



# February 2025

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

**Black History Month**

## Monday

10am - Creative Arts **3**  
11am- Chair Exercise  
12pm- Lunch  
1pm-Health Education  
2pm - Technology Class

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

**WE WILL BE CLOSED ON PRESIDENTS DAY** **17**

10am - Creative Arts **24**  
11am- Crochet Class  
12pm- Lunch  
1pm-Bingocize 2  
2pm - Technology Class

## Tuesday

10am - Creative Arts **4**  
11am -Pool Lessons  
12pm- Lunch **RN\***  
1pm- Recreational Games  
2pm- SOCA Dance Class  
Sponsored by MJHS

10am - Crochet class **11**  
11am - Chair Exercise **RN\***  
12pm- Lunch  
1pm- Fueled by Engagement- Black Pop Culture 60s and 70s  
2pm- Make you own Salad Day!

10am - Crochet class **18**  
11am - Creative Arts **RN\***  
12pm- Lunch  
1pm - Fueled by Engagement- Black Pop Culture 80s and 90s  
2pm- Intergenerational Activity

10am - Health Education **25**  
11am -Creative Arts **RN\***  
12pm- Lunch  
1pm- Fueled by Engagement - Black Pop Culture 2000s til Present  
2pm-Chair Exercise

## Wednesday

10am - Health Education **5**  
11am- Line Dance Oldies **RN\***  
12pm- Lunch  
1pm- Fueled by Engagement- Black Pop Culture 40s and 50s  
2pm- Technology Class

10am- Jewelry Making-DF **12**  
11am- Technology Class with ELI **RN\***  
12pm- Lunch  
1pm-Health Education  
2pm-Chair Exercise

10am- Creative Arts **19**  
11am - Line Dance **RN\***  
12pm- Lunch  
1pm- Bingocize Returns  
2pm-Technology Class

10am- Creative Arts-DF **26**  
11am- Technology Class **RN\***  
12pm- Lunch  
1pm-Bingocize 3  
2pm- Line Dance

## Thursday

10am-POOL Lessons **6**  
11am-Creative Arts  
12pm- Lunch  
1pm- Line Dance  
2pm- Fueled by Engagement- What my Independence Means to me

10am-POOL Lessons **13**  
11am-Creative Arts  
12pm- Lunch  
1pm- Nutrition Education  
2pm- Sewing Class

10am-POOL Lessons **20**  
11am-Health Education  
12pm- Lunch  
1pm-MOVIE DAY

10am-POOL Lessons **27**  
11am-Creative Arts  
12pm- Lunch  
1pm-Line Dance  
2pm-Recreational Games

## Friday

10am- Social Friday **7**  
11am - Cricut Class  
12pm- Lunch  
1pm- Line Dance  
2pm- NORC Member Meeting/ Appreciation Day

10am- Creative Arts **14**  
11am - Line Dance  
12pm- Lunch  
1pm- Valentine's Sweets and Treats  
Early Dismissal

10am-Social Friday **21**  
11am - Chair Exercise  
12pm- Lunch  
1pm- Senior meeting with Director  
2pm- Karaoke

**Black History Month Celebration and February Birthday Celebration** **28**  
11am-3pm

MUST BE 60 YEARS OR OLDER TO JOIN

## Black History Month Celebration 2/28/25 11am

### REMINDERS

**RN ON SITE TUESDAYS AND WEDNESDAYS**

- Appreciation Day Feb 7
- Technology with Eli will be on Feb 12 at 11am
- Sewing Class Feb 13 at 2pm (sign up with Tanisha)
- CLOSED on Feb 17
- Bingocize returns Monday and Wednesdays beginning Feb 19

### FUNDING PARTNERS

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

