

PEP for Seniors

1525 Unionport Rd. #ME
Bronx, NY 10462

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APRIL 2010

COURSE SCHEDULE



MON	TUE	WED	THU	FRI
			1	2 Presentation: Community Supported Agriculture Program 1 pm Belly dancing 3-4 pm
5 Computer Class 2 pm Book Club 3-5 pm	6 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	7 Yoga 10-11am Art Class 2-4 pm	8 Presentation: Are you eligible for food stamps? 2 pm	9 Presentation: Joint Public Affairs Committee for older Adults 1 pm Belly dancing 3-4 pm
12 Yoga 10-11am Women's Circle 11am Computer Class 2 pm	13 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	14 Art Class 2-4 pm	15 Movie Day: Michael Jackson- This is it 1 pm	16 Belly dancing 3-4 pm
19 Yoga 10-11am Presentation: Power of Attorney and Living Wills 11 am Computer Class 2 pm	20 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	21 Art Class 2-4 pm	22	23 Belly dancing 3-4 pm
26 Yoga 10-11am Computer Class 2 pm	27 BP & Weight Screenings 12-1 pm Weight Loss Support Group 1-2 pm Knitting Circle 2:30-4:30 pm	28 Art Class 230-4 pm	29	30 Belly dancing 3-4 pm