



Proud to be the go-to agency for older New Yorkers

# JANUARY

## SENIOR ALLIANCE SENIOR CENTER

### MONDAY

1:00 pm Virtual Tours-on google meet

2:00 pm Concerts in Motion on zoom

### TUESDAY

9:30 am Silver Sneaker in Russian - on zoom

12:00 pm Hand-on Culture - telephonic

12:00 pm Computer Class - google meet

1:00pm History of Arts - telephonic

3:00 pm Holistic Wellness Discussion Group (Only on December 1st)

### WEDNESDAY

11:00 am Concerts in Motion

12:00 pm Google Maps ( Only December 2nd)

1:00 pm Nutrition Lecture with Stephanie Cordaro (Only January 27<sup>th</sup>)

Boardwalk Talks with OHEL discussion group

Time: Jan 13, 2020 12:00 PM

Time: Jan 27, 2020 12:00 PM

### THURSDAY

9:30 am Chair Exercise in Russian on zoom

12:00 pm Computer Class - google meet

12:00 pm Hand-on Culture - telephonic

1:00pm History of Arts - telephonic

### FRIDAY

9:30 am Yoga on zoom

12:30 pm Line Dance

Movie club Every week on Friday at 2:00pm

### 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)

