



NOVEMBER

BROOKDALE VILLAGE SENIOR CENTER

MONDAY

11:00 am Tai Chi with Joe on zoom

1:00 pm CREATIVE WRITING WITH ELIZABETH on zoom

2:00 pm Concerts in Motion on zoom

TUESDAY

9:30 am SILVER SNEAKERS IN RUSSIAN - on zoom

10:00 am Yoga Dance with Christine on zoom

WEDNESDAY

9:30 am Dance Movement with Lisa on zoom

11:00 am Concerts in Motion

Members Check In

11:30 AM Nov 11 and 11:30 AM Nov 25

Boardwalk Talks with OHEL discussions group

12:00 PM Nov 11, 2020 12:00 "Turning the Holiday Blues into a Season of Joy"

12:00 PM Nov 25, 2020 "Let's Talk about Emotions: What to Know and How to Grow"

Nutrition Lecture with Stephanie Cordaro
***Wednesday, November 25th 1:00 pm

THURSDAY

9:30 am CHAIR EXERCISE in RUSSIAN on zoom

11:00 am Yoga with Christine on Zoom

1:00 pm Walking club with Rachel

2:00pm - 4:00pm Crocheting Class with Joyce November 5th and November 12th

FRIDAY

9:00 am NIA Stretching with Monica on zoom

10:30 am Nov 20th Access-A-Ride Presentation

12:00 pm Latin Concert

2:00 pm Movie club

CONTACT

VIKTORIYA KRUGOLETS
VKRUGOLETS@JASA.ORG

718-471-3200

131 BEACH 19 STREET, FAR ROCKAWAY, NY 11691

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

