

Click on the event titles in the calendar squares to register with Zoom!

# MAY 2026

## Time to celebrate Older American Month

Click on the event titles in the calendar squares to register for virtual workshops with Zoom. After registering you will receive a confirmation email with information about joining the meeting.

Haga clic en los títulos de los eventos en los cuadros del calendario para registrarse en talleres virtuales con Zoom. Después de registrarse, recibirá un correo electrónico de confirmación con información sobre cómo unirse a la reunión.

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 	6	7	8	9
10 	11	12	13	14 Community Mother's Day Wellness Fair	15	16
17	18 TimeBank by Healthfirst Foundation	19	20	21	22	23
24	25	26	27	28	29	30
31 			Homestyle Direct	CaringKind		

**May 14th at 1:00pm-4:00pm**  
 "Community Mother's Day Wellness Fair"  
 In-person event at  
 975 Wairing Ave, Bronx NY 10467

**May 18th at 3:30pm**  
 "Moving Gently Toward Wellness"

**May 27th at 11:30am**  
 "Powering the Body: Nutrition and Strength for Healthy Aging"

**May 28th at 11:30am**  
 "Family Matters: Dementia Care Across Generations"