



BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER January 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30pm	OAC Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am Botanical Garden Glow Show 10:30am	Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly at 10:30am OAC Swim 10:30am-11:30am	Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00pm	Independent Computer 9:30am Total Body Fitness with Chris 10:00am GAME DAY-BINGO, PUZZLES MOVIE
9	10	11	12	13
Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30pm Blood Pressure Check with Willa 10:30am-12:00pm	OAC Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am	Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly at 10:30am OAC Swim 10:30am-11:30am	Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00pm	Independent Computer 9:30am Total Body Fitness with Chris 10:00am Jewelry Making class with Roxanne 11:00am- 12:00pm GAME DAY-BINGO, PUZZLES MOVIE Winter Wonderland Party 11:00am-1:00pm
16	17	18	19	20
Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30pm	OAC Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am	Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly at 10:30am OAC Swim 10:30am-11:30am	Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00 pm	Independent Computer 9:30am Total Body Fitness 10:00am GAME DAY-BINGO, PUZZLES MOVIE BINGO 11:00am-12:00pm
23	24	25	26	27
Knits & Crochet with Carmen 10:00am Lunar New Year celebration 11:00am-12:00pm Easy Fit Cardio with Stuart 1:30pm	OAC Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am	Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly 10:30am OAC Swim 10:30am-11:30am	Tai Chi Self Defense with George 9:30am Stretching for Arthritis with Terry 11:00am VNS: Support Group & Mediation with Beth 11:00am-12:00pm Easy Fit Cardio with Stuart 1:00 pm	Independent Computer 9:30am Total Body Fitness 10:00am Jewelry Making class with Roxanne 11:00am-12:00pm GAME DAY-BINGO, PUZZLES MOVIE January Birthday Party 11:00am-1:00pm
30	31			<p>Suggested Meal Contribution \$1.50. We provide round trip transportation in our service area. Please call the Older Adult Center Services Office to find out if you are eligible and reserve a ride 718-792-7800 X 228</p>
Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am Easy Fit Cardio with Stuart 1:30pm	OAC Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am			