



January 2012



PEP for Seniors
1525 Unionport Rd #ME
Bronx, NY 10462

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Monday	Tuesday	Wednesday	Thursday	Friday
2 PEP CLOSED Happy New Year!	3 Computer Class 9am Chair Yoga 10 am BP & Weight 12 pm Weight Loss Group 1 pm Knitting Circle 2:30 pm	4 Art Class 2:00 pm	5 Movie Club 1:00 pm	6 Belly Dancing 3:00 pm
9 Women's Circle 10 am Writing Class 1:00 pm Book Club 3:00 pm	10 Computer Class 9am Chair Yoga 10 am BP & Weight 12 pm Weight Loss Group 1 pm Knitting Circle 2:30 pm	11 Art Class 2:00 pm	12	13 Food Stamp Lecture 11:00 am Belly Dancing 3:00 pm
16 PEP CLOSED for Martin Luther King Day	17 Computer Class 9am Chair Yoga 10 am BP & Weight 12 pm Weight Loss Group 1 pm Knitting Circle 2:30 pm	18 Art Class 2:00 pm	19	20 Belly Dancing 3:00 pm
23 Writing Class 1:00 pm	24 Computer Class 9am Chair Yoga 10 am BP & Weight 12 pm Chinese New Year Celebration 1:00 pm Knitting Circle 2:30 pm	25 Art Class 2:00 pm	26	27 Belly Dancing 3:00 pm
30 Writing Class 1:00 pm	31 Computer Class 9am Chair Yoga 10 am BP & Weight 12 pm Weight Loss Group 1 pm Knitting Circle 2:30 pm			