



**THE CITY OF NEW YORK
BRONX COMMUNITY BOARD 6**

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Honorable Ruben Diaz Jr., Bronx Borough President

MS. WENDY RODRIGUEZ
Board Chairperson

MR. JOHN SANCHEZ
District Manager

Senior Citizens Outreach Committee Minutes
Mrs. Virginia Bird, Committee Chairperson
Thursday, January 18, 2018

Being that the Senior Citizens Outreach Committee did not have any items on the agenda to discuss, the committee meeting adjourned.

In addition, Senior Citizens from Casella Plaza including myself attended a self-defense course on Friday, January 26, 2018 at the Community Room located on 975 East Tremont Avenue that was hosted by the Senior Whole Health and Avondale Home Group. We also attended a workshop on how to prepare healthy smoothies on Tuesday, February 6, 2018 at the 2060 Crotona Parkway Community Room that was also hosted by Senior Whole Health and Avondale Home Group. We then attended a yoga and exercise class at the CenterLight Healthcare Pace Center on Wednesday, February 7, 2018.

Senior Citizens are welcomed to attend the ShapeUp NYC class at the Bronx Neighborhood Action Center that is instructed by Ms. Audrey Harden. Please be advised that these are free karate and yoga classes that are being offered every Tuesday at 6:00 PM.

The Senior Citizens Outreach Committee meets every third Thursday of the month at 6:30 PM in our district office.

Honorable Ritchie Torres,
City Council Member, 15th Council District

Honorable Rafael Salamanca,
City Council Member, 17th Council District