



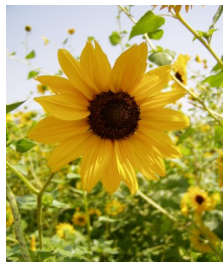
Building communities
one life
at a time

Mosholu Montefiore Senior Center
3450 DeKalb Avenue, Bronx, NY, 10467
office: 718-798-6601, website: mmcc.org

August

2020

NYC
Department for
the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 <u>Stay In Shape</u> w/ Nancy 10:30 <u>Love & Comfort</u> w/ Christine 12:30 <u>Glee Club</u> w/ Napat	4 11:30 <u>ZOOM tutorial, Technology & Internet</u> w/Linda 1:30 <u>Open Door Club Meeting</u>	5 10:00 <u>Zoom Yoga</u> w/Anita 11:30 <u>ZOOM & Chat</u> w/Lisa and guests Continued discussion on social-emotional wellness 1:00 <u>Cooking</u> w/ Lonnie: Pineapple Glazed Salmon & boiled red bliss potatoes	6 10:30 <u>Zoom Tai Chi</u> w/Judy 12:30 <u>Exploring Culture</u> w/ Rosa	7 10:30 <u>To Your Health</u> w/Maureen 1:00 <u>Stylistic DJ—Birthday Celebration and Disco Dance Party</u> <i>Zoom Info for dance party only: Mtg. ID 817 7348 8477</i>
10 9:30 <u>Stay In Shape</u> w/ Nancy 10:30 <u>Love & Comfort</u> w/ Christine 12:30 <u>Glee Club</u> w/ Napat	11 11:30 <u>ZOOM tutorial, Technology & Internet</u> w/Linda 12:30 <u>Words Of Wisdom Club Meeting</u> 1:30 <u>Golden Welcome Club Meeting</u>	12 10:00 <u>Zoom Yoga</u> w/Anita 11:30 <u>ZOOM & Chat</u> w/Lisa and guests Carmela Frattasi, Wellness Coach, Q&A topic—stress, relaxation, mind/body connection. 1:00 <u>Cooking</u> w/ Lonnie Homemade burgers and fries	13 10:30 <u>Zoom Tai Chi</u> w/Judy 12:30 <u>Exploring Culture</u> w/ Rosa	14 10:30 <u>To Your Health</u> w/Maureen 12:00 COMEDY HOUR is back! ~Jokes wanted~ Email Lisa or call the office and we'll put you on the program. Audience members required. Zoom or call in !
17 9:30 <u>Stay In Shape</u> w/ Nancy 10:30 <u>Love & Comfort</u> w/ Christine 12:30 <u>Glee Club</u> w/ Napat	18 11:30 <u>ZOOM tutorial, Technology & Internet</u> w/Linda 1:30 <u>Open Door Club Meeting</u>	19 10:00 <u>Zoom Yoga</u> w/Anita 11:30 <u>ZOOM & Chat</u> w/Lisa and guests 1:00 <u>Cooking</u> w/ Lonnie Lemon butter fish w/ cucumber salad	20 10:30 <u>Zoom Tai Chi</u> w/Judy 12:30 <u>Exploring Culture</u> w/ Rosa	21 10:30 <u>To Your Health</u> w/Maureen 12:00 <u>"What's In Your Closet?" Special Edition</u> <i>Theme: Home Décor—show us your style.</i>
24 9:30 <u>Stay In Shape</u> w/ Nancy 10:30 <u>Love & Comfort</u> w/ Christine 12:30 <u>Glee Club</u> w/ Napat	25 11:30 <u>ZOOM tutorial, Technology & Internet</u> w/Linda 12:30 <u>Words Of Wisdom Club Meeting</u> 1:30 <u>Golden Welcome Club Meeting</u>	26 10:00 <u>Zoom Yoga</u> w/Anita 11:30 <u>ZOOM & Chat</u> w/Lisa and guests 1:00 <u>Cooking</u> w/ Lonnie Chili con carne w/ rice	27 10:30 <u>Zoom Tai Chi</u> w/Judy 12:30 <u>Exploring Culture</u> w/ Rosa	28 10:30 <u>To Your Health</u> w/Maureen 11:30 <u>Self-Care & Stress Management</u> Carmela Frattasi, Wellness Coach returns with useful tips and techniques to promote social and emotional wellness
31 9:30 <u>Stay In Shape</u> w/ Nancy 10:30 <u>Love & Comfort</u> w/ Christine 12:30 <u>Glee Club</u> w/ Napat		~Free legal services available with Eric Schryver . Call Senior Center office and leave a message for referral		~Case Assistance provided daily: Analinda Lorente LMSW Call the Senior Center office and leave a message or email alorente@mmcc.org