

NOVEMBER

2024

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



Monday

Tuesday

Wednesday

Thursday

Friday



Election Day is NOV 5th



Table Decorating Event NOV 8th



Nutrition Class AND CPR CLASS NOV 14th



Thanksgiving Potluck and Birthdays NOV 22nd

10am- Creative Arts
 11am – Line Dance
 12pm- Lunch
 1pm- Social Friday
2pm- NORC Senior Meeting

4 8:30 am- Morning Stretch on Center Lawn 10am – Creative Arts 11am- Chair Exercise 12pm- Lunch 1pm-Health Promotion 2pm – Technology Class	5 10am – Crochet class 11am – Creative Arts 12pm- Lunch 1pm- Election Day Event *RN on site	6 10am- Jewelry Making-DF 11am- Technology Class 12pm- Lunch 1pm-Health Promotion 2pm- Line Dance *RN on site	7 8:30am- Morning Stretch on Center Lawn 10am-POOL Lessons 11am-Creative Arts 12pm- Lunch 1pm- Line Dance 2pm- Recreational Games	8 10am- Creative Arts 11am –Breathing Exercise with Averill 12pm- Lunch 1pm- Table Decorating Event
11 10am – Creative Arts 11am- Chair Exercise 12pm- Lunch 1pm-Health Education-DF 2pm – Technology Class HAPPY VETERAN'S DAY	12 10am – Crochet class 11am – Creative Arts 12pm- Lunch 1pm-SAIL Exercise Class 2pm- Recreational Games *RN on site	13 10am- Technology Class 11am- Chair Exercise 12pm- Lunch 1pm-Health Promotion 2pm- Fueled By Engagement *RN on site	14 8:30am- Morning Stretch on Center Lawn 10am- Creative Arts 11am – Nutrition Education 12pm- Lunch 12:30-CPR TRAINING BY FDNY 2pm –Chair Exercise	15 10am – Creative Arts 11am- Line Dance 12pm- Lunch 1pm NORC Senior Meeting with Director 2pm- Cricut Class 5
18 8:30 am-Morning stretch on Center Lawn 10am – Health Promotion 11am- Line Dance Oldies 12pm- Lunch 1pm- Creative Arts 2pm- Technology Class	19 10am- Crochet Class 11am- Met Box Creative Arts 12pm-Lunch 1pm-Chair Exercise 2pm- Line Dance *RN on site	20 10am- Creative Arts-DF 11am- Crochet Class 12pm- Lunch 1pm- Bingocize 2pm- Technology Class *RN on site	21 10am -POOL Lessons 11am –Recreational Games 12pm- Lunch 1pm- Creative Arts 2pm- Line Dance	22 THANKSGIVING POTLUCK AND NOV BIRTHDAY CELEBRATION 11am – 3pm 
25 10am – Health Promotion 11am- Line Dance Oldies 12pm- Lunch 1pm- Creative Arts 2pm- Technology Class	26 10am – Crochet class 11am – Creative Arts 12pm- Lunch 1pm-Line Dance 2pm- Fueled by Engagement *RN on site	27 10am- Creative Arts 11am- Recreational Games 12pm- Lunch Early Dismissal *RN on site	28 	29

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



Early Dismissal NOV 27th
CLOSED NOV 28-29 th



**Payment Collection For Christmas Trip
Is Ongoing**