



OCTOBER

WILLIAMSBURG SENIOR CENTER

MONDAY

October 12
Breast Cancer Presentation
(English/Spanish)
2PM-3PM

October 26
Scary Stories for Halloween
(English/Spanish)
2PM-3PM

same log in for both events:
Join Zoom Meeting
<https://zoom.us/j/4215069733>

OR Call
+19292056099
Meeting ID: 421 506 9733#

TUESDAY

Chair Exercise Rise move & Flow
with Desi
(English/Spanish)
1PM-2PM

**About the class: Gentle chair
exercise**

Call
+1 929 436 2866
Meeting ID: 843 1879 8584 # .

Or Zoom meeting link:
<https://us02web.zoom.us/j/84318798584>

WEDNESDAY

Support group with Jess
(English/Spanish)
2PM-3PM

**About the class: Currents events
group talk and the
last 15 minutes answer silly
“would you rather” questions**

Join Zoom Meeting
<https://zoom.us/j/92937219601>

Or Call +1 929 205 6099
Meeting ID: 929 3721 9601 #

THURSDAY

****Begins October 8****
Game Hour with Jess
(English/Spanish)
2PM-3PM

**About the class: Play games like
Virtual Bingo**

Join Zoom Meeting
<https://zoom.us/j/4215069733>

FRIDAY

Tai chi for Arthritis/Fall prevention
with Jess
(English/Spanish)
1PM-2PM

About the class: Gentle exercise

Join Zoom Meeting
<https://zoom.us/j/97077936047>

Or call +19292056099,
meeting ID 97077936047#

CONTACT

Jessica Infante
jinfante@jasa.org
718-388-6865
202 Graham Ave. Brooklyn, NY 11206

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

