

HOT LUNCH SERVED EVERY DAY

# CLUB HOLLISWOOD OAC JANUARY 2022 MONTHLY ACTIVITIES

All Activity Listed below is **ONSITE**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Health Lecture - 11am  ZUMBA - 12:30pm  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>4</b> Daily Exercise w/MaryGrace - 9:45am  Dance Therapy w/ Lisa - 11:15am  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>5</b> Daily Exercise/MaryGrace - 10:45am  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>6</b> Daily Exercise - 10:45am  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>7</b> Bridge Instruction - 10am  Yoga w/ Laura - 10:30am  Bridge 10 am - 4pm MahJongg 10am - 4pm
<b>10</b> Health Lecture - 11am  ZUMBA - 12:30pm  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>11</b> Daily Exercise w/MaryGrace - 9:45am  Dance Therapy w/ Lisa - 11:15am  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>12</b> Daily Exercise w/MaryGrace - 10:45  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>13</b> Daily Exercise - 10:45am  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>14</b> Bridge Instruction - 10am  Yoga w/ Laura - 10:30am  Bridge 10 am - 4pm MahJongg 10am - 4pm
<b>17</b> Health Lecture - 11am  ZUMBA - 12:30pm  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>18</b> Daily Exercise w/MaryGrace - 9:45am  Dance Therapy w/ Lisa - 11:15am  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>19</b> Daily Exercise w/MaryGrace - 10:45  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>20</b> Daily Exercise - 10:45am  Bridge 10 am - 4pm MahJongg 10am - 4pm	<b>21</b> Bridge Instruction - 10am  Yoga w/ Laura - 10:30am  Bridge 10 am - 4pm MahJongg 10am - 4pm

<p><b>24</b>  <b>Health Lecture - 11am</b></p> <p><b>ZUMBA - 12:30pm</b></p> <p><b>Bridge        10 am - 4pm</b>  <b>MahJongg    10am - 4pm</b></p>	<p><b>25</b>  <b>Daily Exercise w/MaryGrace - 9:45am</b></p> <p><b>Dance Therapy w/ Lisa - 11:15am</b></p> <p><b>Bridge        10 am - 4pm</b>  <b>MahJongg    10am - 4pm</b></p>	<p><b>26</b>  <b>Daily Exercise w/MaryGrace - 10:45</b></p> <p><b>Bridge        10 am - 4pm</b>  <b>MahJongg    10am - 4pm</b></p>	<p><b>27</b>  <b>Daily Exercise - 10:45am</b></p> <p><b>Bridge        10 am - 4pm</b>  <b>MahJongg    10am - 4pm</b></p>	<p><b>28</b>  <b>Bridge Instruction - 10am</b></p> <p><b>Yoga w/ Laura - 10:30am</b></p> <p><b>Bridge        10 am - 4pm</b>  <b>MahJongg    10am - 4pm</b></p>
<p><b>31</b>  <b>Health Lecture - 11am</b></p> <p><b>ZUMBA - 12:30pm</b></p> <p><b>Bridge        10 am - 4pm</b>  <b>MahJongg    10am - 4pm</b></p>				

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**CLUB Holliswood**  
**86-25 Francis Lewis Blvd**  
**Jamaica, NY 11427**  
**718-454-6157**





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**Jamaica, NY 11427**  
**718-454-6157**  
**asoto@jasa.org**  
**www.jasa.org**

**9am -4pm**

**Health Lecture/Discussions w/ Amelia**  
**Monday**

**Zumba**  
**Monday**

**Daily Exercise with Mary Grace**  
**Tuesday, Wednesday, Thursday**

**Dance Therapy w/ Lisa**  
**Tuesday**

**Yoga w/ Laura**  
**Friday**

**Bridge Instruction w/ David**

