

Sister Annunciata Bethell Older Adult Center – July 2026 243 East 204 Street, BX NY 10458  718.365.3725, Hours: 8:30-4:30, Website: sabnyc.org Funded, in part, by NYC Aging & NYS Office for the Aging				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 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 1:30 Learning Tablets	2 4th of July Celebration Postponed 10:00 Guided Meditation 10:45 Leisure Games: Board Games 11:40 Aerobics w/ Dorian CANCELLED 12:30 Lunch 1:30 Bingo 1:30 Billiards	3 Center Closed 
6 10:00 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa	7 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:30 Bingo 1:30 Billards	8 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 1:30 Learning Tablets	9 10:00 Guided Meditation 10:30 Tech with Margie 10:45 Leisure Board Games 11:40 Aerobics Exercise with Dorian NO CLASS Replacement: Chair Exercise with Rosa 12:30 Lunch 12:30 Fire Safety Presentation 1:30 Bingo 1:30 Billiards	10 USA 250th Birthday Celebration EVENT 10:00 Guided Meditation 10:55 Leisure Board Games 10:00 Movie- 1776 11:40 Drum Fit with Dorian NO CLASS 12:30 Lunch 1:30 Billiards
13 10:00 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa	14 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:30 Bingo 1:30 Billards	15 9:00-2:00 Blood Pressure, Screening with Carrie, LPN 10:00 Guided Meditation 10:00 Chronic Disease Metabolic Syndrome 11:15: Brain & Body Fitness with Hugh 12:05 Cultural Tunes 12:30 Lunch 1:30 Learning Tablets	16 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	17 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch 1:00 Thank You for Being a Friend - Golden Girls Tea Party 1:30 Billiards
20 10:00 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa	21 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 1:30 Bingo 1:30 Billiards	22 1950's Day EVENT 9:00-2:00 Blood Pressure Screening Carrie, LPN 10:00 Guided Meditation 11:15: Brain & Body Fitness - Hugh 12:05 Cultural Tunes 12:30 Lunch 1:30 Learning Tablets	23 10:00 Guided Meditation 10:45 Leisure Board Games 11:00 Crafts with Rosa 11:40 Aerobic Exercise with Dorian 12:30 Lunch 1:30 Bingo 1:30 Balliards	24 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch Movie & Snack: Wicked 1:30 Billiards
27 10:00 Guided Meditation 10:30 Tech w/NYPL 11:45 Strength & Balance with Judy 12:30 Lunch 1:30 Chair Exercise with Rosa	28 10:00 Guided Meditation 10:45 Arthritis Exercise with Roy 11:15 Crafts with Roy 12:30 Lunch 12:30 June - July Birthday celebration 1:30 Bingo	29 9:00-2:00 Blood Pressure Screening Carrie, LPN 10:00 Guided Meditation 11:15: Brain & Body Fitness - Hugh 12:05 Cultural Tunes 12:30 Lunch 1:30 Learning Tablets	30 International Friendship Day EVENT 10:00 Guided Meditation 10:45 Leisure Board Games 11:40 Aerobic Exercise with Dorian 12:30 Lunch 1:30 Bingo 1:30 Balliards	31 10:00 Guided Meditation 10:55 Leisure Board Games 11:40 Drum Fit with Dorian 12:30 Lunch Movie & Snack: Wicked For Good 1:30 Billiards