



MAY 2025

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

Monday

Tuesday

Wednesday

Thursday

Friday



MUST BE 60 YEARS OR OLDER TO JOIN

FLIP THE SCRIPT ON AGING: MAY 2025

10am - Crochet Class 5
 11am - Creative Arts
 12pm - Lunch
 1pm - Bingocize Final/ Graduation
 2pm - Fueled By Engagement- Cinco De Mayo

10am - Creative Arts 6
 11am - Recreational Games
 12pm - Lunch
Mother's Day Trip

10am - Pool Lessons 7
 11am - Technology Class RN*
 12pm - Lunch
 1pm - Chair Exercise
 2pm - Health Education

8:30am - Morning Stretch 1
 10am - POOL Lessons
 11am - Creative Arts
 12pm - Lunch
 1pm - Chair Exercise
 2pm - Line Dance

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

10am - Creative Art-DF 12
 11am - Chair Exercise
 12pm - Lunch
 1pm - Nutrition Education
2pm - Make your Own Salad Day

8:30 am - Morning Stretch 13
10am - Healthy Homes Presentation
 11am - Crochet Class RN*
 12pm - Lunch
 1pm - Chair Exercise
 2pm - Recreational Games

10am - Jewelry Making- DF 14
 11am - Health Education RN*
 12pm - Lunch
1pm - Creative Arts DF- Painting with Angie and Charmone
 2pm - Technology Class

8:30am - Morning Stretch 8
 10am - Crochet Clas
 11am - Creative Arts
 12pm - Lunch
 1pm - Chair Exercise
 2pm - Mental Exercises/ Trivia

10am - Social Friday 9
 11am - Cricut Class
 12pm - Lunch
 1pm - NORC Member Meeting
 2pm - Line Dance

10am - Jewelry Making- DF 19
 11am - Crochet Class
 12pm - Lunch
 1pm - Chair Exercise
 2pm - Technology Class

10am - Creative Arts 20
 11am - Chair Exercise RN*
 12pm - Lunch
12:30: Operation Safe Travel Presentation
1:30pm - Older Adult Scam Prevention Virtual Presentation

10am - Line Dance 21
 11am - Technology Class RN*
 12pm - Lunch
 1pm - Recreational Games
 2pm - Health Education

8:30am - Morning Stretch 15
 10am - POOL Lessons
 11am - Health Education
 12pm - Lunch
1pm - MOVIE DAY

10am - Creative Arts 16
 11am - Line Dance
 12pm - Lunch
 1pm - Recreational Games
 2pm - Social Friday

We will be CLOSED on MEMORIAL DAY 26

8:30 am - Morning Stretch 27
 10am - Creative Arts
 11am - Pool Lessons
 12pm - Lunch
 1pm - Chair Exercise
 2pm - Technology Class

10am - Creative Arts 28
 11am - Health Education -DF RN*
 12pm - Lunch
 1pm - Chair Exercise
 2pm - Technology Class

ART expo 22
 11-3

8:30am - Morning Stretch 23
 10am - Creative Arts
 11am - Social Friday
 12pm - Lunch
Early Dismissal

8:30 am - Morning Stretch 29
 10am - POOL Lessons
 11am - Creative Arts
 12pm - Lunch
 1pm - Chair Exercise
2pm - Smoothie Day

10am - Social Friday 30
 11am - Line Dance
 12pm - Lunch
1pm - Senior Meeting with Director
 2pm - May Birthday Celebration

REMINDERS

RN ON SITE TUESDAYS AND WEDNESDAYS

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



Morning Stretch is conducted on the center lawn
 Early Dismissal May 23
 Program closed on May 26