



# JANUARY 2021

## Bartow Senior Center

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Health and Wellness Support Group  
10am-11am  
Zumba with Ola 1pm-2pm  
  
Bereavement Hour  
2pm-3pm  
  
Creative Hour With Sister Grace  
5:30pm-6:30pm

“Arts with Laura”  
10am-12noon  
  
Technology Class  
Smartphone and Tablet  
1pm-2pm  
  
Arthritis Exercise Class  
1pm-2pm

with Ola  
1pm-2pm  
Bartow and Einstein Senior Center  
2pm-4pm  
January 15, 2021  
Present a MLK event  
A celebration in readings and songs  
Healthy Eating :The importance of eating Whole food 1/29/2021 @ 3-4pm

### CONTACT

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### MORE INFORMTAION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out [www.jasa.org/events/senior-center-virtual-events](http://www.jasa.org/events/senior-center-virtual-events)

