NEIGHBORHOOD SHOPP celebrating 45 years of community support

WWW.NSHOPP.ORG

NOVEMBER 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
2 10am - Health Promotion 11am - Creative Arts 12pm - Midday Lunch Mingle Beginners Sewing Class 1pm-3pm	3 10am - Pool Lessons 11am - Crochet Class Beginners 12pm - Midday Lunch Mingle 1pm -Technology Class 2pm- Zumba Exercise	4 10am - Creative Arts 11am - Line Dance 12pm - Midday Lunch Mingle 1pm - Comunilife Presentation Topic : Loneliness 2pm - Dominos Lessons	5 10am - Technology Class 11am - Zumba Chair Exercise 12pm - Midday Lunch Mingle 1pm - BINGO 2pm- Pool Lessons	6 10am - Crochet Class 11am – Ease & Stretch Exercise 12pm - Midday Lunch Mingle 1pm - Pool Lesson 2pm - UNO Beginners Class
9 10am– Crochet Class 11am – Ease & Stretch Exercise 12pm - Midday Lunch Mingle Beginners Sewing Class 1:30pm-3pm	10 10am - Line Dance 11am - Creative Arts 12pm - Midday Lunch Mingle 1pm- Technology Class 2pm - UNO Beginners Class	11 10am– Morning Meditation 11am – Pool Lesson 12pm - Midday Lunch Mingle Pie Palozzo 1pm-3pm VETERANS DAY	12 10am - Technology Class 11am - Creative Arts 12pm - Midday Lunch Mingle 1pm - Jewerly Class DF 2pm - UNO Beginners Class	13 10am - Crochet Class 11am - Line Dance 12pm - Midday Lunch Mingle 1pm - Health Education 2pm - Social Friday
16 10am - Technology Class 11am - UNO Beginners Class 12pm - Midday Lunch Mingle Beginners Sewing Class 1:30pm-3pm	17 10am - Crochet Beginners Class 11am - Creative Arts 12pm - Midday Lunch Mingle 1pm- Health Education 2pm - Total Body Fitness Exercise	18 10am - Technology Class 11am - Pool Lessons 12pm - Midday Lunch Mingle YARN WORKSHOP 1PM-3PM NSHOPP Fashion show Meeting	19 10am - MET Box Creative Arts 11am – Arthritis Exercise 12pm - Midday Lunch Mingle MOVIE DAY 1PM-3PM	20 THANKSGIVING POTLUCK BRIDGERTON THEME/ BIRTHDAY CELEBRATION 11AM-3PM NORC MEMBER MEETING W/DIRECTOR CHRIS
23 10am - Technology Class 11am - Zumba Chair Exercise 12pm - Midday Lunch Mingle Beginners Sewing Class 1:30pm-3pm	24 10am - Line Dance 11am - Health Education 12pm - Midday Lunch Mingle 1pm - Maestro Medicare Presentation 2pm - Pool Lessons	25 10am - Crochet Beginners Class 11am - Arthritis Exercise 12pm - Midday Lunch Mingle 1pm - Recreational Games 2pm Early Dismissal	Closed Thursday & Friday HAPPY THANKSGIVING Have A Safe Holiday	
30 10am - Ease & Stretech 11am - Nutrition Class 12pm - Midday Lunch Mingle Beginners Sewing Class 1:30pm-3pm				

MUST BE 60 YEARS OR OLDER TO JOIN



SCAN HERE

RN ON SITE

REMINDERS

- December 7th Hunterdon Hill Play House Trip : 1st payment Due ~ 11/02 Final Payment Due 11/25
- Pie Palozzo (Bring in a Pie) ~ 11/11
- Thanksgiving PotLuck Please see Staff of any Donations ~ 10/09

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