



MARCH 2025

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



Monday

10am – Creative Arts **3**
 11am- Pool Lessons
 12pm- Lunch
 1pm-Bingocize 4
 2pm – Technology Class

10am – Health Promotion-DF **10**
 11am- Creative Arts
 12pm- Lunch
 1pm- Bingocize 6
 2pm- Technology Class

10am – Creative Art-DF **17**
 11am- Nutrition Education
 12pm- Lunch
 1pm- Bingocize 8
 2pm –POOL Lessons

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

10am – Creative Arts **31**
 11am- Technology Class
 12pm- Lunch
 1pm-Bingocize 12
 2pm – Health Education

Tuesday

10am – Creative Arts **4**
 11am –Pool Lessons
 12pm- Lunch
 1pm- Chair Exercise
 2pm- Recreational Games

10am – Crochet Class **11**
 11am – Chair Exercise
 12pm- Lunch
 1pm- WOMENS MONTH CELEBRATION / TEA PARTY

10am – Crochet Class **18**
 11am – Creative Arts
 12pm- Lunch
 1pm - NY Life Financial Planning Presentation
 2pm-Recreational Games

10am – Health Education **25**
 11am –Creative Arts
 12pm- Lunch
 1pm- Mental Exercise/ Trivia Games
 2pm-Chair Exercise

Wednesday

10am – Line Dance Classics **5**
 11am- Health Education
 12pm- Lunch
 1pm- Bingocize 5
 2pm- Make your own Salad Day!

10am- Jewelry Making-DF **12**
 11am- Technology Class with ELI
 12pm- Lunch
 1pm-Bingocize 7
 2pm-Health Education

10am- Creative Arts-DF **19**
 11am – Health Education
 12pm- Lunch
 1pm- Bingocize 9
 2pm-Technology Class

10am- Jewelry Making-DF **26**
 11am- Technology Class
 12pm- Lunch
 1pm-Bingocize 11
 2pm- Health Education

Thursday

10am-POOL Lessons **6**
 11am-Creative Arts
 12pm- Lunch
 1pm-Met Council Geriatric Services Presentation
 2pm- Line Dance

10am- Crochet Clas **13**
 11am-Creative Arts
 12pm- Lunch
 1pm- Chair Exercise
 2pm-POOL Lessons

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

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

Friday

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

10am- Creative Arts **14**
 11am – Line Dance
 12pm- Lunch
 1pm- Senior Meeting With Director
 2pm-Freestyle Dance Hour

10am- Creative Arts **21**
 11am – Line Dance Classics
 12pm- Lunch
 1pm- Social Friday
 POOL TOURNAMENT AT CASA BORICUA, ALL DAY

10am-Social Friday **28**
 11am – Line Dance
 12pm- Lunch
 1pm- March Madness and March Birthday Celebration



MUST BE 60 YEARS OR OLDER TO JOIN



REMINDERS

RN ON SITE TUESDAYS AND WEDNESDAYS

- Salad Day is March 5
- Wear your Crochet Sweaters on March 7
- Women's Month Celebration March 11
- Technology Class with Eli March 12 and March 24
- Movie Day is March 20
- Game Day is March 28

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

