



NOVEMBER 2020

Bartow Senior Center

MONDAY

The Impact of Caregiving and Practical Solutions
Nov 23, 2020
1pm-2pm
PSS Presentation

TUESDAY

Medicare Presentation
Part 2
Follow up With
Dorrette Brown MPH
Nov 17, 2020
3pm-4pm

WEDNESDAY

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

THURSDAY

“Arts with Laura”
10am-12noon

Technology Class
Smartphone and Tablet
1pm-2pm

FRIDAY

“Stretch and Tone”
With Ola
1pm-2pm

CONTACT

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MORE INFORMATION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out www.jasa.org/events/senior-center-virtual-events

