



OCTOBER

JASA BAY EDEN & MECHLER HALL

MONDAY

**CURRENTS EVENTS
w. Joseph Albanese**

TIME: 10:00am to 11:00am

TUESDAY

Zumba w. Frances

Time: 10:00am- 11:00am

WEDNESDAY

**Nutrition Education
w. Kiahni Mcfadden**

Time: 10:00am-11:00am

THURSDAY

**What's On Your Mind
Discussion Group
w. Jeff Newman**

FRIDAY

**Tech Support Class
w. Joseph Albanese**

Time: 10:00 am-12:00pm

CONTACT

MICHELLE PARCHMENT

mparchment@jasa.org

PHONE NUMBER: 718- 882- 3815

ADDRESS 1220 East 229th Street, Bronx NY 10461

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





OCTOBER

JASA BAY EDEN & MECHLER HALL

MONDAY

**RED CROSS EMERGENCY
PREPAREDNESS
PRESENTATION**

MONDAY, OCTOBER 19, 2020
@ 10:00am

**Breast Cancer Awareness
Presentation**

Monday October 26, 2020
@11:00am

TUESDAY

**HISPANIC HERITAGE MONTH
CELEBRATION**
w. Saida Cabrera

Tuesday, October 13, 2020
@ 11:00am

WEDNESDAY

Nutrition Education
w. Kiahni Mcfadden
Time: 10:00am-11:00am

**BCHN BLOOD PRESSURE
SCREENING
EVERY WEDNESDAY
@10:00am
BEGINS OCTOBER 6
to Register Call Yasmin Ahmad
718-882-7815 or email
yahmad@jasa.org**

THURSDAY

**PAINTING & CRAFTS
CLASS**
W. Sandra Ramirez

REGISTRATION REQUIRED
CALL YASMIN AHMAD
718-882-3815 or email
yahmad@jasa.org

FRIDAY

MEDITATION CLASS
w. Edna Sterling & Lois Murray

EVERY FRIDAY @ 1:00pm

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