

OCTOBER

DREISER SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chair Yoga w/ Charles Tyler Time: 10:00 am to 11:00 am Elder Abuse Awareness Presentation October 19, 1:30pm-2:30pm Nutrition Ed Oct 26 11:00am-12pm	Music Therapy Time: 11:00am- 12:00PM Zumba Class w/OlaTuesdays 1pm-2pm	Game Day/Bingo Time: 1:00pm-2:00pm Cancer Awareness Month Presentation with Desiree Walker from SHARE Oct 28, 10:00AM -11AM	10:00AM-11:00A M	ART Class coming soon

MORE INFORMATION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out

<u>www.jasa.org/events/senior-center-virtual-e</u>
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CONTACT

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