













BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER SEPTEMBER 2023 CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| <p align="center">Hello, September!</p> |  |  | <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 align="right">1</p> <p>Total Body Fitness with Chris 10:00 am Independent Computer 9:30 am Bingo Extravaganza 11:00am-12:00pm</p>  |
| <p align="center">Labor Day Closed</p>  | <p align="right">4</p> <p align="center">5</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 align="right">6</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</p> | <p align="right">7</p> <p>Tai Chi Self Defense with George 9:30 am Latin Dancing with Amanda 10:00 am Stretching for Arthritis w/ Terry 11:00 am Music w/Juan 11:00am - 1:00pm</p>  <p align="center">Easy Fit Cardio with Stuart 1:00 pm</p> | <p align="right">8</p> <p>Independent Computer 9:30 am Total Body Fitness 10:00 am National Senior Center Month Celebration 11:00am-1:00pm</p>  |
| <p align="right">11</p> <p>Knits & Crochet with Carmen 10:00 am Belly Dancing with Noora 10:00 am Fitness with David 11:00 am</p> | <p align="center">12</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 align="center">13</p> <p>Total Body Fitness with Chris 9:00 am Basic Computer with Manuel 10:00 am Advanced Computer w/Manuel 11:00 am Zumba Gold with Shelly at 10:30 am</p> | <p align="right">14</p> <p>Tai Chi Self Defense with George 9:30 am Latin Dancing with Amanda 10:00 am VNS Support Group & Meditation with Beth 11:000 am-12:00 pm Stretching for Arthritis w/ Terry 11:00 am Easy Fit Cardio with Stuart 1:00 pm</p> | <p align="right">15</p> <p>Independent Computer 9:30 am Total Body Fitness 10:00 am Sheer Entertainment Show ~Rosh Hashanah~ 11:00 am-1:00 pm</p>  |
| <p align="right">18</p> <p>Knits & Crochet with Carmen 10:00 am Belly Dancing with Noora 10:00 am Fitness with David 11:00 am Contemporary Dance with Joan 11:00 am</p> | <p align="right">19</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 align="right">20</p> <p>Total Body Fitness with Chris 9:00 am Basic Computer with Manuel 10:00 am Advanced Computer W/Manuel 11:00 am Zumba Gold with Shelly at 10:30 am Birthday Celebration 11:00am-1:00pm</p>  | <p align="right">21</p> <p> Apple Picking Trip (Tentative Date) Tai Chi Self Defense with George 9:30 am Latin Dancing with Amanda 10:00 am Stretching for Arthritis with Terry 11:00 am VNS Salsa Class 11:000 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm</p> | <p align="right">22</p> <p>Independent Computer 9:30 am Total Body Fitness with Chris 10:00 am MOVIE & Popcorn 10:00 am-12:00 pm</p>  <p align="center">Game Day 10:00 am - 12:00 pm</p> |
| <p align="right">25</p> <p align="center">Yom Kippur Closed</p>  | <p align="right">26</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 align="right">27</p> <p>Total Body Fitness with Chris 9:00 am Basic Computer with Manuel 10:00 am Advanced Computer w/ Manuel 11:00 am Zumba Gold with Shelly at 10:30 am</p> | <p align="right">28</p> <p>Tai Chi Self Defense with George 9:30 am Latin Dancing with Amanda 10:00 am Stretching for Arthritis w/Terry 11:00 am VNS Support Group & Meditation with Beth 11:000 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm</p> | <p align="right">29</p> <p>Total Body Fitness with Chris 10:00 am Independent Computer 9:30 am Bingo Extravaganza 11:00am-12:00pm</p>  |