



NOVEMBER

JASA BAY EDEN & MECHLER HALL

MONDAY

CURRENTS EVENTS
w. Joseph Albanese
TIME: 10:00am to 11:00am

TUESDAY

Zumba w. Frances
Time: 10:00am- 11:00am

REGISTRATION REQUIRED

CALL YASMIN AHMAD
718-882-3815 or email
yahmad@jasa.org

WEDNESDAY

Nutrition Education
w. Kiahni Mcfadden
Time: 10:00am-11:00am

**BCHN BLOOD PRESSURE
SCREENING**
EVERY WEDNESDAY @10:00am
BEGINS OCTOBER
to **Register Call** Yasmin Ahmad
718-882-7815 or email
yahmad@jasa.org

THURSDAY

**What's On Your Mind
Discussion Group**
w. Jeff Newman
Time: 11:00am-12:00pm

FRIDAY

Tech Support Class
w. Joseph Albanese
Time: 10:00 am-12:00pm

CONTACT

MICHELLE PARCHMENT
mparchment@jasa.org
PHONE NUMBER: 718- 882- 3815
ADDRESS 1220 East 229th Street, Bronx NY 10461

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

