

# NORC CALENDAR | JUNE 2023

## THURSDAY/JUEVES, JUNE/JUNIO 1

VNS RN/Enfermera @NORC

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

## FRIDAY/VIERNES, JUNE/JUNIO 2

VNS RN/Enfermera @NORC

1pm-2pm: Zumba @Bronx House

## MONDAY/LUNES, JUNE/JUNIO 5

VNS RN/Enfermera @NORC

11am: Tai-chi for Arthritis w/Gail/ Tai chi para la artritis con Gail

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

## TUESDAY/MARTES, JUNE/JUNIO 6

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

## WEDNESDAY/MIERCOLES, JUNE/JUNIO 7

VNS RN/Enfermera @NORC

1-2pm: Tai Chi / @Bronx House

## THURSDAY/JUEVES, JUNE/JUNIO 8

VNS RN/Enfermera @NORC

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

## FRIDAY/VIERNES, JUNE/JUNIO 9

VNS RN/Enfermera @NORC

11am-1pm: Pride Month Celebration/ Celebración del Mes del Orgullo @ Bronx House

1-2pm: Zumba @Bronx House

## MONDAY/LUNES, JUNE/JUNIO 12

VNS RN/Enfermera @NORC

11am: Tai-chi for Arthritis w/Gail/ Tai chi para la artritis con Gail

## TUESDAY/MARTES, JUNE/JUNIO 13

1-2pm: Yoga @ Bronx House

## WEDNESDAY/MIERCOLES, JUNE/JUNIO 14

VNS RN/Enfermera @NORC

11am: Health Presentation/Presentacion de Salud @JASA

1-2pm: Tai Chi / @Bronx House

## THURSDAY/JUEVES, JUNE/JUNIO 15

VNS RN/Enfermera @NORC

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

## FRIDAY/VIERNES, JUNE/JUNIO 16

VNS RN/Enfermera @NORC

11am-1pm: Father's Day Celebration/ Celebración del día del padre @ Bronx House

1-2pm: Zumba @Bronx House

## MONDAY/LUNES, JUNE/JUNIO 19

VNS RN/Enfermera @NORC

11am: Tai-chi for Arthritis w/Gail/ Tai chi para la artritis con Gail

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

## TUESDAY/MARTES, JUNE/JUNIO 20

1-2pm: Yoga @ Bronx House

## WEDNESDAY/MIERCOLES, JUNE/JUNIO 21

VNS RN/Enfermera @NORC

1-2pm: Tai Chi @Bronx House

## THURSDAY/JUEVES, JUNE/JUNIO 22

VNS RN/Enfermera @NORC

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

## FRIDAY/VIERNES, JUNE/JUNIO 23

VNS RN/Enfermera @NORC

Caribbean Celebration/ Celebración Caribeña @ Bronx House 11am-1pm

1pm-2pm: Zumba @Bronx House

## MONDAY/LUNES, JUNE/JUNIO 26

VNS RN/Enfermera @NORC

11am: Tai-chi for Arthritis w/Gail/ Tai chi para la artritis con Gail

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

## TUESDAY/MARTES, JUNE/JUNIO 27

1-2pm: Yoga @ Bronx House

## WEDNESDAY/MIERCOLES, JUNE/JUNIO 28

VNS RN/Enfermera @NORC

11am: Health Presentation/Presentacion de Salud @JASA

Birthday Celebration/ Celebración de cumpleaños @ Bronx House 11am-1pm

1-2pm: Tai Chi @Bronx House

## THURSDAY/JUEVES, JUNE/JUNIO 29

VNS RN/Enfermera @NORC

11am-12:45pm: City Island Trip

1-2pm- Exercise your Body/Ejercita tu cuerpo @Bronx House

## FRIDAY/VIERNES, JUNE/JUNIO 30

VNS RN/Enfermera @NORC

11am-2pm: Zumba @Bronx House