

**Sister Annunciata Bethell
Older Adult Center**

243 E 204th Street Bronx, New York 10458

Contact Us:
718-365-3725

WEEKLY ACTIVITIES

APRIL 2024

Monday	Tuesday	Wednesday	Thursday	Friday
GUIDED MORNING STRETCHES & MEDITATION 10:00 AM (ONSITE)	GUIDED MORNING STRETCHES & MEDITATION 10:00 AM (ONSITE)	GUIDED MORNING STRETCHES & MEDITATION 10:00 AM (ONSITE)	GUIDED MORNING STRETCHES & MEDITATION 10:00 AM (ONSITE)	GUIDED MORNING STRETCHES & MEDITATION 10:00 AM (ONSITE)
TECHNOLOGY CLASS WITH VIVIANA 10:30 AM (ONSITE)	BIG APPLE WALK-A-THON WITH JOVANNA 10:00 AM	CARIBEANDO MUSIC & DANCE WITH JUAN 10:30 AM (ONSITE)	COLORING FOR RELAXATION 10:30 AM (ONSITE)	TRIVIA & BRAINTEASERS W/ AMS STUDENTS 10:30 AM (ONSITE)
TAI CHI FOR ARTHRITIS WITH JUDY 11:40 AM (ONSITE)	ARTHRITIS EXERCISE WITH ROY 10:30 AM (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)
LUNCH 12:30 PM CALL BETWEEN 8:30 -9:30 AM TO RESERVE A MEAL	ART MAKING WITH ROY 11:15 AM (ONSITE)	MEMORY & EXERCISE WITH HUGH 11:45 AM (ONSITE)	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30 AM TO RESERVE A MEAL	LUNCH 12:30 PM CALL BETWEEN 8:30 -9:30 AM TO RESERVE A MEAL
MET-ART IN A BOX 1:30 PM (ONSITE)	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30 AM TO RESERVE A MEAL	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30 AM TO RESERVE A MEAL	BINGO TOURNAMENT 1:30 PM (ONSITE)	AWARD-WINNING MOVIE 1:30 PM (ONSITE)
LEISURE GAMES 2:30 PM	TRIVIA & BRAINTEASERS 11:00 AM (ONSITE)	LEARNING TABLETS WITH HUGH 1:30 PM (ONSITE)	LEISURE GAMES 2:30 PM	LEISURE GAMES 2:30 PM

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