

**Sister Annunciata Bethell
Older Adult Center**

243 E 204th Street Bronx, New York 10458

Contact Us:
718-365-3725

CENTER ACTIVITIES

NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
GUIDED MORNING STRETCHES & MEDITATION 10:15 AM (ONSITE)	GUIDED MORNING STRETCHES & MEDITATION 10:15 AM (ONSITE)	GUIDED MORNING STRETCHES & MEDITATION 10:15 AM (ONSITE)	GUIDED MORNING STRETCHES & MEDITATION 10:15 AM (ONSITE)	GUIDED MORNING STRETCHES & MEDITATION 10:15 AM (ONSITE)
TRIVIA & BRAINTEASERS 11:00 AM (ONSITE)	TRIVIA & BRAINTEASERS 11:00 AM (ONSITE)	TRIVIA & BRAINTEASERS 11:00 AM (ONSITE)	TRIVIA & BRAINTEASERS 11:00 AM (ONSITE)	TRIVIA & BRAINTEASERS 11:00 AM (ONSITE)
TECHNOLOGY CLASS WITH NYPL 10:30 AM (ONSITE)	ART MAKING PROGRAM WITH ROY 10:30AM-12:15PM (ONSITE)	CULTURAL TUNES WITH HUGH 11:00 AM (ONSITE)	AEROBICS EXERCISE WITH DORIAN 11:40 AM (ONSITE)	DRUM FIT EXERCISE WITH DORIAN 11:40 AM (ONSITE)
TAI CHI FOR ARTHRITIS WITH JUDY 11:40 AM (ONSITE)	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30AM TO RESERVE A MEAL	MUSIC & EXERCISE WITH HUGH 11:45 AM (ONSITE)	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30AM TO RESERVE A MEAL	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30AM TO RESERVE A MEAL
LUNCH 12:30 PM CALL BETWEEN 8:30-9:30AM TO RESERVE A MEAL	CHAIR EXERCISE 1:30 PM	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30AM TO RESERVE A MEAL	VIRTUAL TOURS 1:30 PM (ONSITE)	BINGO TOURNAMENT 1:30 PM (ONSITE)
AWARD WINNING MOVIE & GROUP TALK 1:30 PM (ONSITE)	(WHAT'S ON YOUR MIND?) DISCUSSION GROUP 2:30 PM	TECHNOLOGY ASSISTANCE WITH HUGH 1:30 PM (ONSITE)		

Funded in part by:
NYC Department for the Aging
NYS Office of the Aging

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