

**Sister Annunciata Bethell  
Older Adult Center**

243 E 204<sup>th</sup> Street Bronx, New York 10458

Contact Us:  
718-365-3725

**CENTER ACTIVITIES**

**SEPTEMBER 2023**

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)	ART MAKING WITH ROY 10:30 AM (ONSITE)	CULTURAL TUNES WITH HUGH 11:00 AM (ONSITE)	COLORING FOR RELAXATION WITH JOVANNA 10:30 AM (ONSITE)	TRIVIA & BRAINTEASERS WITH JOVANNA 11:00 AM (ONSITE)
TAI CHI FOR ARTHRITIS WITH JUDY 11:40 AM (ONSITE)	GENTLE CHAIR YOGA WITH JOVANNA 11:40 AM (ONSITE)	MEMORY & EXERCISE WITH HUGH 11:45 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	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	LUNCH 12:30 PM CALL BETWEEN 8:30 -9:30 AM TO RESERVE A MEAL
MET-ART IN A BOX WITH JOVANNA 1:30 PM (ONSITE)	BINGO TOURNAMENT WITH JOVANNA 1:30 PM (ONSITE)	LEARNING TABLETS WITH HUGH 1:30 PM (ONSITE)	AWARD-WINNING MOVIE WITH JOVANNA 1:30 PM (ONSITE)	THE CHAT LOUNGE WITH JOVANNA 1:30 PM (ONSITE)

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

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