



NOVEMBER

SHOREFRONT SENIOR CENTER

MONDAY

Morning Toning
8:30am-9:15am

SAIL
10:00am – 10:45am

Concert in Motion
11am- 12pm

Belly Dancing
12:30pm – 1:30pm

Appreciation Hour, 11/22/2021
2:00pm-3:00pm

TUESDAY

ESL/ Iryna
9:00am-10:30am
Followed by Health Lecture at 10:30am

Exercise
10:30 – 11:30am

ESL
12:00-1:30pm
Followed by Health Lecture at 1:30pm

Lunch and GnG at 11:30am
Health lecture in-person
12:00pm

Zumba in-person
1:00pm-2:00pm

Let's Share in-person
10:45am-11:15am

WEDNESDAY

Computer Class in-person
(russian)
8:30am-9:15am

ESL level 2 in-person
9:30-11:00am

Israeli Dance in-person
11:30am-12:30pm

Broadway Concert in Motion
12pm-1pm

Meditation(russian)
1pm-1:45pm

THURSDAY

Morning Toning
8:30am-9:15am in -person

ESL level 2 in-person
9:30am-11:00am

Exercise
10:30 – 11:30am
Lunch and GnG at 11:30am
Health lecture in-person
12:00pm

Computer Class(russian)
12pm-1pm

I am a traveler
1:00pm

FRIDAY

ESL/ Iryna
9:00am-10:30am
SAIL
10:00am-10:45am

ESL
12:00-1:30pm

Belly Dancing
12:30pm – 1:30pm

Rhythmic Thunder
1:30pm-2:30pm

CONTACT

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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

