



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

January 2026

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