


January

2023

Lafayette Estates - NORC Program 825 Morrison Avenue,
Bronx, NY10473
website: www.nshopp.org



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- Creative Arts-PM 2pm- Technology Class	10am Creative Arts 11am – Morning Fitness 12pm- Lunch 1pm- Recreational Games/ Bingo 2pm - Technology Class	10am- Creative Arts 11am – Crochet Class 12pm- Lunch 1pm - Fueled by Engagement 2pm – Afternoon Fitness	10am Creative Arts 11am – Dancing to the Oldies 12pm- Lunch 12pm- Crochet Class 1pm- Social Fridays 2pm – Motown/Soul/RNB w/ Concerts in motion

<p>9</p> <p>10am – Creative Arts-AM 10am- Zumba Gold 11am- Move to the Music 12pm- Lunch 1pm – Health Promotion 2:00pm – Technology Class</p>	<p>10</p> <p>10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- Creative Arts-PM 2pm- Recreational Games/ Bingo</p>	<p>11</p> <p>10am Creative Arts 11am – Morning Fitness 12pm- Lunch 1pm- Recreational Games/ Bingo 2pm - Technology Class</p>	<p>12</p> <p>10am- Creative Arts 11am – Morning Fitness 12pm- Lunch / Crochet class</p> <p>Early Dismissal</p>	<p>13</p> <p>10am Creative Arts 11am – Dancing to the Oldies 12pm- Lunch / Social Fridays</p> <p>Early Dismissal</p>
<p>16</p> 	<p>17</p> <p>10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- Creative Arts-PM 2pm- Karaoke /Finish the lyrics</p>	<p>18</p> <p>10am Creative Arts 11am – Morning Fitness 12pm- Lunch 1pm- MOVIE DAY</p>	<p>19</p> <p>10am- Creative Arts 11am – Crochet Class 12pm- Lunch 1pm - Fueled by Engagement 2pm – Afternoon Fitness</p>	<p>20</p> <p>10am Creative Arts 11am – Dancing to the Oldies 12pm- Lunch 12pm- Crochet Class 1pm- Social Fridays 2pm –Motown/Soul/RNB w/ Concerts in motion</p>
<p>23</p> <p>10am – Creative Arts-AM 10am- Zumba Gold 11am- Move to the Music 12pm- Lunch 1pm – Health Promotion 2:00pm – Technology Class</p>	<p>24</p> <p>10am – Creative Arts-AM 11am – Nutrition Class with Keemon Spears 12pm- Lunch 1pm- Creative Arts-PM 2pm- Afternoon Fitness</p>	<p>25</p> <p>10am Creative Arts 11am – Morning Fitness 12pm- Lunch 1pm- Recreational Games/ Bingo 2pm - Technology Class</p>	<p>26</p> <p>10am- Creative Arts 11am – Crochet Class 12pm- Lunch 1pm - Fueled by Engagement 2pm – Afternoon Fitness</p>	<p>27</p> <p>10am Creative Arts 11am – Dancing to the Oldies 12pm- Lunch 12pm- Crochet Class 1pm- Social Fridays 2pm –Motown/Soul/RNB w/ Concerts in motion</p> <p>JANUARY BIRTHDAY CELEBRATIONS</p>
<p>30</p> <p>10am – Creative Arts-AM 10am- Zumba Gold 11am- Move to the Music 12pm- Lunch 1pm – Health Promotion 2:00pm – Technology Class</p>	<p>31</p> <p>10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- Creative Arts-PM 2pm- Karaoke /Finish the lyrics</p>	<p>FUNDING PARTNERS</p> <ul style="list-style-type: none"> • NYC Department for the Aging • NYC Department of Youth and Community Development • New York State Office of Victim Services • New York State Office for the Aging 		
<p>The highlighted times of activities will be conducted virtually</p>				