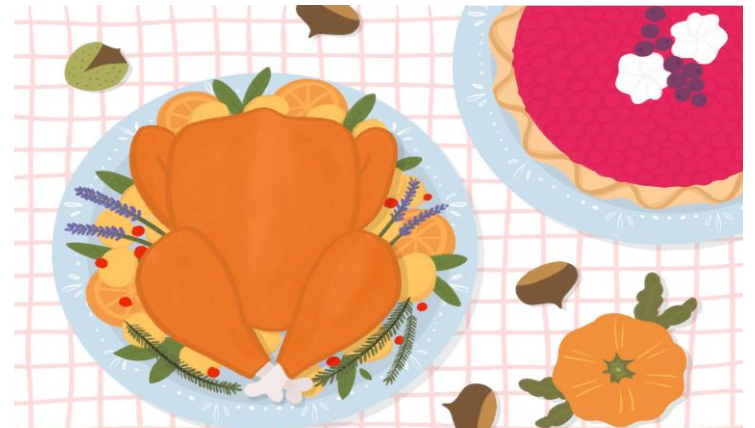





NOVEMBER

2023

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10am – Chair Exercise 11am – Health Education with Kayann 12pm- Lunch 1pm- Jewelry Making 2pm- Technology Class	10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – BINGOCIZE 2pm –Recreational Games	10am -Creative Arts-AM 11am – Line Dance 12pm- Lunch 1pm-Social Friday 2pm- NORC Senior Meeting

<p>6</p> <p>10am – Creative Arts-AM 11am- CHAIR EXERCISE 12pm- Lunch 1pm – Recreational Games 2pm – Technology Class</p>	<p>7</p> <p>10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- Health Promotion with Brigida 2pm- BINGOCIZE</p>	<p>8</p> <p>10am – Chair Exercise 11am – Health Education with Kayann 12pm- Lunch 1pm-Creative Arts 2pm- - Technology Class</p>	<p>9</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – BINGOCIZE 2pm –Fueled by Engagement</p>	<p>10</p> <p>10am _Creative Arts 11am – Line Dance 12pm- Lunch 1pm – NORC SENIOR MEETING WITH STAFF 2pm-KARAOKE</p>
<p>13</p> <p>10am – Creative Arts-AM 11am- CHAIR EXERCISE 12pm- Lunch 1pm – Recreational Games 2pm – Line Dance</p>	<p>14</p> <p>10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- BINGOCIZE 2pm- Recreational Games</p>	<p>15</p> <p>10am – Creative Arts-AM 11am – Health Education with Kayann 12pm- Lunch 1PM MOVIE DAY</p>	<p>16</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – BINGOCIZE 2pm –Fueled By Engagement</p>	<p>17</p> <p>THANKSGIVING POTLUCK 11-3 </p>
<p>20</p> <p>10am – Creative Arts-AM 11am- Morning Fitness 12pm- Lunch 1pm – Health Promotion 2pm – Technology Class</p>	<p>21</p> <p>10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- BINGOCIZE 2pm- Recreational Games</p>	<p>22</p> <p>10am – Creative Arts-AM 11am – CHAIR EXERCISE 12pm- Lunch EARLY DISMISSAL</p>	<p>23</p> <p></p>	<p>24</p> <p></p>
<p>27</p> <p>10am – Creative Arts-AM 11am-CHAIR EXERCISE 12pm- Lunch 1pm – Health Promotion 2pm – Technology Class</p> <p>AARP Meeting</p>	<p>28</p> <p>10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm-BINGOCIZE FINAL 2pm- Recreational Games</p>	<p>29</p> <p>10am – Creative Arts-AM 11am – CHAIR EXERCISE 12pm- Lunch 1pm- Jewelry Making 2pm- Technology Class</p>	<p>30</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch NOVEMBER BIRTHDAY CELEBRATION</p>	

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