



NOVEMBER 2021

JASA Bay Eden & Mechler Hall

MONDAY

(Virtual & In-Person)
CURRENTS EVENTS w. Joseph
TIME: 10:00am to 11:00 am

(Virtual)
Indoor Gardening Workshop w. Victor
Time 10:00 am to 11:00 am

(Virtual)
Art & Crafts Crochet Class w. Sandra
Time: 11:00am- 12:00pm

TUESDAY

(Virtual & In-Person)
Zumba w. Frances
Time: 10:00am- 11:00am

(Virtual & In-Person)
CHAIR YOGA w. Charles
Time: 11:00am- 12:00pm

Discussion Group
11:00am
(In-Person)

WEDNESDAY

(Virtual & In-Person)
Nutrition Education w. Kiahni
Time: 10:00am-11:00am

(Virtual & In-Person)
LINE DANCING w. Marisol
Time:12:00pm- 1:00pm

THURSDAY

Current Events w. Joseph
10:00am
(In-Person)

(Virtual)
What's On Your Mind Discussion Group -
Time: 11:00am-12:00pm

Dance & Movement
Time: 11::00 am - 12:00pm
(In-Person)

Technology Class w. Joseph
Time: 12:00 pm
(In-Person)

FRIDAY

(Virtual & In-Person)
Technology Class w. Joseph
Cell phone, Computer & Tablet
Time: 10:00 am-12:00pm

(Virtual & In-Person))
Chair Guided Meditation w. Sara
Time: 11:00 am- 12:00pm

CONTACT

MICHELLE PARCHMENT
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PHONE NUMBER: 718- 882- 3815
ADDRESS 1220 East 229th Street, Bronx NY 10461

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





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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>(Virtual & In-Person) Self Defense w. Joyce Time: 12:00pm- 1:00pm</p> <p>(Virtual & In-Person) TECHNOLOGY CLASS w. Eddie Time: 1:00pm- 2:00pm</p>	<p>(Virtual & In-Person) Stay Active & Independent for Life w. Benita</p> <p>SAIL is a strength, balance and fitness Class</p> <p>Every Tuesday & Thursday Time: 1:00pm to 2:00pm</p> <p>(Virtual) Indoor Gardening Workshop w. Victor Time 3:00 pm to 4:00 pm</p>	<p>(Virtual & In-Person) TAI CHI for Arthritis w. Judy Time: 1:00pm- 2:00pm</p> <p>(Virtual) BCHN BLOOD PRESSURE MANAGEMENT GROUP EVERY WEDNESDAY (Registration Closed)</p>	<p>(Virtual) Art/ Painting Time: 12:00pm- 1:00m</p> <p>(Virtual & In-Person) SAIL w. Benita Every Tuesday & Thursday Time: 1:00pm to 2:00pm</p> <p>(Virtual) Chair Upper Body Exercise w. Judy Time: 1:30pm- 2:30pm</p>	<p>(Virtual) MEDITATION CLASS w. Lois Murray Time: 1:00 pm - 2:00 pm</p>

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