



# November

## BARTOW SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Heath and Wellness Support Group 10am -11am</p> <p>Arthritis Exercise with Damion 11am-12noon</p> <p>Lunch Hour 12noon -1pm</p>	<p>Lunch Hour 12 noon- 1pm</p>	<p>Stay Well Exercise Class with Odessa 9:30 am-10:30am</p> <p>Line Dance with Cynthia 11:00am-12 noon Lunch Hour 12 noon -1pm</p> <p>Bereavement Hour with Dorine 12noon-1pm Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays</p>	<p>Arts with Laura 10am-12noon</p> <p>Lunch Hour 12 noon- 1pm</p> <p>Technology Class Smartphone and Tablets 1pm- 2pm</p> <p>CDSMP 1PM-3PM 11/4, 11/11, 11/18</p>	

### CONTACT

Ann Moncrieffe  
 amoncrieffe@jasa.org  
 929-399-1387  
 2049 Bartow Ave Bronx NY 10475

### 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](http://www.jasa.org/events/senior-center-virtual-events)

