



# BRONX HOUSE WEINBERG NEIGHBORHOOD OLDER ADULT CENTER JULY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Fit for Life 9:00AM Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Yoga with Natalie 11:00AM	Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM  <span style="color: red;">*BINGO EXTRAVAGANZA</span> <span style="color: red;">11:00AM-12:00PM</span> 	Fit for Life 9:00AM Basic Computer with Manuel 10:00AM Zumba Gold with Shelly 10:30AM <span style="color: red;">*Chair Yoga with VNS 10:30AM</span> OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM	CLOSED FOR HOLIDAY  	Fit for Life 9:00AM Independent Computer 9:30AM  <span style="color: red;">FOURTH OF JULY CELEBRATION</span> <span style="color: red;">11:00AM-1:00PM</span> 
8	9	10	11	12
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 Yoga with Natalie 11:00AM	Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM	Fit for Life 9:00AM Basic Computer with Manuel 10:00AM Zumba Gold with Shelly 10:30AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM  <span style="color: red;">OAC MOVIE &amp; POPCORN: "PRETTY WOMAN"</span> <span style="color: red;">10:30AM-1:00PM</span>	Tai Chi Self Defense with George 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  <span style="color: red;">*LUAU PARTY</span> <span style="color: red;">11:00AM-1:00PM</span> 
15	16	17	18	19
Fit for Life 9:00AM Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM Yoga with Natalie 11:00AM	Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM  <span style="color: red;">*TRIP: MINI GOLF</span> <span style="color: red;">9:00AM-2:00PM</span>	Basic Computer with Manuel 10:00AM Zumba Gold with Shelly 10:30AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM	Tai Chi Self Defense with George 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  <span style="color: red;">*GAME DAY: "OAC FAMILY FEUD"</span> <span style="color: red;">10:30AM-12:00AM</span> 
22	23	24	25	26
Fit for Life 9:00AM Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM Yoga with Natalie 11:00AM	Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM	Basic Computer with Manuel 10:00AM Zumba Gold with Shelly 10:30AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM (NEW!) Contemporary Dance II with Joan 1:00PM	Tai Chi Self Defense with George 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  <span style="color: red;">*OAC BREAKFAST</span> <span style="color: red;">10:00-11:30 AM</span>
29	30	31		
Fit for Life 9:00AM Knitting & Crocheting with Carmen 10:00AM Belly Dancing with Noora 10:00AM Contemporary Dance with Joan 11:00AM Yoga with Natalie 11:00AM	Arts & Crafts with Natalie 11:00AM Pilates with Adira 11:00AM  <span style="color: red;">*BINGO EXTRAVAGANZA</span> <span style="color: red;">11:00AM-12:00PM</span> 	Basic Computer with Manuel 10:00AM Zumba Gold with Shelly 10:30AM OAC Swim 10:30AM to 11:30AM Advanced Computer with Manuel 11:00AM (NEW!) Contemporary Dance II with Joan 1:00PM  <span style="color: red;">*OAC JULY BIRTHDAY CELEBRATION</span> <span style="color: red;">11:00AM-1:00PM</span>	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	



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