

# BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER FEBRUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Tai Chi Self Defense with George 9:30AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM Easy Fit Cardio with Stuart 1:00PM	Independent Computer 9:30AM Total Body Fitness 10:00AM <b>MOVIE&amp;POPCORN: "DIRTY DANCING"</b> <b>1:00PM-2:00PM</b>
5	6	7	8	9
Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM	Chair Yoga with Rachel 10:00AM Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM Pilates with Rachel 11:00AM Walking With Ease with Gail 11:00AM	Total Body Fitness with Chris 9:00AM Basic Computer with Manuel 10:00AM Zumba Gold with Shelly at 10:30AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM	Tai Chi Self Defense with George 9:30AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM VNS- Meditation with Beth 11:00AM Easy Fit Cardio with Stuart 1:00PM <b>*TRIP: MOVIE AT BAY PLAZA, "THE COLOR PURPLE"- MATINEE SHOWING</b>	Independent Computer 9:30AM Total Body Fitness 10:00AM <b>*BINGO EXTRAVAGANZA W/JUAN</b> <b>11:00AM-12:00PM</b>
12	13	14	15	16
Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM <b>*FREE TAX PREPERATION- OAC MEMBERS ONLY</b> <b>12:00PM-7:00PM</b>	Chair Yoga with Rachel 10:00AM Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM Pilates with Rachel 11:00AM Walking With Ease with Gail 11:00AM <b>TRIP: "LUNAR NEW YEAR" AT HOSTOS</b> <b>10:00AM-1:00PM</b>	Basic Computer with Manuel 10:00AM Zumba Gold with Shelly at 10:30AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM <b>*VALENTINES DAY CELEBRATION W/JUAN</b> <b>11:00AM-1:00PM</b>	Tai Chi Self Defense with George 9:30AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM Easy Fit Cardio with Stuart 1:00PM	Independent Computer 9:30AM <b>MOVIE&amp;POPCORN:</b> <b>"THE SANDLOT"</b> <b>1:00PM-2:00PM</b>
19	20	21	22	23
Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM	Chair Yoga with Rachel 10:00AM Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM Pilates with Rachel 11:00AM Walking With Ease with Gail 11:00AM	Total Body Fitness with Chris 9:00AM Basic Computer with Manuel 10:00AM Zumba Gold with Shelly at 10:30AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM <b>*FREE TAX PREPERATION- OPEN TO COMMUNITY</b> <b>12:00PM-7:00PM</b>	Tai Chi Self Defense with George 9:30AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM VNS- Meditation with Beth 11:00AM Easy Fit Cardio with Stuart 1:00PM <b>*"HEARTS&amp;CRAFTS" W/SONYC</b> <b>10:00AM-11:30AM</b>	Independent Computer 9:30AM Total Body Fitness 10:00AM <b>*BLACK HISTORY CELEBRATION:</b> <b>"GOLDEN VOICES POETRY SLAM"</b> <b>11:00AM-1:00PM</b>
26	27	28	29	
Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM	Chair Yoga with Rachel 10:00AM Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM Pilates with Rachel 11:00AM Walking With Ease with Gail 11:00AM	Total Body Fitness with Chris 9:00AM Basic Computer with Manuel 10:00AM Zumba Gold with Shelly at 10:30AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM <b>*TRIP: BROADWAY SHOW: "HAMILTON"</b> <b>7:00PM-10:00PM</b>	Tai Chi Self Defense with George 9:30AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM Easy Fit Cardio with Stuart 1:00PM <b>*OAC BREAKFAST 10:00AM-11:30AM</b> <b>*FEBRUARY BIRTHDAY CELEBRATION</b> <b>11:00AM-1:00PM</b>	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



Funded by the NYC Department for the Aging

