



NOVEMBER

JASA HES SENIOR CENTER

MONDAY

BINGOCIZE WITH SHARON(in- person)
10:00am

TUESDAY

ZUMBA WITH DEBBIE
(In-person class)
10:00am

GRAB& GO LUNCH PICK UP
10:30AM-12:30Pm

HOT LUNCH SERVED AT 12 NOON(in- person)
Health lecture at 12:15pm

WEDNESDAY

CHAIR YOGA WITH CATHY
(In-person class)
10:00am

MACRAME WITH JUANITA
(In-person class)
11:00am

THURSDAY

PAINTING WITH TOM
(in person class)
10:00am

GRAB& GO LUNCH PICK UP
10:30AM-12:30Pm

HOT LUNCH SERVED AT 12 NOON(in- person)
Health lecture at 12:15pm

FRIDAY

BINGOCIZE WITH SHARON
(in - person)
10:00am

NAME THAT TUNE WITH CHARLES
(in -person)
10:

CONTACT

Lillian Mc Phaul
lmcphaul@jasa.org
Brooklyn, NY 11236
718-251-3700

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

