy Fit Cardio with Stuart 1:00 pm	12 Independent Computer 9:30am Total Body Fitness with Chris 10:15am GAME DAY-BINGO, PUZZLES MOVIE Cooking with Cheryl 11:15am
15 Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm	16 Senior Support Group with Prudence 10:00am Bronx Museum 10:00 am Chair Yoga with Jazmine 10:15am Support Group with Prudence 10:00 am Current Events 11:00am Art & Craft With Katherine 11:00am	17 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	18 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am NSNY- Visiting Nurse Services-Finding Happiness with Beth 1:00 pm-2:00pm Easy Fit Cardio with Stuart 1:00 pm	19 Independent Computer 9:30am Total Body Fitness 10:15am GAME DAY-BINGO, PUZZLES MOVIE Fairway Market
22 Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm	23 Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:15am Current Event 11:00am Art & Craft With Katherine 11:00am PRIMARY DAY 	24 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  circle line Trip	25 Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am NSNY- Visiting Nurse Services-Finding Happiness with Beth 1:00 pm-2:00pm Easy Fit Cardio with Stuart 1:00 pm	26 Independent Computer 9:30am Tu B'AV The Jewish Love Day Show 10:00am Total Body Fitness 10:15am GAME DAY-BINGO, PUZZLES MOVIE Cooking with Cheryl 11:15 Raffle Day

<p style="text-align: right;">29</p> <p>Knits & Crochet 10:00am Dance Performance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm</p>	<p style="text-align: right;">30</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:30am Current Event 11:00am Art & Craft With Katherine 11:00am Birthday Celebration</p>	<p style="text-align: right;">31</p> <p>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</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>
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Funded by the NYC Department for the Aging

