








BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER JUNE 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">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</p>			<p>1</p> <p>Tai Chi Self Defense with George 9:30 am Stretching for Arthritis with Terry 11:00 am VNS: Support Group & Mediation with Beth 11:00 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p>2</p> <p>Independent Computer 9:30 am Total Body Fitness with Chris 10:00 am MOVIE & Popcorn: 10:00 am-12:00 pm Salsa Dancing with VNS 11:00 am</p> 
<p>5</p> <p>Knits & Crochet with Carmen 10:00 am Belly Dancing with Noora 10:00 am Contemporary Dance with Joan 11:00 am Fitness with David 11:00 am</p>	<p>6</p> <p>Pilates with Rachel 10:00 am Choir class with Stephen 10:00 am Arts & Crafts with Natalie 11:00 am Chair Yoga with Rachel 11:00 am</p>	<p>7</p> <p>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</p>	<p>8</p> <p>Tai Chi Self Defense with George 9:30 am Stretching for Arthritis with Terry 11:00 am VNS: Support Group & Mediation with Beth 11:00 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p>9</p> <p>Independent Computer 9:30 am Total Body Fitness 10:00 am Pride Day Celebration 11am- 1pm 10:00 am-12:00 pm</p>
<p>12</p> <p>Knits & Crochet with Carmen 10:00 am Belly Dancing with Noora 10:00 am Contemporary Dance with Joan 11:00 am Fitness with David 11:00 am Blood Pressure Screening with Willa 11:00 am – 12:00 pm</p>	<p>13</p> <p>Christmas Tree Shop Trip Pilates with Rachel 10:00 am Choir class with Stephen 10:00 am Arts & Crafts with Natalie 11:00 am Chair Yoga with Rachel 11:00 am</p>	<p>14</p> <p>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</p>	<p>15</p> <p>Tai Chi Self Defense with George 9:30 am Stretching for Arthritis with Terry 11:00 am VNS: Support Group & Mediation with Beth 11:00 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p>16</p> <p>Independent Computer 9:30 am Total Body Fitness 10:00 am Father's Day Celebration 11:00 am – 1:00 pm</p> 
<p>19</p> <p>Knits & Crochet with Carmen 10:00 am Nutrition Workshop with Amelia 10:00am Belly Dancing with Noora 10:00 am Contemporary Dance with Joan 11:00 am Fitness with David 11:00 am</p>	<p>20</p> <p>Pilates with Rachel 10:00 am Choir class with Stephen 10:00 am Arts & Crafts with Natalie 11:00 am Chair Yoga with Rachel 11:00 am</p>	<p>21</p> <p>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</p>	<p>22</p> <p>Tai Chi Self Defense with George 9:30 am Stretching for Arthritis with Terry 11:00 am VNS: Support Group & Mediation with Beth 11:00 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p>23</p> <p>Independent Computer 9:30 am Total Body Fitness with Chris 10:00 am Juneteenth & Caribbean Celebration 11am-1pm</p> 

<p style="text-align: right;">26</p> <p>Knits & Crochet with Carmen 10:00 am Belly Dancing with Noora 10:00 am Contemporary Dance with Joan 11:00 am Fitness with David 11:00 am</p>	<p style="text-align: center;">IHOP TRIP</p> <p>Pilates with Rachel 10:00 am Choir class with Stephen 10:00 am Arts & Crafts with Natalie 11:00 am Chair Yoga with Rachel 11:00 am</p>	<p style="text-align: center;">28</p> <p>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 Birthday Celebration 11 am-1 pm</p> 	<p style="text-align: center;">29</p> <p>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</p>	<p style="text-align: center;">30</p> <p>Independent Computer 9:30 am Total Body Fitness with Chris 10:00 am MOVIE & Popcorn: 10:00 am-12:00 pm</p> 
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A better life for everyone.™



Funded by the NYC Department for the Aging

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