

# AUGUST 2026

**NORC PROGRAM**  
AT LAFAYETTE ESTATES  
825 MORRISON AVE LEVEL C  
BRONX, NY 10473  
718-617-2216  
8:30AM-3PM



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

10am - Health Promotion 3  
11am - Chair Exercise  
12pm - Midday Lunch Mingle  
1pm - **Technology Class**  
2pm - Pool Lessons

10am - Crochet Class 4  
11am - Line Dance Class  
12pm - Midday Lunch Mingle  
1pm - **Creative Arts (Outdoor)**  
2pm - Recreational Games

10am - Pool Lessons 5  
11am - **Arthritis Exercise** Virtual  
12pm - Midday Lunch Mingle  
1pm - Jewelry Making DF  
2pm - Crochet Class

10am - Line Dance 6  
11am - Creative Arts  
12pm - Midday Lunch Mingle  
**Bingo (Outdoor)**  
1pm-2pm

**Community Fair**  
**NORC Friends & Family**  
**(The Knicks Way)**

10am - Creative Arts 10  
11am - Chair Exercise  
12pm - Midday Lunch Mingle  
1pm - Nutrition Class  
2pm - **Make Your Own Salad**

10am - Morning Meditation 11  
11am - Crochet Class  
12pm - Midday Lunch Mingle  
1pm - **Technology Class**  
2pm - Line Dance

10am - Crochet Class 12  
11am - Pool Lessons  
12pm - Midday Lunch Mingle  
1pm - Cricut Class  
2pm - Recreational Games

10am - Morning Meditation 13  
11am - **Arthritis Exercise**  
12pm - Midday Lunch Mingle  
1pm - **Creative Arts (Outdoor)**  
2pm - Line Dance

10am - Line Dance 14  
11am - Health Education  
12pm - Midday Lunch Mingle  
1pm - Pool Lessons  
2pm - Social Friday

10am - Pool Lessons 17  
11am - Creative Arts  
12pm - Midday Lunch Mingle  
1pm - Line Dance  
2pm - Recreational Games

10am - Crochet Class 18  
11am - Zumba Chair Exercise  
12pm - Midday Lunch Mingle  
1pm - **Smoothie Day**  
2pm - Pool Lessons

10am - Line Dance 19  
11am - Pool Lessons  
12pm - Midday Lunch Mingle  
1pm - **Technology Class**  
2pm - Recreational Games

10am - Creative Arts 20  
11am - Chair Exercise Virtual  
12pm - Midday Lunch Mingle  
**Spanish Lesson W/Jean**  
Review 1-3pm

10am - Creative Arts 21  
11am - Jewelry Making  
12pm - Midday Lunch Mingle  
1pm - Karaoke  
2pm - Social Friday

10am - Creative Arts 24  
11am - Health Promotion  
12pm - Midday Lunch Mingle  
1pm - Zumba Chair Exercise  
2pm - Pool Lessons

10am - Pool Lessons 25  
11am - Line Dance  
12pm - Midday Lunch Mingle  
1pm - Recreational Games  
**Holiday Hill Trip 7:45Am**

10am - Crochet Class 26  
11am - **Technology Class**  
12pm - Midday Lunch Mingle  
**Movie Day**  
1pm-3pm

10am - Creative Arts 27  
11am - **Arthritis Exercise**  
12pm - Midday Lunch Mingle  
**Spanish Lesson W/Jean**  
Exam 1-3pm

10am - Pool Lessons 28  
11am - **Technology Class**  
12pm - Midday Lunch Mingle  
1pm - **NORC Member Meeting / August Birthday Celebrations**  
2pm - Social Friday

10am - Health Promotion 31  
11am - Chair Exercise  
12pm - Midday Lunch Mingle  
1pm - **Technology Class**  
2pm - Pool Lessons

**MUST BE 60 YEARS OR OLDER TO JOIN**

## REMINDERS

~ Friends & Family Community Fair ~ 8/07

~ Last Day for Full Payment ( Holiday Hill Trip ) 8/21

~ Holiday Hill Trip 8/25

**RN ON SITE**

Virtual Classes Click the link below

~ Arthritis Exercise 8/01

<https://us04web.zoom.us/j/78114254549?pwd=QpcpcgVaMHf6aV7r4OPgZabiFGxaNV.1>

~ Chair Exercise 8/20

<https://us04web.zoom.us/j/75771500405?pwd=zlRgTekMH092ShjDsklHtmjAYo6gkf.1>

## FUNDING PARTNERS

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