

# NORC MAY 2023 CALENDAR

## MONDAY/LUNES, MAY/MAYO 1

VNS RN/Enfermera @NORC

11am: Walk with Ease w/ Gail/Grupo de Caminar con Gail

## TUESDAY/MARTES, MAY/MAYO 2

1pm-2pm: Arts & Craft/Artes @Bronx House

## WEDNESDAY/MIERCOLES, MAY/MAYO 3

VNS RN/Enfermera @NORC

1pm-2pm: Tai Chi / @Bronx House

## THURSDAY/JUEVES, MAY/MAYO 4

VNS RN/Enfermera @NORC

1pm-2pm: Exercise your Body/Ejercita tu cuerpo

@Bronx House

## FRIDAY/VIERNES, MAY/MAYO 5

11am-1pm: Cinco de Mayo Celebration @Bronx House

1pm-2pm: Zumba @Bronx House

## MONDAY/LUNES, MAY/MAYO 8

11am: Walk with Ease w/ Gail/Grupo de Caminar con Gail

## TUESDAY/MARTES, MAY/MAYO 9

11am: Health Presentation/Presentacion de Salud @JASA

1pm-2pm: Yoga @ Bronx House

## WEDNESDAY/MIERCOLES, MAY/MAYO 10

VNS RN/Enfermera @NORC

1pm-2pm: Tai Chi / @Bronx House

## THURSDAY/JUEVES, MAY/MAYO 11

VNS RN/Enfermera @NORC

1pm-2pm: Exercise your Body/Ejercita tu cuerpo

@Bronx House

## FRIDAY/VIERNES, MAY/MAYO 12

VNS RN/Enfermera @NORC

11am-1pm: Mother's Day Party/Fiesta del Dia de las Madres @Bronx House

1pm-2pm: Zumba @Bronx House

## MONDAY/LUNES, MAY/MAYO 15

VNS RN/Enfermera @NORC

11am: Walk with Ease w/ Gail/Grupo de Caminar con Gail

11am-12:30pm: Blood Pressure Screenings/Toma de presion arterial @2440 Boston Road

## TUESDAY/MARTES, MAY/MAYO 16

1pm-2pm: Yoga @ Bronx House

## WEDNESDAY/MIERCOLES, MAY/MAYO 17

VNS RN/Enfermera @NORC

11am: Health Presentation/Presentacion de Salud @JASA

1pm-2pm: Tai Chi / @Bronx House

## THURSDAY/JUEVES, MAY/MAYO 18

VNS RN/Enfermera @NORC

1pm-2pm: Exercise your Body/Ejercita tu cuerpo

@Bronx House

## FRIDAY/VIERNES, MAY/MAYO 19

VNS RN/Enfermera @NORC

1pm-2pm: Zumba @Bronx House

## MONDAY/LUNES, MAY/MAYO 22

VNS RN/Enfermera @NORC

11am: Walk with Ease w/ Gail/Grupo de Caminar con Gail

11am-12:30pm: Blood Pressure Screenings/Toma de presion arterial @2440 Boston Road

## TUESDAY/MARTES, MAY/MAYO 23

1pm-2pm: Yoga @ Bronx House

## WEDNESDAY/MIERCOLES, MAY/MAYO 24

VNS RN/Enfermera @NORC

1pm-2pm: Tai Chi @Bronx House

## THURSDAY/JUEVES, MAY/MAYO 25

VNS RN/Enfermera @NORC

1pm-2pm: Exercise your Body/Ejercita tu cuerpo

@Bronx House

## FRIDAY/VIERNES, MAY/MAYO 26

11am-1pm: Older American Celebration/Celebracion Americana Antigua @Bronx House

1pm-2pm: Zumba @Bronx House

## MONDAY/LUNES, MAY/MAYO 29

Office Close: Oficina Cerrada

## TUESDAY/MARTES, MAY/MAYO 30

11am- Birthday Celebration/Fiesta de cumpleaños @Bronx House

1pm-2pm: Yoga @ Bronx House

## WEDNESDAY/MIERCOLES, MAY/MAYO 31

VNS RN/Enfermera @NORC

1pm-2pm: Tai Chi @Bronx House