

# March

## 2023

Lafayette Estates - NORC Program 825 Morrison Avenue,  
Bronx, NY10473

website: [www.nshopp.org](http://www.nshopp.org)



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10am – Creative Arts-AM 11am – SAIL Exercise Class 12pm- Lunch 1pm- Creative Arts -PM 2pm- Technology Class	10am- Creative Arts 11am – Crochet Class 12pm- Lunch 1pm - Fueled by Engagement 2pm – Afternoon Fitness	10am Creative Arts 11am – Crochet Class 12pm- Lunch 1pm- Social Fridays 2pm –Motown/Soul/RNB music hour

6	7	8	9	10
10am – Creative Arts-AM 11am- SAIL Exercise Class 12pm- Lunch 1pm – Health Promotion: Women’s Health 2pm – Technology Class	10am – Creative Arts-AM 11am – Nutrition class w/ Keemon Spears 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games	10am – Creative Arts-AM 11am – SAIL Exercise Class 12pm- Lunch 12pm- Technology Class 1pm: Movie Day	10am- Creative Arts 11am – Crochet Class 12pm- Lunch 1pm - Fueled by Engagement 2pm – Afternoon Fitness	10am Creative Arts 11am – Crochet Class 12pm- Lunch 1pm- Social Fridays 2pm –Motown/Soul/RNB music hour
13	14	15	16	17
10am – Creative Arts-AM 11am- SAIL Exercise Class 12pm- Lunch 1pm – Health Promotion 2pm – Technology Class- Women in STEM	10am – Creative Arts-AM 11am – Nutrition Class: Healthy Eating w/ Mr. Knights 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games  <p style="text-align: center;"><b>MARCH</b></p>	10am – Creative Arts-AM 11am – SAIL Exercise Class 12pm- Lunch 1pm- Creative Arts-PM 2pm- Technology Class  <p style="text-align: center;"><b>MADNESS</b></p>	10am- Creative Arts 11am – Crochet Class 12pm- Lunch 1pm - Fueled by Engagement: TED TALK 2pm – Afternoon Fitness  <p style="text-align: center;"><b>WEEK</b></p>	10am Creative Arts 11am – Crochet Class 12pm- Lunch 1pm- Social Fridays 2pm –Motown/Soul/RNB music hour
20	21	22	23	24
10am – Creative Arts-AM 11am- SAIL Exercise Class 12pm- Lunch 1pm – Technology Class 2pm – Health Promotion: Fall Prevention with Molina Health	10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games Women’s Jeopardy	10am – Creative Arts-AM 11am – SAIL Exercise Class 12pm- Ladies Lunch /Lunch 1pm- Jewelry Making 2pm- Technology Class	10am- Creative Arts 11am – Morning Fitness 12pm- Lunch 1pm - Fueled by Engagement 2pm – Elder Abuse Presentation w/ Ashly Carlos	10am Creative Arts 11am – Crochet Class 12pm- Lunch 1pm- Social Fridays 2pm –Motown/Soul/RNB music hour
27	28	29	30	31
10am – Creative Arts-AM 11am- SAIL Exercise Class 12pm- Lunch 1pm – Health Promotion: Woman Health 2pm – AARP Presentation	10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games	10am – Creative Arts-AM 11am – SAIL Exercise Class 12pm- Lunch 12pm- Jewelry Making 1pm – Movie Day	10am- Creative Arts 11am – Crochet Class 12pm- Lunch 1pm - Fueled by Engagement: Woman in Business / Politics 2pm – Afternoon Fitness	10am Creative Arts 11am – Crochet Class 12pm- Lunch 1pm- Social Fridays 2pm –Motown/Soul/RNB music hour

**FUNDING PARTNERS**

- 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