

PARKCHESTER ENHANCEMENT PROGRAM (PEP) FOR SENIORS

NOVEMBER 2009

COURSE SCHEDULE

COURSE OFFERINGS

- Mondays: **Yoga** with Instructor Carmen Paredes 10:00 am–11:00 am. Course Fee: \$10 per person, per month. Class will be held at SRCO (above Uno's restaurant)
- Wednesdays: **Art Class** with Instructor Robert Scott 2:00pm–4:00 pm. Course Fee: \$10 per person, per month. Fee includes all course materials. Class will be held here at PEP
- Fridays: **Belly Dancing** with Instructor Lynnette Negron 3:00pm–4:00 pm. Course Fee: \$10 per person, per month. Class will be held at SRCO (above Uno's Restaurant)
- Classes lead by volunteers will remain free of charge.
- Please Note: Course fees are non-refundable, unless the instructor cancels the course. If the instructor cancels a class or two due to illness or inclement weather, he or she will schedule make-up classes. If you feel that you are unable to pay, please speak to the Director, Nicole Tambini. No one will be turned away due to inability to pay.

MON	TUE	WED	THU	FRI
2 Advisory Council 10 Book Club 3-5	3 BP & Weight 12-1 Weight Loss Group 1-2 Knitting 2:30-4:30	4 Yoga 10-11 Art 2-4	5 Diabetic Program Management 1-2	6 Belly Dancing 3-4
9 Yoga 10-11 Computer Class 2-3	10 Entitlements 10-11 BP & Weight 12-1 Weight Loss 1-2 Knitting 2:30-4:30	11 Breakfast for your Brain 10-11 Art 2-4	12 Diabetic Program Management 1-2	13 Dental Hygiene Lecture 11-12 Belly Dancing 3-4
16 Yoga 10-11 Computer Class 2-3 Nutrition Lecture 3-4	17 BP & Weight 12-1 Weight Loss Group 1-2 Knitting 2:30-4:30	18 Breakfast for your Brain 10-11 Art 2-4	19 Thanksgiving PARTY! Diabetic Program Management 1-2	20 Workshop on Hoarding 10-11 Belly Dancing 3-4
23 Yoga 10-11 Computer Class 2-3	24 BP & Weight 12-1 Weight Loss Group 1-2 Knitting 2:30-4:30	25 Breakfast for your Brain 10-11 Art 2-4	26 CLOSED	27 Belly Dancing 3-4
30 Yoga 10-11 Computer Class 2-3				