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PEP for Seniors NORC Program is  
funded by NYC Aging



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Chair Exercise with Cheryl 10:30-11:30am	<b>2</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Crafting with Recycled Materials with Carmen 1-3pm	<b>3</b> Financial Counselor at PEP by appointment Men's Group with Marlon 10am-12pm Zumba w/Leslie 1-2pm	<b>4</b> Tech Help with Izzy by appointment Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	<b>5</b> Reflexology with Rhonda by appointment Chess with Vanessa 12-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
<b>8</b> Chair Exercise with Cheryl 10:30-11:30am  <u>Book Club with Verna 3-5pm</u>	<b>9</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Understanding Alzheimer's with Jamel 10am-11am</u> <u>Mark Adelman: Chronic Pain 11am-12pm</u> Crafting with Recycled Materials with Carmen 1-3pm	<b>10</b> Financial Counselor at PEP by appointment Zumba w/Leslie 1-2pm <u>Movie: Home Alone 2:30pm</u>	<b>11</b> Tech Help with Izzy by appointment Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	<b>12</b> <u>PEP office closes at 11am</u>  Art with Evelyn on Google Meet 2:30-4:30pm
<b>15 Hanukkah Begins</b>  Chair Exercise with Cheryl 10:30-11:30am	<b>16</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Crafting with Recycled Materials with Carmen 1-3pm	<b>17</b> Financial Counselor at PEP by appointment Men's Group with Marlon 10am-12pm Zumba w/Leslie 1-2pm	<b>18</b> Tech Help with Izzy by appointment Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	<b>19</b> Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
<b>22 Hanukkah Ends</b>  Chair Exercise with Cheryl 10:30-11:30am	<b>23</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Crafting with Recycled Materials with Carmen 1-3pm	<b>24</b> Financial Counselor at PEP by appointment  <u>Holiday Brunch 10am</u> Zumba w/Leslie 1-2pm	<b>25</b>  <b>PEP CLOSED</b> <b>Merry Christmas!</b>	<b>26 Kwanzaa</b>
<b>29</b> Chair Exercise with Cheryl 10:30-11:30am	<b>30</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Crafting with Recycled Materials with Carmen 1-3pm	<b>31 New Years Eve</b> Financial Counselor at PEP by appointment Zumba w/Leslie 1-2pm		<b>Reminder:</b> The MTA van is at Macy's on the 2nd Wednesday of each month from 10am-2pm for OmniCard issues