



1525 Unionport Road, Apt. ME
Bronx, NY 10462
Phone: (718) 409-1619
Email: ntambini@centerlight.org

PEP for Seniors NORC Program is
funded by NYC Aging

November 2025

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				
3 Walking Group with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting & Crochet with Cookie 1-3pm	4 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Medicare 1:1 by appointment Mark Adelman: "How to Keep Our Eyes Healthy" 11am Crafting with Recycled Materials with Carmen 1-3pm	5 Men's Group with Marlon 10am-12pm Zumba w/Leslie 1-2pm	6 Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	7 Chess with Vanessa 12-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
10 Walking Group with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Veterans Lunch 12-1pm Crafting & Crochet with Cookie 1-3pm <u>Book Club with Verna 3-5pm</u>	11 Veterans Day Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Medicare 1:1 by appointment</u> Crafting with Recycled Materials with Carmen 1-3pm	12 <u>Financial Counselor at PEP by appointment</u> Zumba w/Leslie 1-2pm	13 Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	14 <u>Reflexology w/ Rhonda 9:30am-1:30pm by appt.</u> Chess with Vanessa 12-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
17 Walking Group with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting & Crochet with Cookie 1-3pm	18 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Medicare 1:1 by appointment</u> Crafting with Recycled Materials with Carmen 1-3pm	19 <u>Financial Counselor at PEP by appointment</u> Men's Group with Marlon 10am-12pm Zumba w/Leslie 1-2pm <u>Movie: Anatomy of a Fall 2:30pm</u>	20 NYBG Train Show 9:30am Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	21 Chess with Vanessa 12-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
24 Walking Group with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Thanksgiving Potluck at PEP 1pm	25 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Crafting with Recycled Materials with Carmen 1-3pm	26 <u>Financial Counselor at PEP by appointment</u> Zumba w/Leslie 1-2pm	27 PEP CLOSED Happy Thanksgiving to all!	28 Chess with Vanessa 12-1:30pm Art with Evelyn on Google Meet 2:30-4:30pm