



JANUARY

2024

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



Monday	Tuesday	Wednesday	Thursday	Friday
				
1	2	3	4	5
	10am – Creative Arts-AM 11am – Crochet Class 1pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games	10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- Health Promotion- DF 2pm- - Technology Class	10am- Creative Arts 11am – Crochet class 12pm- Lunch 1pm – Line Dance 2pm – Fueled By Engagement	10am -Quarterly brunch 11am – Creative arts 12pm- Lunch 1pm- Social Fridays 2pm-Karaoke

<p>8</p> <p>10am – Creative Arts-AM 11am- Chair Exercise 12pm- Lunch 1pm – Health Promotion 2pm – Technology Class</p>	<p>9</p> <p>10am – Creative Arts-AM 11am – Crochet Class 1pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games</p>	<p>10</p> <p>10am – Creative Arts-AM 11am – Chair Exercise 12pm- Lunch 1pm- Health Promotion 2pm- - Technology Class</p>	<p>11</p> <p>10am- Creative Arts-DF 11am – Chair Exercise 12pm- Lunch Early dismissal</p>	<p>12</p> <p>10am - Creative Arts 11am – Line Dance 12pm- Lunch 1pm- NORC Senior Meeting Early Dismissal</p>
<p>15</p> 	<p>16</p> <p>10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games</p>	<p>17</p> <p>10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm-POOL Lessons 2pm-Jewelry Making-DF</p>	<p>18</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – Line Dance 2pm –Fueled by Engagement</p>	<p>19</p> <p>10am - Creative Arts 11am – Line Dance 12pm- Lunch 1pm- NYCONNECTS PRESENTATION 2pm –karaoke</p>
<p>22</p> <p>10am – Creative Arts-AM 11am- Chair Exercise 12pm- Lunch 1pm – Health Promotion-DF 2pm- Technology Class</p>	<p>23</p> <p>10am- Creative Arts 11am- Chair Exercise 12pm-Lunch Movie day 1pm</p>	<p>24</p> <p>10am – Creative Arts-AM 11am – Chair Exercise 12pm- Lunch 1pm- POOL Lessons 2pm- Technology Class</p>	<p>25</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm – Line dance 2pm –Fueled By Engagement</p>	<p>26</p> <p>10am - Creative Arts 11am – Nutrition Education 12pm- Lunch Cruise party and January Birthdays</p>
<p>29</p> <p>10am – Creative Arts-AM 11am- Chair Exercise 12pm- Lunch 1pm – Health Promotion 2pm – Technology Class</p>	<p>30</p> <p>10am – Creative Arts-AM 11am – Chair Exercise 12pm- Lunch 1pm-Health Promotion 2pm- Recreational Games</p>	<p>31</p> <p>10am- Creative Arts-AM 11am – Morning Fitness 12pm- Lunch 1pm- POOL Lessons 2pm- Technology Class</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