





BRONX HOUSE WEINBERG OLDER ADULT CENTER September 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>			<p align="right">1</p> <p>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</p>	<p align="right">2</p> <p>Independent Computer 9:30am Total Body Fitness with Chris 10:15am GAME DAY-BINGO, PUZZLES MOVIE</p>
<p align="right">5</p> 	<p align="right">6</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:15am Current Events 11:00 am Art & Craft With Katherine 11:00am</p>	<p align="right">7</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 align="right">8</p> <p>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</p>	<p align="right">9</p> <p>Independent Computer 9:30am Total Body Fitness with Chris 10:15am GAME DAY-BINGO, PUZZLES MOVIE</p>
<p align="right">12</p> <p>Knits & Crochet 10:00am MAYSIT Tablets with Rafael 10 am- 12pm Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm</p>	<p align="right">13</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:15am Support Group with Prudence 10:00 am Current Events 11:00am Art & Craft With Katherine 11:00am</p>	<p align="right">14</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 align="right">15</p> <p>Tai Chi Self Defense with George 9:30am Stretching with Arthritis with Terry at 11:00am Senior Appreciation Day-Music with Juan NSNY- Visiting Nurse Services-Finding Happiness with Beth 1:00 pm-2:00pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p align="right">16</p> <p>Independent Computer 9:30am Total Body Fitness 10:15am GAME DAY-BINGO, PUZZLES MOVIE Bowling</p> 
<p align="right">19</p> <p>Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm</p>	<p align="right">20</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jazmine 10:15am Current Event 11:00am Art & Craft With Katherine 11:00am Bronx Arts Ensemble concert 1:00 pm</p>	<p align="right">21</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 align="right">22</p> <p>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</p>	<p align="right">23</p> <p>Independent Computer 9:30am Total Body Fitness 10:15am GAME DAY-BINGO, PUZZLES MOVIE</p>

<p style="text-align: right;">26</p> <p>Knits & Crochet 10:00am Blood Pressure check with Willa 10:00 am Contemporary Dance with Joan 11:00 am Easy Fit Cardio with Stuart 1:30 pm</p>	<p style="text-align: right;">27</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</p>	<p style="text-align: right;">28</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 style="text-align: right;">29</p> <p>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</p>	<p style="text-align: right;">30</p> <p>Independent Computer 9:30am Total Body Fitness 10:15am GAME DAY-BINGO, PUZZLES MOVIE Birthday Celebration 11:00 am-12 pm</p>
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Funded by the NYC Department for the Aging