



BRONX HOUSE WEINBERG NEIGHBORHOOD SENIOR CENTER November 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p align="right">1</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Current Events 11:00 am Arts & Crafts 11:00am</p>	<p align="right">2</p> <p>Total Body Fitness with Chris 9:00am Basic Computer W/ Instructions 10:00 am Advanced Computer W/Instructions 11:00 am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-11:30 am</p>	<p align="right">3</p> <p>Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry at 11:00am NSNY- Visiting Nurse Services11:00 am Easy Fit Cardio with Stuart 1:00pm Jazz Concert W/ The Barbara Purdy Jazz Combo 1:00 pm-2:00 pm</p>	<p align="right">4</p> <p>Independent Computer 9:30am Total Body Fitness with Chris 10:00am Jewelry Making class with Roxanne 11:00 am-12:00 pm GAME DAY-BINGO, PUZZLES MOVIE</p>
<p align="right">7</p> <p>Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Elder Abuse presentation 11:00 am Easy Fit Cardio with Stuart 1:30 pm Blood Pressure Check with Willa 10:30 am-12pm</p>	<p align="right">8</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Current Events 11:00 am Arts & Crafts 11:00am Pumpkin Painting at 1:00 pm</p>	<p align="right">9</p> <p>Total Body Fitness with Chris 9:00am Basic Computer W/ Instructions 10:00 am Advanced Computer W/Instructions 11:00 am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-11:30 am</p>	<p align="right">10</p> <p>Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry at 11:00am NSNY- Visiting Nurse Services-Finding Happiness with Beth 11:00 am-12:00pm Easy Fit Cardio with Stuart 1:00 pm Acting Class 1:00 pm-2:30 pm</p>	<p align="right">11</p> <p>Breakfast with the Team 9:00am Independent Computer 9:30am Total Body Fitness with Chris 10:00am GAME DAY-BINGO, PUZZLES MOVIE</p>
<p align="right">14</p> <p>Knits & Crochet 10:00am NY Project Hope Presentations- After the pandemic 10:00 am Contemporary Dance with Joan 11:00am Easy0 Fit Cardio with Stuart 1:30 pm</p>	<p align="right">15</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Current Events 11:00am Arts & Crafts 11:00am</p>	<p align="right">16</p> <p>Total Body Fitness with Chris 9:00am Basic Computer W/ Instructions 10:00 am Advanced Computer W/Instructions 11:00 am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-11:30 am Sip and Paint 1:00 pm – 2:00 pm</p>	<p align="right">17</p> <p>Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry at 11:00am NSNY- Visiting Nurse Services-Finding Happiness with Beth 11:00 am-12:00pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p align="right">18</p> <p>Independent Computer 9:30am Total Body Fitness 10:00am Jewelry Making class with Roxanne 11:00 am- 12:00 pm GAME DAY-BINGO, PUZZLES MOVIE</p>
<p align="right">21</p> <p>Knits & Crochet 10:00am Thanksgiving celebration 11:00 am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm</p>	<p align="right">22</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Current Events 11:00am Arts & Crafts 11:00am</p>	<p align="right">23</p> <p>Total Body Fitness with Chris 9:00am Basic Computer W/ Instructions 10:00 am Advanced Computer W/Instructions 11:00 am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-11:30 am</p>	<p align="right">24</p> <p align="center">Closed</p> 	<p align="right">25</p> <p align="center">Closed</p> 
<p align="right">28</p> <p>Knits & Crochet 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30 pm</p>	<p align="right">29</p> <p>Senior Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Current Events 11:00am Arts & Crafts 11:00am</p>	<p align="right">30</p> <p>Total Body Fitness with Chris 9:00am Basic Computer W/ Instructions 10:00 am Advanced Computer W/Instructions 11:00 am Zumba Gold with Shelly at 10:30am Senior Swim 10:30am-11:30 am</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</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</p>

		Birthday Celebration 11:00 am		
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Funded by the NYC Department for the Aging



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