



JAN 2021

DREISER SENIOR CENTER



MONDAY

**Chair Yoga w/
Charles Tyler**
Time: 10:00 am to
11:00 am

Monday Jan 25, 2021
11:30am-12:30pm

**Emergency Preparedness
Presentation w/ NYC
Emergency Management**

TUESDAY

Music Therapy
Time: 11:00am-
12:00pm

**Zumba class every
Tuesday**
1:00pm-2:00pm

WEDNESDAY

**Computer/tablet/cellph
one Learning w/ Ralph**
Time 11:00AM-12:00PM

Game Day
Time: 1:00pm-2:00pm

THURSDAY

**Meditation w/ Charles
Tyler**
Time:
10:00am-11:00am

Jan 14 1:00pm
Martin Luther King Jr.
I have a Dream
"Discussion"

FRIDAY

Jan 29, 2021
11:00am-11:30am
Gratitude Meditation
with Paola

**ART CLASS
COMING SOON.**

CONTACT

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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

