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PEP for Seniors NORC Program is
funded by NYC Aging



Monday	Tuesday	Wednesday	Thursday	Friday
Reminder: The MTA van is at Macy's on the 2nd Wednesday of each month from 10am-2pm for OmniCard issues		1 <u>Financial Counselor at PEP by appointment</u> Men's Group with Marlon 10am-12pm Medicare 101: Changes (UHC, Aetna, HF, Cigna) with Josh 12-1pm Zumba w/Leslie 1-2pm	2 Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1-3pm	3 Chess with Vanessa 12-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
6 Walking Group with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting & Crochet with Cookie 1-3pm	7 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Mark Adelman: "Lifestyle Approaches to Prevent Colon Cancer" 11am	8 <u>Financial Counselor at PEP by appointment</u> Zumba w/Leslie 1-2pm	9 Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1-3pm	10 Chess with Vanessa 12-1:30pm Jewelry Making with Greg 2-4pm
13 Walking Group with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting & Crochet with Cookie 1-3pm <u>Book Club with Verna 3-5pm</u>	14 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Medicare 101: Changes (other plans) with Josh Reyes 11am-12pm Crafting with Recycled Materials with Carmen 1-3pm	15 <u>Financial Counselor at PEP by appointment</u> Men's Group with Marlon 10am-12pm Zumba w/Leslie 1-2pm <u>Movie: Little Shop of Horrors 2:30pm</u>	16 Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1-3pm	17 <u>Reflexology by appt 9:30am-1:30pm</u> Chess with Vanessa 12-1:30pm Jewelry Making with Greg 2-4pm
20 Walking Group with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting & Crochet with Cookie 1-3pm	21 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Lecture: Dementia Related Behaviors 10-11am 1:1 Appointments with Josh Reyes 10am-2pm Crafting with Recycled Materials with Carmen 1-3pm	22 <u>Financial Counselor at PEP by appointment</u> Zumba w/Leslie 1-2pm	23 Bake Sale 10:30am-4pm	24 Bake Sale 10:30am-4pm Art with Evelyn on Google Meet 2:30-4:30pm
27 Walking Group with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting & Crochet with Cookie 1-3pm	28 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm 1:1 Appointments with Josh Reyes 10am-2pm Crafting with Recycled Materials with Carmen 1-3pm	29 <u>Financial Counselor at PEP by appointment</u> Zumba w/Leslie 1-2pm	30 Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1-3pm	31 Halloween Chess with Vanessa 12-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm