

PEP for Seniors

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Bronx, NY 10462

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December 2009

COURSE SCHEDULE



Christmas joy warms the heart

Mon	Tue	Wed	Thu	Fri
	1 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	2 Breakfast for your brain 10-11 am Art Class 2-4 pm	3 Trip: Fitness Expo 9am	4 Yoga 10-11 am Belly dancing 3-4 pm
7 Free Flu Shots 1:30 pm Book Club 3-5 pm	8 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	9 Breakfast for your brain 10-11 am Movie Day 1 pm	10 Belly dancing 3-4 pm	11 Yoga 10-11 am Presentation: Alzheimer's Disease 1 pm
14 Yoga 10-11 am Lecture on Nutrition 3 pm	15 Session on Social Security 11am BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	16 No Classes	17 Belly dancing 3-4 pm	18
21 Yoga 10-11 am	22 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	23 Breakfast for your brain 10-11 am Belly dancing 3-4 pm	24	25 Closed: Christmas Day
28 Yoga 10-11 am	29 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	30 Breakfast for your brain 10-11 am	31	