



May

Shorefront Senior Center

MONDAY

Exercise/Anatoly
10:00am – 10:45am
Followed by Elder Abuse
Presentation on 05/17/2021
at 10:45am

Israeli Dance
11:00am – 12:30pm

**Belly Dancing/Followed by
Health Lecture**
12:30 – 1:30p

Literary Club/ESL
1:00 – 2:30pm

TUESDAY

ESL/Iryna
9am-10:30am

Exercise
10:30 – 11:30am
Followed by Healthy Eating
Presentation at 11:30am

ESL
12:00-1:30pm

WEDNESDAY

ESL level 2
10:00-11:30am

Zumba
10:30 – 11:30am

THURSDAY

Exercise
10:30 – 11:30am

04/08/2021
Elder Abuse Presentation
@11:30am

Technology Class(russian)
12pm-1pm

I am (art, culture, education,
travel,, health talk series),
(russian)**@ 1:00pm**

FRIDAY

Exercise/Anatoly
10:00am-10:45am
Followed by Health lecture
10:45am

Meditation Time
1:30pm-2:30pm

CONTACT

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MORE INFORMTAION

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