

BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER MAY 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Knits & Crochet with Carmen 10:00 am Contemporary Dance with Joan 11:00 am Fitness with David 10:00 am Elder Abuse Workshop 11:00 am	2 Walking with Ease with Terry 9:00 am Chair Yoga with Jennifer 10:00 am Choir class with Stephen 10:00 am Arts & Crafts with Joseph 11:00 am Pilates with Rachel 11:00 am	3 Total Body Fitness with Chris 9:00 am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00 am OAC Swim 10:30 am-11:30 am Bay Plaza Mall Trip 10 am-12 pm	4 Tai Chi Self Defense with George 9:30 am Stretching for Arthritis with Terry 11:00 am VNS: Support Group & Mediation with Beth 11:000 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm	5 Independent Computer 9:30 am Total Body Fitness with Chris 10:00 am Cinco De Mayo Celebration 11:00 am-1:00 pm 
8 Knits & Crochet with Carmen 10:00 am Blood Pressure Screening with Willa 11:00 am – 12:00 pm Contemporary Dance with Joan 11:00 am Fitness with David 10:00 am	9 Walking with Ease with Terry 9:00am Chair Yoga with Jennifer 10:00 am Choir class with Stephen 10:00 am Arts & Crafts with Natalie 11:00 am Pilates with Rachel 11:00 am	10 Total Body Fitness with Chris 9:00am Basic Computer with Manuel 10:00am Advanced Computer with Manuel 11:00am Zumba Gold with Shelly at 10:30am OAC Swim 10:30am-11:30am	11 Tai Chi Self Defense with George 9:30 am Stretching for Arthritis with Terry 11:00 am VNS: Support Group & Mediation with Beth 11:000 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm City Island Trip 11:00 am- 1 pm	12 Independent Computer 9:30 am Total Body Fitness 10:00 am Mother's Day Celebration 11:00 am-1:00 pm 
15 Knits & Crochet with Carmen 10:00 am Contemporary Dance with Joan 11:00 am Fitness with David 10:00 am	16 Chair Yoga with Jennifer 10:00 am Choir class with Stephen 10:00 am Arts & Crafts with Natalie 11:00 am Pilates with Rachel 11:00 am	17 Total Body Fitness with Chris 9:00 am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00 am Zumba Gold with Shelly at 10:30 am OAC Swim 10:30 am-11:30 am	18 Tai Chi Self Defense with George 9:30 am Nutrition Workshop with Amelia 10:00 am Stretching for Arthritis with Terry 11:00 am VNS: Support Group & Mediation with Beth 11:000 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm	19 Independent Computer 9:30 am Total Body Fitness 10:00 am MOVIE & Popcorn: 10:00 am-12:00 pm Salsa Dancing with VNS 11:00 am Jewelry Making class with Roxanne 11:00 am- 12:00 pm
22 Knits & Crochet with Carmen 10:00 am Contemporary Dance with Joan 11:00 am Fitness with David 10:00 am	23 Chair Yoga with Jennifer 10:00 am Choir class with Stephen 10:00 am Arts & Crafts with Natalie 11:00 am Pilates with Rachel 11:00 am	24 Total Body Fitness with Chris 9:00 am Basic Computer with Manuel 10:00 am Advanced Computer with Manuel 11:00 am Zumba Gold with Shelly 10:30 am OAC Swim 10:30 am-11:30 am	25 Tai Chi Self Defense with George 9:30 am Stretching for Arthritis with Terry 11:00 am VNS: Support Group & Mediation with Beth 11:000 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm	26 Independent Computer 9:30 am Total Body Fitness with Chris 10:00 am Older American Celebration 11:00 am-1:00 pm 

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Happy Memorial Day

OAC Closed



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Chair Yoga with Jennifer 10:00 am
Choir class with Stephen 10:00 am
Arts & Crafts with Natalie 11:00 am
Pilates with Rachel 11:00 am

Birthday Celebration

11 am-1 pm



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Total Body Fitness with Chris 9:00 am
Basic Computer with Manuel 10:00 am
Advanced Computer with Manuel 11:00 am
Zumba Gold with Shelly 10:30 am
OAC Swim 10:30 am-11:30 am



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



A better life for everyone.™



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