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PEP for Seniors NORC Program is
funded by NYC Aging

January 2026

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 PEP CLOSED Happy New Year!	2
5 Chair Exercise with Cheryl 10:30-11:30am	6 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Mark Adelman: Seasonal Depression 11am-12pm</u> Crafting with Recycled Materials with Carmen 1-3pm	7 <u>Financial Counselor at PEP by appointment</u> Men's Group with Marlon 10am-12pm Zumba w/Leslie 1-2pm	8 <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	9 Chess with Vanessa 12-1pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
12 Chair Exercise with Cheryl 10:30-11:30am Advisory Board 11:45am <u>Book Club with Verna 1:30-3pm</u>	13 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Crafting with Recycled Materials with Carmen 1-3pm	14 <u>Financial Counselor at PEP by appointment</u> Zumba w/Leslie 1-2pm	15 <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	16 Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
19 PEP CLOSED Dr. Martin Luther King Jr. Day	20 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Elder Abuse & Caregiving Workshop with MET Council 10:30 - 11:30am</u> Crafting with Recycled Materials with Carmen 1-3pm	21 <u>Financial Counselor at PEP by appointment</u> Men's Group with Marlon 10am-12pm Zumba w/Leslie 1-2pm	22 <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	23 Chess with Vanessa 12-1pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
26 Chair Exercise with Cheryl 10:30-11:30am	27 Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Crafting with Recycled Materials with Carmen 1-3pm	28 <u>Financial Counselor at PEP by appointment</u> <u>Alzheimer's Association with Jamel: Self Love, Self Care 10:30-11:30am</u> Zumba w/Leslie 1-2pm	29 <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Priscilla and Esmie 1:30-3:30pm	30 <u>Reflexology with Rhonda by appointment</u> Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm