



NOVEMBER

Einstein Senior Center

MONDAY

'Body in Motion With Ola
11am-12noon

TUESDAY

"Art with Laura"
10am-12noon

**Arthritis Exercise With
Damion**
11am-12noon

**"How to Help Someone
with Memory Loss"**
1pm-2pm
Care NYC Presentation

WEDNESDAY

**Virtual Computer Class
With Ralph**
At 1pm

THURSDAY

**Health and Wellness
Support Group**
10-11am

Art with Laura
10am-12noon

FRIDAY

**Virtual Tour
Niagara Falls**
Nov, 11, 2020
@1:30pm-2:30pm

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

