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PEP for Seniors NORC Program is  
 funded by NYC Aging

# MARCH 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chair Exercise with Cheryl 10:30-11:30am  <u>Movie: Selena 1-3pm</u>	<b>3</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Men's Group with Marlon 10am-12pm Crafting with Recycled Materials with Carmen 1-3pm	<b>4</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u>	<b>5</b> <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm	<b>6</b> Zumba w/Leslie 12:30-1:30pm  Art with Evelyn on Google Meet 2:30-4:30pm
<b>9</b> Chair Exercise with Cheryl 10:30-11:30am  <u>Book Club with Verna 1:30-3pm</u>	<b>10</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Mark Adelman: Cardiovascular Disease 11am-12pm</u> Crafting with Recycled Materials with Carmen 1-3pm	<b>11</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u>	<b>12</b> <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm	<b>13</b> Zumba w/Leslie 12:30-1:30pm  Jewelry Making with Greg 2-4pm
<b>16</b> Chair Exercise with Cheryl 10:30-11:30am <u>Movie: Daughters of the Dust 1-3pm</u>	<b>17</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Men's Group with Marlon 10am-12pm Crafting with Recycled Materials with Carmen 1-3pm	<b>18</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u>	<b>19</b> <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm	<b>20</b> Zumba w/Leslie 12:30-1:30pm  Jewelry Making with Greg 2-4pm
<b>23</b> Chair Exercise with Cheryl 10:30-11:30am	<b>24</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm <u>Alzheimer's Association with Jamel: Impact of Alz. on Women 10:30-11:30am</u> Crafting with Recycled Materials with Carmen 1-3pm	<b>25</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u>	<b>26</b> <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm	<b>27</b> Reflexology with Rhonda by appt. 9:30am-1:30pm Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm
<b>30</b> Chair Exercise with Cheryl 10:30-11:30am	<b>31</b> Chair Yoga with Adira 9-10am BP Screenings 9:30am-12pm Crafting with Recycled Materials with Carmen 1-3pm			<b>Reminder:</b> The MTA van is at Macy's on the 2nd Wednesday of each month from 10am-2pm for OmniCard issues