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PEP for Seniors NORC Program is funded by NYC Aging



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am All About Crochet w/Cookie 1-3pm</p>	<p>2 Chair Yoga 9-10am BP Screenings 9:30am-12pm</p>	<p>3 Financial Counselor at PEP by appointment Men's Group with Marlon 10am-12pm Zumba w/Leslie 1-2pm</p>	<p>4 Tech Help with Izzy by appointment Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm</p>	<p>5 Chess with Vanessa 12-1pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm</p>
<p>8 Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am All About Crochet w/ Cookie 1-3pm</p>	<p>9 Chair Yoga 9-10am BP Screenings 9:30am-12pm <u>Mark Adelman: Stress Anxiety & Aging 11am-12pm</u></p>	<p>10 Financial Counselor at PEP by appointment Zumba w/Leslie 1-2pm</p>	<p>11 Tech Help with Izzy by appointment Dominoes 10:30am-12:30pm</p>	<p>12 Reflexology with Rhonda by appointment Chess with Vanessa 12-1pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm</p>
<p>15 Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am Juneteenth Event 11:45am-12:45pm All About Crochet w/ Cookie 1-3pm <u>Book Club with Verna 3-4:30pm</u></p>	<p>16 Chair Yoga 9-10am BP Screenings 9:30am-12pm Poetry w/Lina 3-4:30pm</p>	<p>17 Financial Counselor at PEP by appointment Men's Group with Marlon 10am-12pm Father's Day Luncheon 11:30am-1pm Zumba w/Leslie 1-2pm</p>	<p>18 Tech Help with Izzy by appointment Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm</p>	<p>19 PEP CLOSED for JUNETEENTH!</p>
<p>22 Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am All About Crochet w/ Cookie 1-3pm</p>	<p>23 Chair Yoga 9-10am BP Screenings 9:30am-12pm <u>Alzheimer's Association with Jamel: Building Brain Healthy Habits 10-11am</u> Poetry w/Lina 3-4:30pm</p>	<p>24 Zumba w/Leslie 1-2pm</p>	<p>25 Tech Help with Izzy by appointment Dominoes 10:30am-12:30pm Knitting & Crochet with Esmie 1:30-3:30pm</p>	<p>26 Chess with Vanessa 12-1pm Poetry Final Event at Library 12-2pm Jewelry Making with Greg 2-4pm Art with Evelyn on Google Meet 2:30-4:30pm</p>
<p>29 Walking with Nicole 9-10am Chair Exercise with Cheryl 10:30-11:30am All About Crochet w/ Cookie 1-3pm</p>	<p>30 Chair Yoga 9-10am BP Screenings 9:30am-12pm</p>		<p>Reminder: The MTA van is at Macy's on the 2nd Wednesday of each month from 10am-2pm for OmniCard issues</p>	<p>Reminder: PEP's Tag Sale in the Oval is on Saturday, June 6th from 10am-5pm. In the event of rain, it will be rescheduled to Sunday.</p>