



November 2021

JASA Manhattan Beach Senior Center

MONDAY

10:30 -12:00 Yoga Class (russian)

12:30 -2:00 ESL Class

TUESDAY

10:00-10:45 Zumba

11:00 - 12:00 Exercise Class (Russian)

1:30-3:00 Mental Health

WEDNESDAY

10:00 -11:30 Yoga Class (Russian)

12:30 -2:00 ESL Class

THURSDAY

10:00:10:45 Zumba

11:30-1:00 Technology Class

1:00-2:00 Dance class (Russian)

FRIDAY

9:30-10:30 Cooking/Nutrition Class (11/5
11/19)

11:00 - 12:00 Exercise Class (Russian)

CONTACT

JASA Manhattan Beach Senior Center
60 West End Ave, 2nd Floor
Brooklyn, NY 11235
718 646-1118

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

