



November 2021

Sue Ginsburg Senior Center

MONDAY

Cycling Class (Phys Ed.)
11am to 12pm

Grab and Go Distribution
12pm- 1pm

Painting class w/ Victor @
1pm (in-person)

Wii Game @ 2pm (in-person)

TUESDAY

Health Promotion @11AM
Sponsored by (BJCC NORC)

Ritmo Latino (Dancercise) with
Walter Perez @ 1PM
(in-person)

Arts and Crafts @ 2PM
(In-person)

WEDNESDAY

Nutrition Class @11am
Sponsored by (BJCC NORC)

Grab & Go Distribution
12pm-1pm

Exercise Class @ 1pm-2pm
(in-person)

Wii Game @ 2pm-3pm

Sue Ginsburg's Current events
w/ Vilma @ 3PM (in-person)

THURSDAY

Crossword Puzzle @11am

Chair Zumba W/ Tommy
Experience @ 1pm (in-person)

Sue Ginsburg's Current events
w/ Vilma @ 3PM (in-person)

FRIDAY

Chair Yoga @ 11AM
Sponsored by (BJCC NORC)

Concerts in Motion
Latin and Spanish music
@12pm (Virtual)

Indoor Walking Club @1pm

Concerts in Motion
@ 2pm
Motown/R&B Music (Virtual)

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

