

**Sister Annunciata Bethell
Older Adult Center**

243 E 204th Street Bronx, New York 10458

Contact Us:
718-365-3725

CENTER ACTIVITIES

MAY 2023

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)
TECHNOLOGY CLASS WITH NYPL 10:30 AM (ONSITE)	WORDS OF WISDOM WITH ROY 11:00 AM -12:30 AM (ONSITE)	TRIVIA & BRAINTEASERS 11:00 AM (ONSITE)	TRIVIA & BRAINTEASERS 11:00 AM (ONSITE)	TECHNOLOGY 101 WITH AMS STUDENTS 10:30 AM (ONSITE)
TAI CHI FOR ARTHRITIS WITH JUDY 11:40 AM (ONSITE)	WORDS OF WISDOM WITH ROY 11:00 AM – 12:30 PM	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	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30 AM TO RESERVE A MEAL	MEMORY & PHYSICAL 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
(WHAT'S ON YOUR MIND?) DISCUSSION GROUP 1:30 PM	CHAIR EXERCISE 1:30 PM	LUNCH 12:30 PM CALL BETWEEN 8:30-9:30 AM TO RESERVE A MEAL	AWARD-WINNING MOVIE 1:30 PM (ONSITE)	BINGO TOURNAMENT 1:30 PM (ONSITE)
		LEARNING TABLETS WITH HUGH 1:30 PM (ONSITE)		

Funded in part by:
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NYS Office of the Aging

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