

CENTRO INTEGRAL DEL ADULTO MAYOR (CIAM) – ARMENDARIZ

TALLERES	DÍA	HORARIO	PROFESOR(A)	COSTO (SOCIO/LIBRE)
RISOTERAPIA	Miércoles	4:00 p.m. a 5:30 p.m.	Anita Sarabia	S/. 5.00 - S/. 7.00
AERÓBICOS	Martes	11:15 a.m. a 12:15 p.m.	Oscar Gálvez	S/. 3.00 - S/. 5.00
	Jueves	11:15 a.m. a 12:15 p.m.		
	Sábado	10:30 a.m. a 11:30 a.m.		
BAILE	Lunes	7:30 a.m. a 8:30 a.m.	Fabio Yarleque	S/. 3.00 - S/. 5.00
		8:30 a.m. a 9:30 a.m.		
	Miércoles	7:30 a.m. a 8:30 a.m.		
		8:30 a.m. a 9:30 a.m.		
	Viernes	7:30 a.m. a 8:30 a.m.		
		8:30 a.m. a 9:30 a.m.		
BIJOUTERIA	Jueves	4:00 p.m. a 6:00 p.m.	José Zambrano	S/. 5.00 - S/. 7.00
	Viernes	3:00 p.m. a 5:00 p.m.	Rocío Suarez	S/. 5.00 - S/. 7.00
BIODANZA	Lunes	4:00 p.m. a 6:00 p.m.	Teresa Miranda	S/. 5.00 - S/. 7.00
BORDADO EN CINTA	Miércoles	10:00 a.m. a 12:00 m.	Susana Rivera	S/. 5.00 - S/. 7.00
CANTO	Miércoles	3:00 p.m. a 4:30 p.m.	Wilian Vilca	S/. 5.00 - S/. 7.00
DANZAS FOLCLÓRICAS	Martes	7:30 a.m. a 8:30 a.m.	Andrés Gamarra	S/. 3.00 - S/. 5.00
	Jueves	7:30 a.m. a 8:30 a.m.		
GUIARRA	Miércoles	4:30 p.m. a 6:00 p.m.	Wilian Vilca	S/. 5.00 - S/. 7.00
INGLES	Lu. ó Mi ó Vi.	3:00 p.m. a 5:00 p.m.	Nora Stanfield	S/. 40.00 x 4 clases
MARINERA	Lunes	10:30 a.m. a 12:30 p.m.	Marcelo Chumpitaz	S/. 5.00 - S/. 7.00
	Miércoles	10:30 a.m. a 12:30 p.m.		
	Viernes	10:30 a.m. a 12:30 p.m.		
MANUALIDADES	Viernes	11:00 a.m. a 1:00 p.m.	Rocío Suarez	S/. 5.00 - S/. 7.00
PATCHWORK	Miércoles	10:00 a.m. a 12:00 m.	Liana Causillas	S/. 7.00 - S/. 9.00
PIANO	Sábado	3:00 p.m. a 5:00 p.m.	Wilian Vilca	S/. 5.00 - S/. 7.00
PILATES	Lunes	7:30 a.m. a 8:30 a.m.	Rocina Velit	S/. 75.00 x mes
	Miércoles	7:30 a.m. a 8:30 a.m.		
	Viernes	7:30 a.m. a 8:30 a.m.		
PINTURA AL OLEO	Lunes	9:00 a.m. a 1:00 p.m.	Peggy Landázuri	S/. 8.00 - S/. 10.00
	Lunes	3:00 p.m. a 6:00 p.m.		
	Miércoles	9:00 a.m. a 1:00 p.m.		
	Viernes	9:00 a.m. a 1:00 p.m.		
	Martes	9:00 a.m. a 11:00 a.m.	José Zambrano	S/. 5.00 - S/. 7.00
	Martes	11:00 a.m. a 1:00 p.m.		
	Jueves	9:00 a.m. a 11:00 a.m.		
	Jueves	11:00 a.m. a 1:00 p.m.		

REPUJADO EN ALUMINIO	Lunes	10:00 a.m. a 12:00 m.	Aida Lozada	30.00 x mes
TAI CHI	Lunes	9:30 a.m. a 10:30 a.m.	Javier Thorne	S/. 4.00 - S/. 6.00
	Miércoles	9:30 a.m. a 10:30 a.m.		
	Viernes	9:30 a.m. a 10:30 a.m.		
	Martes	10:15 a.m. a 11:15 a.m.	Tula Ocampo	S/. 3.00 - S/. 5.00
	Jueves	10:15 a.m. a 11:15 a.m.		
TANGO	Martes	4:00 p.m. a 6:00 p.m. (básico)	Jacqueline Silveira	S/. 5.00 - S/. 7.00
	Viernes	4:00 p.m. a 6:00 p.m. (Intermedio)		
	Sábado	11:30 a.m. a 1:30 p.m. (Avanzado)		
TEJIDO PALITOS Y CROCHET	Jueves	3:00 p.m. a 5:00 p.m.	Rosaura Gomero	S/. 5.00 - S/. 7.00
VITROFUSION	Jueves	2:00 p.m. a 4:00 p.m.	José Zambrano	S/. 5.00 - S/. 7.00
YOGA	Martes	9:00 a.m. a 10:00 a.m.	Maritza Ayzanua	S/. 5.00 - S/. 7.00
	Jueves	9:00 a.m. a 10:00 a.m.		
	Sábado	9:00 a.m. a 10:00 a.m.		
COMPUTACIÓN	Word / Excel / Power Point / Internet / Photoshop / Corel Draw . VER LISTA		Orlando Rodriguez	S/. 70.00 x 16 clases
TENIS DE MESA				Gratuito
BILLAS				Gratuito

SERVICIOS CASA ARMENDARIZ

DEFENSORÍA DEL ADULTO MAYOR	Martes	10:00 a.m. a 1:00 p.m.	Dr. Francisco Silva	Gratuito
ATENCIÓN DOMICILIARIA DE GERONTÓLOGO	Lu-Mi-Vi	2:00 p.m. a 7:00 p.m.	Dr. Martin Guisado 971437959	Gratuito
	Ma - Ju	8:00 a.m. a 6:30 p.m.		
PODOLOGÍA	Miércoles	9:00 a.m. a 1:00 p.m.	Lidia Portilla	S/. 18.00 - S/. 20.00
	Viernes	9:00 a.m. a 1:00 p.m.		
MASAJES Y REFLEXOLOGÍA	Lunes	9:00 a.m. a 12:00 m.	Teresa Koch	S/. 20.00 - S/. 30.00

INFORMES:

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