


September

2023

Lafayette Estates – NORC Program
825 Morrison Ave, Bronx, NY 10473
718-617-2216
WWW.NSHOPP.ORG



Monday	Tuesday	Wednesday	Thursday	Friday
				10am _Creative Arts 11am – Line Dance 12pm- Lunch Early Dismissal

	4 10am – Creative Arts-AM 11am – Crochet Class 1pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games	5 10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- Living Healthy Nutrition Program 2pm- - Technology Class	6 10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – Line Dance 2pm –Fueled by Engagement- SENIOR CENTER MONTH	7 10am _Creative Arts 11am – Line Dance 12pm- Lunch 1pm- Social Fridays 2pm – NORC SENIOR MEETING
11 10am – Creative Arts-AM 11am- Morning Fitness 12pm- Lunch 1pm – Health Promotion 2pm – Technology Class	12 10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games	13 10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1PM MOVIE DAY	14 10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – Line Dance 2pm –Fueled by Engagement	15 10am _Creative Arts 11am – Line Dance 12pm- Lunch 1pm- Social Fridays 2pm –Recreational Games
18 10am – Creative Arts-AM 11am- Morning Fitness 12pm- Lunch 1pm – Health Promotion 2pm – Elder Abuse Presentation	19 10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games	20 10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- INTRO TO HISPANIC HERITAGE MONTH 2pm- Technology Class	21 10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – NEW BINGOCIZE BEGINS 2pm –Fueled by Engagement: SPANISH LESSONS	22 10am _Creative Arts 11am – Line Dance 12pm- Lunch 1pm- Social Fridays 2pm – NORC SENIOR MEETING WITH STAFF
25 10am – Creative Arts-AM 11am- Morning Fitness 12pm- Lunch 1pm – Health Promotion 2pm – Technology Class	26 10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm-BINGOCIZE 2pm- Recreational Games	27 10am- Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- SEPTEMBER BIRTHDAY CELEBRATION- DRESS AS YOUR FAVORITE DECADE!	28 10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – BINGOCIZE 2pm- Recreational Games TALENT SHOW CITYWIDE	29 10am- Creative Arts 11am- Line Dance 12pm Lunch WALMART TRIP

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