


Sister Annunciata Bethell Older Adult Center – May 2026

243 East 204 Street, BX NY 10458 

718.365.3725, Website: annunciata.org

Funded, in part, by NYC Aging & NYS Office for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="margin: 0;">OLDER AMERICANS MONTH</h2> <hr style="width: 30%; margin: 10px auto;"/> <p style="margin: 0;">CHAMPION YOUR HEALTH: MAY 2026</p>				
				<p>1. 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit w/ Dorian 12:30 Lunch 12:30 Nutrition Presentation Maudene Nelson 1:30 Movie & Snack: Song Sung Blue 1:30 Billiards</p>
<p>4. 10:00 Guided Meditation 10:30 Tech w/NYPL 11:00 Online Tools To Manage Your Health 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa</p>	<p>5. 10:00 Guided Meditation 10:00 Happy Feet Presentation Janilee James 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 National Stroke Awareness W/ Carlos Tejada 12:30 Lunch 1:30 Bingo 1:30 Billiards</p>	<p>6. 9:00-2:00 Blood Pressure, Screening with Carrie, LPN 10:00 Guided Meditation 11:15: Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Lunch 1:00 Silver Shoes Dance 1:30 Learning Tablets</p>	<p>7. 10:00 Guided Meditation 10:45 Leisure Games: Board Games 11:40 Aerobics w/ Dorian 12:30 Elder Abuse Presentation W/ Neighborhood Shopp 12:30 Lunch 1:30 Bingo 1:30 Billiards</p>	<p>8. 10:00 Guided Meditation 10:00 Stroke Awareness Presentation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Mother's Day luncheon 12:30 Lunch 1:30 Billiards 2:00 Fall Prevention Presentation</p>
<p>11. 10:00 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa</p>	<p>12. 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:30 Bingo 1:30 Billiards</p>	<p>13. 9:00-2:00 Blood Pressure Screening with Carrie, LPN 10:00 Guided Meditation 11:15: Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Lunch 1:00 Silver Shoes Dance 1:30 Learning Tablets</p>	<p>14. 10:00 Guided Meditation 10:45 Leisure Board Games 11:40 Aerobics Exercise with Dorian 12:30 Lunch 1:30 Bingo 1:30 Billiards</p>	<p>15. 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:30 Movie & Snack: Wizard of OZ 1:30 Billiards</p>
<p>18. 9:45 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa</p>	<p>19. 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 The History of Barbie 12:30 Lunch 1:30 Bingo 1:30 Billiards</p>	<p>20. 9:00-2:00 Blood Pressure, Screening with Carrie, LPN 9:30 Earth Day Event 10:00 Guided Meditation 11:15: Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Lunch 12:00 Manage Blood Pressure With Karry 1:00 Silver Shoes Dance</p>	<p>21. 10:00 Guided Meditation 10:45 Leisure Board Games 11:40 Aerobic Exercise with Dorian 12:30 Lunch 12:30 Presentation: Advanced Directives 1:30 Bingo 1:30 Billiards</p>	<p>22. 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:30 Movie & Snack: Barbie 1:30 Billiards</p>

<p>25.</p> <p>CENTER CLOSED</p> 	<p>26.</p> <p>10:00 Guided Meditation</p> <p>10:45 Arthritis Exercise with Roy</p> <p>11:15 Crafts with Roy</p> <p>12:30 Birthday Celebration</p> <p>12:30 Lunch</p> <p>1:30 Bingo</p> <p>1:30 Billiards</p>	<p>1:30 Learning Tablets</p> <p>27.</p> <p>2:00 Blood Pressure Screening -Carrie, LPN</p> <p>10:00 Guided Meditation</p> <p>10:30 Art Deco Society Presentation</p> <p>11:15: Brain & Body Fitness - Hugh</p> <p>12:05 Cultural Tunes</p> <p>12:30 Lunch</p> <p>1:00 Silver Shoes</p> <p>1:30 Learning Tablets</p>	<p>28.</p> <p>10:00 Guided Meditation</p> <p>10:45 Leisure Board Games</p> <p>11:40 Aerobic Exercise with Dorian</p> <p>12:30 Lunch</p> <p>1:30 Bingo</p> <p>1:30 Balliards</p>	<p>29.</p> <p>10:00 Guided Meditation</p> <p>10:55 Leisure Board Games</p> <p>11:40 Drum Fit with Dorian</p> <p>12:30 Lunch</p> <p>1:30 Movie & Snack:Wicked</p> <p>1:30 Billiards</p>
--	---	---	---	---