










# BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER JUNE 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Fit for Life 9:00AM Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM (NEW!) Yoga with Natalie 11:00AM	Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM  <u><b>*BINGO EXTRAVAGANZA</b></u> <u><b>11:00AM-12:00PM</b></u> 	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 10:00AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM Easy Fit Cardio with Stuart 1:00PM	Fit for Life 9:00AM Independent Computer 9:30AM (NEW!) Chair Boxing with Peter 1:00PM <u><b>*FLAG DAY</b></u> <u><b>FESTIVAL</b></u> <u><b>11:00AM-1:00PM</b></u> 
10	11	12	13	14
Fit for Life 9:00AM Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM (NEW!) Chinese Language Class with Community Leader/Na Li 11:20AM (NEW!) Yoga with Natalie 11:00AM	Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM  <u><b>*TRIP: NYBG- "WONDERLAND: CURIOUS NATURE"</b></u> <u><b>11:00AM-1:00PM</b></u>	Fit for Life 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  <u><b>*Nutri-well with Amelia 10:00AM</b></u>	Tai Chi Self Defense with George 10:00AM 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	Fit for Life 9:00AM Independent Computer 9:30AM (NEW!) Chair Boxing with Peter 1:00PM  <u><b>*FATHERS DAY</b></u> <u><b>CELEBRATION</b></u> <u><b>11:00AM-1:00PM</b></u> 
17	18	19	20	21
Fit for Life 9:00AM Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM (NEW!) Yoga with Natalie 11:00AM	Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM VNS-Meditation with Beth 11:00AM  <u><b>*NYC Poison Center Presentation 11:00AM</b></u>	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  <u><b>*JUNETEENTH CELEBRATION</b></u> <u><b>11:00AM-1:00PM</b></u> 	Tai Chi Self Defense with George 10:00AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM Easy Fit Cardio with Stuart 1:00PM	Fit for Life 9:00AM Independent Computer 9:30AM (NEW!) Chair Boxing with Peter 1:00PM  <u><b>*PRIDE AND TIE DYE</b></u> <u><b>11:00AM-1:00PM</b></u> 
24	25	26	27	28
Fit for Life 9:00AM Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM (NEW!) Chinese Language Class with Community Leader/Na Li 11:20AM (NEW!) Yoga with Natalie 11:00AM	Choir class with Stephen 10:00AM Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM  <u><b>*OAC BREAKFAST</b></u> <u><b>10:00-11:30 AM</b></u>	Basic Computer with Manuel 10:00AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM  <u><b>*GAME DAY: "OAC FAMILY FEUD"</b></u> <u><b>10:30AM-12:00AM</b></u> 	Tai Chi Self Defense with George 10:00AM Latin Dancing with Amanda 10:00AM Stretching for Arthritis with Terry 11:00AM  <u><b>*FILIPINO INDEPENDENCE DAY</b></u> <u><b>CELEBRATION</b></u> <u><b>11:00AM-1:00PM</b></u> 	Fit for Life 9:00AM Independent Computer 9:30AM (NEW!) Chair Boxing with Peter 1:00PM  <u><b>*OAC JUNE BIRTHDAY CELEBRATION</b></u> <u><b>11:00AM-1:00PM</b></u>
July 1 <sup>st</sup>			Suggested Meal Contribution \$1.50. We provide round trip transportation in our service area. Please call the Older Adult Center- Service 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