



November

Einstein Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Line- Dance with Ellie 10am -11am Room 45</p> <p>Lunch Hour 12 noon -1pm</p>	<p>Arts with Lauram-12 noon</p> <p>Spanish Practice with Donise 10-11am - Room 40</p> <p>Lunch Hour - 12 noon-1pm</p> <p>Einstein Health and Wellness support Group 10am-11am</p> <p>Nutrition Presentation 10am -11am 11/23/2021</p>	<p>“ Bodies in Motion” with Ola 11am- 12noon (Virtual)</p> <p>Lunch Hour 12 noon -1pm</p> <p>Technology Class 1pm-2pm</p> <p>Alzheimer's presentation workshop 11/3, 11/10, 11/17 1pm-2pm - Room 49</p>	<p>Arthritis Exercise with Damion 11am -12noon (Virtual)</p> <p>Lunch Hour 12noon -1pm</p> <p>Medicare Presentation 4pm: 5pm (virtual)</p>	<p>“Exercise with Ola” 1pm- 2pm Room 45</p>

CONTACT

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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

