









# BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER MAY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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>	<p>1 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</p>	<p>2 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</p>	<p>3 Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM Anchor Healthcare Presentation 11:00AM (NEW!) Chair Boxing with Peter 1:00PM <b>*CINCO DE MAYO CELEBRATION</b> <b>11:00AM-01:00PM</b></p> 
<p>6 (NEW!) Fit For Life with Damion 9:00AM Knitting &amp; Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM Yoga with Natalie 11:00AM <b>*HOLOCAUST REMEMBRANCE DAY- SPEAKER PRESENTATION</b> <b>12:00-01:00PM</b></p> 	<p>7 Gardening 101 10:00AM Choir class with Stephen 10:00AM Arts &amp; Crafts with Natalie 11:00AM Pilates with Adira 11:00AM</p>	<p>8 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</p>	<p>9 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>*TRIP: "TEA AROUND TOWN" with NORC</b> <b>09:00AM-01:00PM</b></p>	<p>10 (NEW!) Fit For Life with Damion 9:00AM Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM (NEW!) Chair Boxing with Peter 1:00PM <b>*MOTHER'S DAY CELEBRATION with NORC</b> <b>11:00AM-01:00PM</b></p> 
<p>13 (NEW!) Fit For Life with Damion 9:00AM Knitting &amp; Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM Yoga with Natalie 11:00AM</p>	<p>14 Gardening 101 10:00AM Choir class with Stephen 10:00AM Arts &amp; Crafts with Natalie 11:00AM (NEW!) Pilates with Adira 11:00AM <b>NYC Summer Safety Presentation (Virtual)</b> <b>11:00AM</b></p>	<p>15 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</p>	<p>16 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</p>	<p>17 (NEW!) Fit For Life with Damion 9:00AM Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM (NEW!) Chair Boxing with Peter 1:00PM <b>MOVIE &amp; POPCORN: "THE SOUND OF MUSIC"</b> <b>11:00AM-1:00PM</b></p> 
<p>20 (NEW!) Fit For Life with Damion 9:00AM Knitting &amp; Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Yoga with Natalie 11:00AM</p>	<p>21 Gardening 101 10:00AM Choir class with Stephen 10:00AM Arts &amp; Crafts with Natalie 11:00AM <b>*BINGO EXTRAVAGANZA</b> <b>11:00AM-12:00PM</b></p> 	<p>22 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</p>	<p>23 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>*TRIP: NY BOTANICAL GARDENS</b> <b>10:00AM-1:00PM</b></p>	<p>24 (NEW!) Fit For Life with Damion 9:00AM Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM (NEW!) Chair Boxing with Peter 1:00PM <b>MEMORIAL DAY MEMEMORILIZATION</b> <b>11:00AM-01:00PM</b></p> 
<p>27 CLOSED FOR MEMORIAL DAY</p> 	<p>28 (NEW!) Gardening 101 10:00AM Choir class with Stephen 10:00AM Arts &amp; Crafts with Natalie 11:00AM (NEW!) Pilates with Adira 11:00AM</p>	<p>29 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>*Nutri-Well with Amelia 10:00AM</b></p>	<p>30 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>*MAY BIRTHDAY CELEBRATION</b> <b>11:00AM-1:00PM</b></p>	<p>31 (NEW!) Fit For Life with Damion 9:00AM Independent Computer 9:30AM Total Body Fitness with Chris 10:00AM (NEW!) Chair Boxing with Peter 1:00PM <b>*TRIP: "CRAB-A-POOLAZA" with NORC</b> <b>11:00AM-3:00PM</b></p>