



# MAY 2021

## DREISER SENIOR CENTER



### MONDAY

Chair Yoga w/ Charles Tyler  
10 am to 11 am

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Bubble of Strength with Kyra 1pm-2pm

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Basic Spanish  
2PM-3PM zoom link to follow

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Mother's Day Paint & Sip  
4:00PM -6:00pm

### TUESDAY

**Music, Rhythm , and Dancing**  
Time: 11:00am-12:00pm

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

### WEDNESDAY

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

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**Arthritis Exercise with Damian**  
11:00AM-12:00PM

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

### THURSDAY

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

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**Digital Photography Class with Eddie.**  
11:00AM-12:00pm

### FRIDAY

Comedy Club  
11:00AM -12PM  
Zoom link to follow

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May 14, 2021  
10:00am-10:30am  
Calming Meditation

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

