

**Sister Annunciata Bethell  
Older Adult Center**

243 E 204<sup>th</sup> Street Bronx, New York 10458

Contact Us:  
718-365-3725

**WEEKLY ACTIVITIES**

**DECEMBER 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
GUIDED MORNING MEDITATION 10:00 AM	GUIDED MORNING MEDITATION 10:00 AM	GUIDED MORNING MEDITATION 10:00 AM	GUIDED MORNING MEDITATION 10:00 AM	GUIDED MORNING MEDITATION 10:00 AM
TECHNOLOGY CLASS WITH NYPL 10:30 AM	ARTHRITIS EXERCISE WITH ROY 10:30 AM	CULTURAL TUNES WITH HUGH 11:00 AM	LEISURE GAME: BRAIN & MEMORY EXERCISES 10:45 AM	DISCUSSION GROUP 10:45 AM
TAI CHI FOR ARTHRITIS WITH JUDY 11:40 AM	ART MAKING WITH ROY 11:15 AM	MEMORY & PHYSICAL EXERCISE WITH HUGH 11:45 AM	AEROBICS EXERCISE WITH DORIAN 11:40 AM	DRUM FIT EXERCISE WITH DORIAN 11:40 AM
LUNCH 12:30 PM	LUNCH 12:30 PM	LUNCH 12:30 PM	LUNCH 12:30 PM	LUNCH 12:30 PM
		LEARNING TABLETS WITH HUGH 1:30 PM		

**ALL ACTIVITIES ARE HELD ON-SITE**

Funded in part by:  
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