



APRIL

JASA LUNA PARK SENIOR

MONDAY

11am
Classical Concerts in Motion

1pm
Creative Writing

TUESDAY

10:15 am
Chair Yoga

1-3

April 6 to May 16

Chronic Disease Self Management

Evidence Based Program

WEDNESDAY

11am

Computer learning
Russian Concerts in Motion

12pm

Broadway Concerts in Motion

1pm

Drawing with Deji
2pm Lecture series

THURSDAY

2pm April 1

Family Life Theater
1pm-3pm

April 8 to April 29

Food FOR LIFE
HEALTHY WEIGHT
MANAGEMENT
PPMNY-

Plant Power Metro NY
Lectures, videos, slides,
cooking demos
4 week program

FRIDAY

11:30am

WALK WITH EASE

Walk to music

12pm

Concerts in Motion

Latin Music

CONTACT

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