



January 2025

**NORC PROGRAM
 AT LAFAYETTE ESTATES
 825 MORRISON AVE LEVEL C
 BRONX, NY 10473
 718-617-2216**



Monday

10am - Health Promotion **6**
 11am- Line Dance Oldies
 12pm- Lunch
 1pm- Creative Arts
 2pm- Technology Class

10am - Creative Arts **13**
 11am- Chair Exercise
 12pm- Lunch
 1pm-Health Promotion-DF
 2pm - Technology Class

We Will Be CLOSED On MLK DAY **20**

10am - Creative Arts **27**
 11am- Chair Exercise
 12pm- Lunch
 1pm-Health Promotion
 2pm - Technology Class

Tuesday

10am - Crochet class **7**
 11am - Creative Arts **RN***
 12pm- Lunch
 1pm-**Emergency Preparedness Presentation**
 2pm- Recreational Games

10am - Crochet class **14**
 11am - Creative Arts **RN***
 12pm- Lunch
 1pm-**VNS Presentation**
 2pm- Recreational Games

10am - Crochet class **21**
 11am -**BINGOCIZE** **RN***
 12pm- Lunch
 1pm- Fueled by Engagement
 2pm-Recreational Games

10am - Creative Arts **28**
 11am -Pool Lessons **RN***
 12pm- Lunch
 1pm- Chair Exercise
 2pm- Recreational Games

Wednesday

closed on New Year's Day **1**

10am- Jewelry Making-DF **8**
 11am- Technology Class **RN***
 12pm- Lunch
 1pm-Health Promotion
 2pm-Chair Exercise

10am- Creative Arts **15**
 11am - Line Dance **RN***
 12pm- Lunch
 1pm- Health Promotion
 2pm-Technology Class

10am- Creative Arts-DF **22**
 11am- Technology Class **RN***
 12pm- Lunch
 1pm-Health Promotion
 2pm- Line Dance

10am - Health Promotion **29**
 11am- Line Dance Oldies
 12pm- Lunch
 1pm- Creative Arts
 2pm- Technology Class

Thursday

10am-POOL Lessons **2**
 11am-Creative Arts
 12pm- Lunch
 1pm- Line Dance
 2pm- Recreational Games

10am-POOL Lessons **9**
 11am-Creative Arts
 12pm- Lunch
 1pm- Nutrition Education
 2pm- **Make your own Salad!**

10am-POOL Lessons **16**
 11am-Creative Arts
 12pm- Lunch
 1pm- Line Dance
 2pm- Recreational Games

10am-POOL Lessons **23**
 11am-Creative Arts
 12pm- Lunch
 1pm-**MOVIE DAY**

10am-POOL Lessons **30**
 11am-Creative Arts
 12pm- Lunch
 1pm- SAIL Exercise Class
 2pm- **Elder Abuse Presentation**

Friday

10am- Creative Arts **3**
 11am - Social Friday
 12pm- Lunch
 1pm- Line Dance
 2pm- **NORC Senior Meeting**

10am- Creative Arts **10**
 11am - Line Dance
 12pm- Lunch
Early Dismissal

10am- Quarterly BRUNCH **17**
 11am - Social Friday
 12pm- Lunch
 1pm- Cricut Class
Early Dismissal

10am- Creative Arts **24**
 11am - Social Friday
 12pm- Lunch
 1pm- Line Dance
 2pm- **NORC Senior Meeting w Director**

CRUISE PARTY!! **31**
 and January Birthdays
 11am-3pm

REMINDERS

RN ON SITE TUESDAYS AND WEDNESDAYS

Program closed on January 1st and January 20th
 Make your own Salad returns is January 9th at 2pm
 VNS behavioral health presentation January 14th
 Quarterly Brunch January 17th
 Movie Day is Back January 23rd
 Elder Abuse Presentation January 30th

FUNDING PARTNERS

- NYC AGING
- NYC DEPARTMENT OF YOUTH AND COMMUNITY DEVELOPMENT
- NYS OFFICE OF VICTIM SERVICES
- NYS DEPRATMENT OF THE AGING

