






BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER APRIL 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  *SPRING FLING with The Hair Madness Foundation 10:00AM-3:00PM	2 Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM (NEW!) Pilates with Adira 11:00AM	3 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 *Poison Prevention Presentation (Virtual) 11:00 AM	4 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	5 Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM (NEW!) Chair Boxing with Peter 1:00PM *EASTER CELEBRATION 11:00-1:00PM 
8 Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM (NEW!) Yoga with Natalie 11:00AM	9 (NEW!) Gardening 101 10:00AM Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM (NEW!) Pilates with Adira 11:00AM	10 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	11 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 *TRIP: NY BOTANICAL GARDEN "ORCHID SHOW" 11:00AM-1:00PM	12 Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM (NEW!) Chair Boxing with Peter 1:00PM *PASSOVER PERFORMANCE with Sheer Entertainment 11:00AM-12:00PM 
15 Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM (NEW!) Yoga with Natalie 11:00AM	16 (NEW!) Gardening 101 10:00AM Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM (NEW!) Pilates with Adira 11:00AM	17 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 MOVIE&POPCORN: "THE SOUND OF MUSIC" 11:00AM-1:00PM	18 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	19 Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM *Medicine Safety and Falls Prevention Presentation (Virtual) 11:00AM (NEW!) Chair Boxing with Peter 1:00PM *BINGO EXTRAVAGANZA 11:00AM-12:00PM 
22 Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM (NEW!) Yoga with Natalie 11:00AM *Elder Abuse Presentation with NORC 11:00AM	23 (NEW!) Gardening 101 10:00AM Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM (NEW!) Pilates with Adira 11:00AM	24 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 *TRIP: BROADWAY 12:00PM-5:00PM	25 Tai Chi Self Defense with George 9:30AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM	26 Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM (NEW!) Chair Boxing with Peter 1:00PM *OAC KARAOKE 11:00AM-12:00PM 
29 Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM (NEW!) * Nutri-Well with Amelia/UBHP 10:00AM Contemporary Dance with Joan 11:00AM (NEW!) Yoga with Natalie 11:00AM	30 (NEW!) Gardening 101 10:00AM Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM (NEW!) Pilates with Adira 11:00AM *OAC BREAKFAST 10:00AM-11:30AM *APRIL BIRTHDAY CELEBRATION 11:00AM-1:00PM		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	



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