



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

MAY

SENIOR ALLIANCE SENIOR CENTER

MONDAY

11:00am Concerts in Motion

1:00pm Virtual Tours Russian

TUESDAY

9:30am Silver Sneaker in Russian

12:00pm Hand-on Culture

12:00pm Computer Class

1:00pm History of Arts

3:00pm Virtual City Tours English

WEDNESDAY

11:00am Health Discussions with Maria
(ONLY May 12th)

12:00pm Boardwalk Talks with OHEL
discussion group

(ONLY May 26th)

12:00pm Concerts in Motion

1:00 pm Nutrition Lecture with Stephanie
Cordaro (Only May 26th)

THURSDAY

9:30 am Chair Exercise in Russian

12:00pm Computer Class

12:00pm Hand-on Culture -

1:00pm History of Arts

FRIDAY

9:30 am Yoga on zoom

12:00 - Latin Concert

12:30 pm Line Dance

2:00pm Movie club

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

