









BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER NOVEMBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: right;">1</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 style="text-align: right;">2</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 11:00 am-12:00 pm Easy Fit Cardio with Stuart 1:00 pm</p>	<p style="text-align: right;">3</p> <p>Total Body Fitness with Chris 10:00 am Independent Computer 9:30 am VNS SALSA DANCING 1pm-2pm</p>
<p style="text-align: right;">6</p> <p>Knits & Crochet with Carmen 10:00 am Belly Dancing with Noora 10:00 am Contemporary Dance with Joan 11:00 am NUTRITION WORKSHOP WITH AMELIA 11:00am-12:00pm</p>	<p style="text-align: right;">7</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: right;">8</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 WAX MUSEUM TRIP @9AM</p> 	<p style="text-align: right;">9</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 Easy Fit Cardio with Stuart 1:00 pm</p>  <p>BREAKING BREAD BUILDING BONDS 12:00pm-1:00pm</p>	<p style="text-align: right;">10</p> <p>Independent Computer 9:30 am Total Body Fitness 10:00 am Music w/Juan 11:00am – 1:00pm</p> 
<p style="text-align: right;">13</p> <p>Knits & Crochet with Carmen 10:00 am Belly Dancing with Noora 10:00 am Contemporary Dance with Joan 11:00 am</p> 	<p style="text-align: right;">14</p> <p>Pilates with Rachel 10:00 am Choir class with Stephen 10:00 am BENJAMIN FLU VACCINE VISIT 10:00am-1pm Arts & Crafts with Natalie 11:00 am Chair Yoga with Rachel 11:00 am</p>	<p style="text-align: right;">15</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 style="text-align: right;">16</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 Easy Fit Cardio with Stuart 1:00 pm</p>	<p style="text-align: right;">17</p> <p>Independent Computer 9:30 am Total Body Fitness 10:00 am Bingo Extravaganza 11:00am-12:00pm</p> 
<p style="text-align: right;">20</p> <p>STOP & SHOP TRIP 9:30am -11:30am 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 style="text-align: right;">21</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>THANKSGIVING LUNCHEON 11:00 am-1:00pm</p>	<p style="text-align: right;">22</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 style="text-align: right;">23</p> <p style="text-align: center;">OAC CLOSED HAPPY THANKSGIVING</p> 	<p style="text-align: right;">24</p> <p style="text-align: center;">OAC CLOSED HAPPY THANKSGIVING</p>
<p style="text-align: right;">27</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>ELDER ABUSE WORKSHOP @11AM</p>	<p style="text-align: right;">28</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>Movie & Popcorn **HAIRSPRAY** 10:00 am-12pm</p>	<p style="text-align: right;">29</p> <p>Total Body Fitness with Chris 9:00 am Basic Computer with Manuel 10:00 am Advanced Computer W/Manuel 11:00am Zumba Gold with Shelly at 10:30 am</p>	<p style="text-align: right;">30</p> <p>Tai Chi Self Defense with George 9:30 am Latin Dancing with Amanda 10:00 am VNS Support Group & Meditation with Beth 11:00 am-12:00 pm Stretching for Arthritis w/ Terry 11:00 am Easy Fit Cardio with Stuart 1:00 pm NOVEMBER BIRTHDAY CELEBRATION 11:00AM-1:00PM</p>	<p>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>

BRONX HOUSE

A better life for everyone.™

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