



April 2025

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



Monday

Tuesday

Wednesday

Thursday

Friday

10am - Health Promotion-DF 7
 11am- Creative Arts
 12pm- Lunch
 1pm- Bingocize 14
 2pm- Technology Class

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

10am - Creative Arts 2
 11am- Health Education RN*
 12pm- Lunch
Early Dismissal

10am-POOL Lessons 3
 11am-Creative Arts
 12pm- Lunch
 1pm-Bingocize 13 make up class
 2pm- Line Dance

10am- Social Friday 4
 11am - Cricut Class
 12pm- Lunch
 1pm- Line Dance
 2pm- Karaoke

10am - Creative Art-DF 14
 11am- Nutrition Education
 12pm- Lunch
 1pm- Bingocize 16
2pm -Intergenerational Activity

10am - Crochet Hour 8
 11am - Chair Exercise RN*
 12pm- Lunch
1pm- VNS Behavioral Health Presentation
 2pm-Recreational Games

10am- Jewelry Making-DF 9
 11am- Technology Class RN*
 12pm- Lunch
 1pm-Bingocize 15
 2pm-Health Education

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

10am- Mental Exercises 11
11am - Quarterly Brunch
 12pm- Lunch
1pm- NORC Member Meeting
 2pm-Social Friday

10am - Creative Arts 21
 11am- Crochet Class
 12pm- Lunch
 1pm-Bingocize 18
 2pm - Technology Class

10am - Crochet Hour 15
 11am - Creative Arts RN*
 12pm- Lunch
1pm - House Call Workshop Essen Med
 2pm-Recreational Games

10am- Creative Arts-DF 16
 11am - Health Education RN*
 12pm- Lunch
 1pm- Bingocize 17
 2pm-Technology Class

10am-POOL Lessons 17
 11am-Health Education
 12pm- Lunch
1pm-MOVIE DAY

10am- Creative Arts 18
 11am -Line Dance
 12pm- Lunch
 1pm- Social Friday
 2pm-Recreational Games

10am - Creative Arts 28
11am- Skin Cancer Virtual Presentation
 12pm- Lunch
 1pm-Bingocize 20
 2pm - Technology Class

10am - Earth Day Planting 22
 11am -Chair Exercise RN*
 12pm- Lunch
12:30pm Lighthouse Guild Virtual Presentation
 2pm-Recreational Games

10am- Jewelry Making-DF 23
 11am- Technology Class RN*
 12pm- Lunch
 1pm-Bingocize 19
 2pm- Health Education

8:30 am- Morning Stretch 24
 10am-POOL Lessons
 11am-Creative Arts
 12pm- Lunch
 1pm- Chair Excerise
 2pm- Recreational Games

10am-Social Friday 25
 11am - Mental Exercises/Trivia
 12pm- Lunch
1pm- Senior Meeting with Director
 2pm- Line Dance

REMINDERS

RN ON SITE TUESDAYS AND WEDNESDAYS

Early Dismissal April 2 (close at 1 pm)
 VNS Behavioral Health presentation April 8th
 Quarterly Brunch April 11
 Essen Presentation April 15
 Movie Day is April 17 , Salad Day April 29
 Morning Stretch will be held outside on the center lawn Starting 4/24 when listed on calendar

MUST BE 60 YEARS OR OLDER TO JOIN

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

