

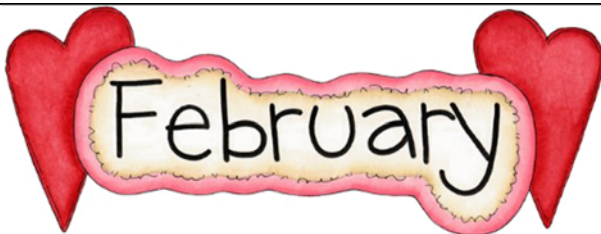


BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER February 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2 	3 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	4 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	5 Independent Computer 9:30am Total Body Fitness with Chris 10:00am GAME DAY-BINGO, PUZZLES MOVIE 11:00am-12:00pm
6 Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am	7 OAC Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Nutrition Session with Amelia 1000am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am	8 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	9 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	10 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 11:00am-12:00pm
13 Valentine's Day 60's Theme Party 11:00am-1:00pm Blood Pressure Check with Wila 11am-12:00pm	14 OAC Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Elder Abuse with Ashly 11:00am Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am	15 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	16 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	17 Independent Computer 9:30am Total Body Fitness 10:00am Stop and Shop 10:00am GAME DAY-BINGO, PUZZLES MOVIE 11:00am-12:00pm
20 Knits & Crochet with Carmen 10:00am Breast cancer awareness virtual presentation 10:00am-11:00am Contemporary Dance with Joan 11:00am	21 OAC Support Group with Prudence 10:00am Chair Yoga with Jennifer 10:00 am Botanical Garden The Orchids show 10:30am-1:00pm Current Events with Prudence 11:00am Arts & Crafts with Joseph 11:00am	22 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	23 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	24 Independent Computer 9:30am Total Body Fitness 10:00am Jewelry Making class with Roxanne 11:00am-12:00pm GAME DAY-BINGO, PUZZLES MOVIE 11:00am-12:00pm
27 Knits & Crochet with Carmen 10:00am Contemporary Dance with Joan 11:00am	28 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 Birthday Celebration 11:00-1:00pm		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 718-792-1800 X 228	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 718-792-1800 X 228

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