



December

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 1pm- Social Fridays 2pm-Karaoke

<p>4</p> <p>10am – Creative Arts-AM 11am- Morning Fitness 12pm- Lunch 1pm – Health Promotion-DF 2pm – Technology Class</p>	<p>5</p> <p>10am – Creative Arts-AM 11am – Crochet Class 1pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games</p>	<p>6</p> <p>10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- Nutrition Education 2pm- - Technology Class</p>	<p>7</p> <p>10am- Creative Arts-DF 11am – Crochet class 12pm- Lunch 1pm – Health Promotion 2pm – Line Dance</p>	<p>8</p> <p>10am - Creative Arts 11am – Line Dance 12pm- Lunch 1pm- Social Fridays 2pm – NORC SENIOR MEETING</p>
<p>11</p> <p>CHRISTMAS TRIP</p> <p>11am- Creative Arts 12pm- Lunch</p>	<p>12</p> <p>10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games</p>	<p>13</p> <p>10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm-Jewelry Making- DF 2pm-VNS PRESENTATION: POOLED INCOME TRUST</p>	<p>14</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – Line Dance 2pm –Fueled by Engagement</p>	<p>15</p> <p>10am - Creative Arts 11am – Line Dance 12pm- Lunch 1pm- Social Fridays 2pm –Recreational Games</p>
<p>18</p> <p>10am – Creative Arts-AM 11am- Morning Fitness 12pm- Lunch 1pm – Health Promotion-DF 2pm- Technology Class</p>	<p>19</p> <p>NORC CHRISTMAS CELEBRATION 11-3 </p>	<p>20</p> <p>10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- VNS PRESENTATION: HOLIDAY BLUES 2pm- Technology Class</p>	<p>21</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – Line dance 2pm –Fueled By Engagement</p>	<p>22</p> <p>10am - Creative Arts 11am – Line Dance 12pm- Lunch EARLY DISMISSAL</p>
<p>25</p> 	<p>26</p> <p>10am – Creative Arts-AM 11am – Chair Exercise 12pm- Lunch 1pm-Technology Class 2pm- Recreational Games</p>	<p>27</p> <p>10am- Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- Kawanzaa Presentation</p>	<p>28</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch Roaring 20s New Years Celebration and December Birthday Celebration</p>	<p>29</p> <p>10am- Creative Arts 11am- Line Dance 12pm Lunch EARLY DISMISSAL</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