

**Daily Activities:** Recreation Room (Chess, cards, Billiards, Bingo, Dominoes) 8:30am-3:45pm, Walking: 8:00am, Computer Room 8:30am-3:30pm  
**Lunch Served Daily from 12:00-1:00pm**



2020



Monday	Tuesday	Wednesday	Thursday	Friday
Daily Activities 2	Daily Activities 3	Daily Activities 4	Daily Activities 5	Daily Activities 6
9:00am Phys. Exercise 11:00am Senior Health Edu. 1:00pm Bingo 2:00pm Group Discussion 2:00pm Computer Basics 3:00pm Calligraphy	10:00am Roadrunners 11:00am Arts & Culture <b>11AM Medicare workshop</b> 1:00pm Social Hour 2:00pm Dancing 3:00pm H.B Social Club	<b>10:00am Zumba Life</b> 11:00am Arts & Culture 11:00am Health -Alert & Alive 1:00pm <b>Spa &amp; Wellness</b> 2:00pm Poetry Reading 3:00pm Dominoes Game	9:00am Phys. Exercise 10:00am Falls Prevention <b>11AM Home Care Pres.</b> <b>1PM Jokercise</b> 2:00pm Dancing 3:00pm Bridge Game	9:00am Phys. Exercise 11:00am Jewelry Making 11:00am Senior Health Edu. 1:00pm ESL 2:00 Computer Basics 3:00pm H.B Social Club
Daily Activities 9	Daily Activities 10	Daily Activities 11	Daily Activities 12	Daily Activities 13
9:00am Phys. Exercise 11:00am Senior Health Edu. 1:00pm Bingo 2:00pm Group Discussion 2:00pm Computer Basics 3:00pm Calligraphy	9:00am Phys. Exercise 10:00am Roadrunners 11:00am Arts & Culture <b>1PM Tai-Chi Workshop</b> 2:00pm Dancing 3:00pm H.B Social Club	<b>10:00am Zumba Life</b> 11:00am Arts & Culture 11:00am Health -Alert & Alive 1:00pm Group Discussion 2:00pm Poetry Reading 3:00pm Dominoes Game	9:00am Phys. Exercise 10:00am Stay Well <b>11AM Home Care Pres.</b> <b>1:00pm Nutrition Workshop</b> 2:00pm Dancing 3:00pm Bridge Game	9:00am Phys. Exercise 11:00am Jewelry Making 11:00am Senior Health Edu. 1:00pm ESL 2:00pm Computer Basics 3:00pm H.B Social Club
Daily Activities 16	Daily Activities 17	Daily Activities 18	Daily Activities 19	Daily Activities 20
9:00am Phys. Exercise 11:00am Senior Health Edu. 1:00pm Bingo <b>2:00pm Group Discussion</b> 2:00pm Computer Basics 3:00pm Calligraphy	9:00am Phys. Exercise 10:00am Roadrunners 11:00am Arts & Culture 1:00pm Social Hour 2:00pm Dancing 3:00pm H.B Social Club	<b>10:00am Zumba Life</b> 11:00am Arts & Culture 11:00am Health-Alert & Alive <b>1:00pm Spa &amp; Wellness</b> 2:00pm Poetry Reading 3:00pm Dominoes Game	9:00am Phys. Exercise 10:00am Stay Well 11AM Coloring & painting 1:00pm Social Hour <b>2:00pm CENTER CLOSED</b>	9:00am Phys. Exercise 11AM Jewelry making 11:00am Senior Health Edu. 1:00pm ESL 2:00pm Computer Basics 3:00pm H.B Social Club
Daily Activities 23	Daily Activities 24	Daily Activities 25	Daily Activities 26	Daily Activities 27
9:00am Phys. Exercise 11:00am Senior Health Edu. 1:00pm Bingo 2:00pm Group Discussion 2:00pm Computer Basics 3:00pm Calligraphy	<b>9:00am 2020 Census Pres.</b> 10:00am Roadrunners 11:00am Arts & Culture <b>1:00pm Nutrition Workshop</b> 2:00pm Dancing 3:00pm H.B. Social Club	<b>10:00am Zumba Life</b> 11:00am Arts & Culture 11:00am Health -Alert & Alive 1:00pm Group Discussion 2:00pm Poetry Reading 3:00pm Dominoes Game	9:00am Phys. Exercise 10:00am Fall Prevention 11AM Coloring & painting 1PM Social Hour 2:00pm Dancing 3:00pm Bridge Game	9:00am Phys. Exercise 11AM Jewelry Making 11:00am Senior Health Edu. 1:00 pm ESL 2:00pm Computer Basics <b>3:00pm B-DAY Celebration</b>
Daily Activities 30	Daily Activities 31			
9:00am Phys. Exercise 11:00am Senior Health Edu. 1:00pm Bingo 2:00pm Group Discussion 2:00pm Computer Basics 3:00pm Calligraphy	9:00am Phys. exercise 10:00am Roadrunners 11:00am Arts & Culture 1:00pm Social Hour 2:00pm Dancing 3:00pm H.B. Social Club	PSS Highbridge 1181 Nelson Avenue Bronx NY 10452 Funded by DFTA Sponsor by PSS		Sketching workshop Mondays & Fridays 10:00am - 11:00am
		SU CASA Movement Ballet Workshop Mondays & Wednesdays 10:30am - 12:00PM Begins March 16 <sup>th</sup> , 2020		