



PEP for Seniors

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Bronx, NY 10462

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January 2010



COURSE SCHEDULE

Mon	Tue	Wed	Thu	Fri
4 Book Club 3-5 pm	5 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	6 Breakfast for your brain 10-11 am Art Class 2-4 pm	7 Three Kings Day Luncheon 1- 3 pm	8 Belly dancing 3-4 pm
11	12 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	13 Breakfast for your brain 10-11 am Art Class 2-4 pm	14	15 Belly dancing 3-4 pm
18 Movie Day: Pelham 123- 1 pm	19 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	20 Breakfast for your brain 10-11 am Art Class 2-4 pm	21 NYLAG- Health Care Proxy Presentation 10:30 am Lecture: Pneumonia 1 pm	22 Belly dancing 3-4 pm
25	26 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	27 Breakfast for your brain 10-11 am Art Class 2-4 pm	28	29 Belly dancing 3-4 pm