



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

NOVEMBER

SENIOR ALLIANCE SENIOR CENTER

MONDAY

1:00 pm Virtual Tours-on google meet

2:00 pm Concerts in Motion on zoom

TUESDAY

9:30 am Silver Sneaker in Russian - on zoom

12:00 pm Hand-on Culture - telephonic

12:00 pm Computer Class - google meet

1:00pm History of Arts - telephonic

WEDNESDAY

11:00 am Concerts in Motion

THURSDAY

9:30 am Chair Exercise in Russian on zoom

12:00 pm Computer Class - google meet

12:00 pm Hand-on Culture - telephonic

1:00pm History of Arts - telephonic

FRIDAY

9:30 am Yoga on zoom

12:30 pm Line Dance

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

