



NOVEMBER

Sue Ginsburg Senior Center

MONDAY

Chair Aerobics w. Tommy
Time 2-3pm every other Monday

Nutrition Presentation @ 2PM with
Kiahni McFadden (TBA)

TUESDAY

Ritmo Latino (Dancercise)
with Walter Perez @ 1PM

WEDNESDAY

Sue Ginsburg's Support
Group with Victor & Shanil
@ 2PM
Topic: Current Events
(Open Discussion)

THURSDAY

Chair Zumba W/ Tommy
Experience @ 1pm

FRIDAY

Technology Class with
Bethanie & Victor @1pm
(TBA)

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

