



NOVEMBER

VAN CORTLANDT SENIOR CENTER

MONDAY

Time: 1:15PM-2:00PM
New: Tai Chi for Arthritis w/ Judy Farnum. Meets on Monday afternoons at JASA Van Cortlandt Senior center. Also meets virtually.
Time: 2:00 PM-4:00 PM
Chinese Calligraphy w/ Wei Tang. Meets on Monday afternoons at JASA Van Cortlandt Senior Center. Also meets virtually.
Time: 4:30 PM - 5:00 PM
Self Massage with Kathleen
Meets virtually.

TUESDAY

Time: 11:00AM-12:00PM
Hot Topics discussion group w/Lucy on November 2nd & 16th at JASA Van Cortlandt Senior Center.
Time: 2:00 PM-2:45 PM
Upper Body Aerobics/Exercise Plus w/ Judy Farnum
Meets virtually on Tuesday afternoons.

Entertainment w/ Juan Ortega on November 23rd at 1:00 PM
Celebrating Thanksgiving.

WEDNESDAY

Time: 10:30AM – 12 noon:
Knitting w/Michele at the senior center.

Time: 2:00PM – 2:45PM
Tai Chi for Arthritis w/Judy.
Evidence based course. Wed. class will be virtual and will be projected at the senior center as well.

Time: 3:00 PM-4:00 PM
Flowing Yoga w/Kathleen O’Hanlon. Meets virtually every week on Wednesdays.

THURSDAY

Time: 11:00 AM- 12 noon:
Zumba Gold/Zumba Gold Toning w/ Maria Such
Meets virtually on Thursday mornings.
Time:1:00 PM-2:30 PM
Virtual Chorus w/ Cheryl Warfield, Director. This group meets virtually & will resume meeting at the center soon.
Thurs. at 1:00 PM:
Jewish/Klezmer virtual music program by Concerts in Motion.

FRIDAY

Nutrition Presentation by A. Jalandoni, RD on Fri.Nov.5th at 11:00 AM. “Vegetables for Breakfast? Why not?”

Pro Concerts from Concerts in Motion:

Fridays at 12 noon:
Spanish/Latin virtual music program by Concerts in Motion.

CONTACT

Sharon Wolfe, Director
swolfe@jasa.org
(718)549-4700
3880 Sedgwick Avenue, Bronx NY

MORE INFORMATION

JASA offers a wide array of FREE virtual classes through our 22 senior centers. Check out www.jasa.org/events/senior-center-virtual-events

