

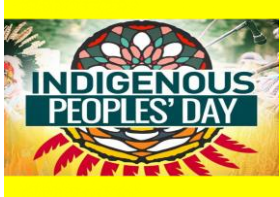

October

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
	10am – Crochet class 11am – Creative Arts 12pm- Lunch 1pm-Nutrition Education- NY Common Pantry 2pm- Recreational Games *RN on site	10am- Creative Arts 11am- Chair Exercise 12pm- Lunch 1pm- Health Promotion 2pm- Fueled by Engagement- Hispanic Heritage Games *RN on site	8:30am- *NEW* Morning stretch on Center Lawn 10am- Creative Arts 11am –Crochet Class 12pm- Lunch 1pm- Line Dance 2pm –Recreational Games	10am- Creative Arts 11am – Line Dance 12pm- Lunch 1pm- Social Friday 2pm- NORC Senior Meeting

<p>7</p> <p>8:30 am- Morning Stretch on Center Lawn 10am – Creative Arts 11am- Chair Exercise 12pm- Lunch 1pm-Health Promotion 2pm – Technology Class</p>	<p>8</p> <p>10am – Crochet class 11am – Creative Arts 12pm- Lunch 1pm-SAIL Exercise Class 2pm- Recreational Games</p> <p>*RN on site</p>	<p>9</p> <p>10am- Jewelry Making 11am- Health Promotion 12pm- Lunch 1pm- VIP COMMUNITY SERVICES PRESENTATION 2pm- Line Dance</p> <p>*RN on site</p>	<p>10</p> <p>8:30am- Morning Stretch on Center Lawn 10am-POOL Lessons 11am-Creative Arts 12pm- Lunch 1pm- Chair Exercise 2pm- Recreational Games</p>	<p>11</p> <p>10am- Creative Arts 11am – Line Dance 12pm- Lunch 1pm -Cricut Class 4</p> <p>Early dismissal</p>
<p>14</p>  <p>INDIGENOUS PEOPLES' DAY</p> <p>CLOSED</p>	<p>15</p> <p>Quarterly brunch Bingo HISPANIC HERITAGE CELEBRATION 11-3</p> <p>*RN on site</p>	<p>16</p> <p>10am- Technology Class 11am- Chair Exercise 12pm- Lunch 1pm-Health Promotion 2pm- Fueled By Engagement</p> <p>*RN on site</p>	<p>17</p> <p>8:30am- Morning Stretch on Center Lawn 10am- POOL Lessons 11am – Creative Arts 12pm- Lunch 1pm – Chair Exercise 2pm –Fueled by Engagement</p>	<p>18</p> <p>10am – Creative Arts 11am- Line Dance 12pm- Lunch 1pm NORC Senior Meeting with Chris 2pm- Recreational Games</p>
<p>21</p> <p>8:30 am-Morning stretch on Center Lawn 10am – Health Promotion 11am- Line Dance Oldies 12pm- Lunch 1pm- Creative Arts 2pm- Technology Class</p>	<p>22</p> <p>10am- Crochet Class 11am- Met Box Creative Arts 12pm-Lunch 1pm-Line Dance 2pm-Self Defense with TED</p> <p>*RN on site</p>	<p>23</p> <p>8:30 am- Morning Stretch on Center Lawn 10am- Creative Arts 11am- Crochet Class 12pm- Lunch 1pm- Health Promotion 2pm- POOL Lessons</p>	<p>24</p> <p>10am – Creative Arts 11am – Health Promotion: What to Know About Getting a Mammogram 12pm- Lunch 1pm- Fueled by Engagement- Breast Cancer Awareness Month WEAR PINK</p>	<p>25</p> <p>10am – Creative Arts 11am – Line Dance 12pm- Lunch 1pm-Social Friday 2pm-The Price is Right with Tanisha</p>
<p>28</p> <p>8:30 am- Morning Stretch on Center Lawn 10am – Health Promotion 11am- Line Dance Oldies 12pm- Lunch 1pm- Creative Arts 2pm- Technology Class</p>	<p>29</p> <p>10am – Crochet class 11am – Creative Arts 12pm- Lunch 1pm-SAIL Exercise Class 2pm- Recreational Games</p> <p>*RN on site</p>	<p>30</p> <p>10am- Creative Arts 11am- Technology 12pm- Lunch 1pm- Health Promotion 2pm- Chair Exercise</p> <p>*RN on site</p>	<p>31</p> <p>11am- MetroPlus Presentation HALLOWEEN PARTY AND OCTOBER BIRTHDAYS 11-3</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