



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



# 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Reminder:</b> The MTA van is at Macy's on the 2nd Wednesday of each month from 10am-2pm for OmniCard issues</p>		<p><b>1</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u></p>	<p><b>2</b> <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting &amp; Crochet with Esmie 1:30-3:30pm</p>	<p><b>3</b> Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm</p>
<p><b>6</b> Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting with Cookie 12-1:30pm</p>	<p><b>7</b> Chair Yoga 9-10am BP Screenings 9:30am-12pm Men's Group with Marlon 10am-12pm Crafting with Recycled Materials with Carmen 1-3pm Poetry w/Lina 3-4:30pm</p>	<p><b>8</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u></p>	<p><b>9</b> <u>Tech Help with Izzy by appointment</u>  <b>BAKE SALE 10am-4pm</b></p>	<p><b>10</b> Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm</p>
<p><b>13</b> Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am <u>Advisory Board 11:45am</u> <u>Book Club with Verna 1:30-3pm</u></p>	<p><b>14</b> Chair Yoga 9-10am BP Screenings 9:30am-12pm <u>Mark Adelman: Aging &amp; Bone Health 11am-12pm</u> Crafting with Recycled Materials with Carmen 1-3pm Poetry w/Lina 3-4:30pm</p>	<p><b>15</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u></p>	<p><b>16</b> <u>Tech Help with Izzy by appointment</u> <b>NYBG Trip 9:30am</b> Dominoes 10:30am-12:30pm Knitting &amp; Crochet with Esmie 1:30-3:30pm</p>	<p><b>17</b> Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm</p>
<p><b>20</b> Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting with Cookie 12-1:30pm <u>Elder Abuse Workshop with Nicole 2-3pm</u></p>	<p><b>21</b> Chair Yoga 9-10am BP Screenings 9:30am-12pm Men's Group with Marlon 10am-12pm Crafting with Recycled Materials with Carmen 1-3pm Poetry w/Lina 3-4:30pm</p>	<p><b>22</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u></p>	<p><b>23</b> <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting &amp; Crochet with Esmie 1:30-3:30pm</p>	<p><b>24</b> <u>Reflexology with Rhonda by appt.</u> Zumba w/Leslie 12:30-1:30pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm</p>
<p><b>27</b> Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Crafting with Cookie 12-1:30pm</p>	<p><b>28</b> Chair Yoga 9-10am BP Screenings 9:30am-12pm <u>Alzheimer's Association with Jamel: Elder Law &amp; Planning 10:30-11:30am</u> Crafting with Recycled Materials with Carmen 1-3pm Poetry w/Lina 3-4:30pm</p>	<p><b>29</b> <u>Financial Counselor at PEP by appointment</u>  <u>Income Tax Preparation at PEP by Appointment</u>  Zumba w/Leslie 1-2pm</p>	<p><b>30</b> <u>Tech Help with Izzy by appointment</u> Dominoes 10:30am-12:30pm Knitting &amp; Crochet with Esmie 1:30-3:30pm</p>	