

April

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 11am- Chair Exercise 12pm- Lunch 1pm- Health Promotion 2pm – Technology Class	10am – Creative Arts 11am- Chair Exercise 12pm- Lunch 1pm – Nutrition Education- NY Common Pantry 2pm – Recreational Games *RN on site	10am – Creative Arts 11am – Health Promotion 12pm- Lunch 1pm- Chair Exercise 2pm- Technology Class *RN on site	10am- Creative Arts 11am – Line Dance 12pm- Lunch 1pm- POOL Lessons 2pm-Recreational Games	10am- Creative Arts 11am – Line Dance 12pm- Lunch 1pm- Social Friday 2pm-Karaoke

<p>8</p> <p>10am – Creative Arts 11am- Health Promotion 12pm- Lunch 1pm- SAIL Session 1 2pm – Technology Class</p>	<p>9</p> <p>10am – Creative Arts 11am – Chair Exercise 1pm- Lunch 1pm- VNS Presentation (Aging and Anxiety) 2pm- Recreational Games</p> <p>*RN on site</p>	<p>10</p> <p>10am – Meditation Hour 11am – Health Promotion 12pm- Lunch 1pm- SAIL Session 2 2pm- Technology Class</p> <p>*RN on Site</p>	<p>11</p> <p>10am- Creative Arts-DF 11am – Chair Exercise 12pm- Lunch 1pm-Fueled by Engagement- Stress Awareness Month 2pm- POOL Lessons</p>	<p>12</p> <p>10am – NORC Quarterly Brunch 11am – Line Dance 12pm- Lunch 1pm- Social Friday 2pm-NORC Senior Meeting</p>
<p>15</p> <p>10am – Creative Arts 11am- Health Promotion-DF 12pm- Lunch 1pm – SAIL Session 3 2pm- Technology Class</p>	<p>16</p> <p>10am – Creative Arts 11am – Crochet Class 12pm- Lunch 1pm- Chair Exercise 2pm-Recreational Games</p> <p>*RN on site</p>	<p>17</p> <p>10am – Meditation Hour 11am – Health Promotion 12pm- Lunch 1pm-SAIL Session 4 2pm-Technoolgy Class</p> <p>Denim Day</p> <p>*RN on site</p>	<p>18</p> <p>10am- Creative Arts 11am – POOL Lessons 12pm- Lunch 1pm –Line Dance 2pm –Fueled by Engagement- My Carbon Footprint</p>	<p>19</p> <p>10am - Creative Arts 11am – Line Dance 12pm- Lunch 1pm- Social Friday 2pm- Karaoke</p>
<p>22</p> <p>10am-Earth Day Planting Event 11am- Health Promotion 12pm- Lunch 1pm – SAIL Session 5 2pm – Technology Class</p>	<p>23</p> <p>10am- Creative Arts 11am- Crochet Class 12pm-Lunch 1pm- intergenerational Activity</p> <p>*RN on site</p>	<p>24</p> <p>10am – Meditation Hour 11am – SAIL Session 7 12pm- Lunch</p> <p>1pm-Movie Day</p> <p>*RN on site</p>	<p>25</p> <p>10am- Creative Arts 11am – POOL Lessons 12pm- Lunch 1pm- Line Dance 2pm-Recreational Games</p>	<p>26</p> <p>10am – Creative Arts 11am – Line Dance 12pm- Lunch 1pm- April Birthday Celebration 2pm- NORC Senior Meeting w Chris</p>
<p>29</p> <p>10am – Creative Arts 11am- Health Promotion 12pm- Lunch 1pm – SAIL Session 8 2pm – Technology Class</p>	<p>30</p> <p>10am – Crochet Class 11am –Met Box Creative Arts 12pm- Lunch 1pm-Chair Exercise 2pm- Recreational Games</p> <p>*RN on site</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