


# FEBRUARY

2024

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



Monday	Tuesday	Wednesday	Thursday	Friday
			1 10am- Creative Arts 11am – Crochet class 12pm- Lunch 1pm – Line Dance 2pm – Fueled By Engagement- Intro to Black History Month	2 10am -Nutrition Education 11am – Creative arts 12pm- Lunch 1pm- Social Fridays 2pm-Karaoke

<p>5</p> <p>10am – Creative Arts-AM 11am- Chair Exercise 12pm- Lunch 1pm – Health Promotion 2pm – Technology Class</p>	<p>6</p> <p>10am – Creative Arts-AM 11am – Crochet Class 1pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games</p>	<p>7</p> <p>10am – Creative Arts-AM 11am – Chair Exercise 12pm- Lunch 1pm- Health Promotion 2pm- - Technology Class</p>	<p>8</p> <p>10am- Creative Arts-DF 11am – Chair Exercise 12pm- Lunch <b>1pm-POOL Lessons</b> 2pm- Fueled By Engagement- Black Owned Business</p>	<p>9</p> <p>10am - Creative Arts 11am – Line Dance 12pm- Lunch 1pm- NORC Senior Meeting 2pm-Karaoke</p>
<p>12</p> <p>10am – Creative Arts-AM 11am- Chair Exercise 12pm- Lunch 1pm – Health Promotion-DF 2pm- Technology Class</p>	<p>13</p> <p>10am – Creative Arts-AM 11am – Crochet Class 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games</p>	<p>14</p> <p>10am – Creative Arts-AM 11am – Morning Fitness 12pm- Lunch <b>1pm-POOL Lessons</b> 2pm-Health Promotion <b>Wear Red or Pink for Valentines Day</b></p>	<p>15</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm –Technology Class 2pm –Fueled by Engagement- Favorite Era of Music</p>	<p>16</p> <p>10am - Creative Arts 11am – Line Dance 12pm- Lunch <b>1pm Black History Month Presentation at Casa Boricua (virtual option)</b> 2pm- Social Friday</p>
<p>19</p> 	<p>20</p> <p>10am- Creative Arts 11am- Chair Exercise 12pm-Lunch <b>1pm- Humana Presentation</b> 2pm-Jewelry Making-DF</p>	<p>21</p> <p>10am – Creative Arts-AM 11am – Chair Exercise 12pm- Lunch <b>1pm-POOL Lessons</b> 2pm- Technology Class</p>	<p>22</p> <p>10am- Creative Arts-AM 11am – Crochet class 12pm- Lunch 1pm- Intergenerational Activity</p>	<p>23</p> <p>10am – Nutrition Education <b>11-3pm</b> <b>Black History Month Celebration and Fashion Show</b></p>
<p>26</p> <p>10am – Creative Arts-AM 11am- Chair Exercise 12pm- Lunch <b>1pm – Oak Street Health Presentation</b> 2pm – Technology Class</p>	<p>27</p> <p>10am – Creative Arts-AM 11am – Chair Exercise 12pm- Lunch 1pm-Health Promotion 2pm- Recreational Games</p>	<p>28</p> <p>10am- Creative Arts-AM 11am – Morning Fitness 12pm- Lunch <b>1pm- Movie Day</b></p>	<p>29</p> <p>10am- Creative Arts-AM 11am – Morning Fitness 12pm- Lunch <b>1pm- POOL Lessons</b> 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