



# OCTOBER

## BROOKDALE VILLAGE SENIOR CENTER

### MONDAY

11:00 am Tai Chi with Joe on zoom

1:00 pm CREATIVE WRITING WITH ELIZABETH on zoom

2:00 pm Concerts in Motion on zoom

### TUESDAY

9:30 am SILVER SNEAKERS IN RUSSIAN - on zoom

10:00 am Yoga Dance with Christine on zoom

### WEDNESDAY

9:30 am Dance Movement with Lisa on zoom

11:00 am Concerts in Motion

Prevent Elder Abuse with Josh  
October 7, 2020 1:00 PM

Members Check In  
11:30 AM Oct 14 and 11:30 AM Oct 28

Boardwalk Talks with OHEL discussions group

12:00 PM Oct 14, 2020 12:00 "Reaching your inner calm: Finding peace in modern times"

12:00 PM Oct 28, 2020 "Self-Care: Making your mental health a priority"

Nutrition Lecture with Stephanie Cordaro  
\*\*\*Wednesday, October 28th 1:00 pm

### THURSDAY

9:30 am CHAIR EXERCISE in RUSSIAN on zoom

11:00 am Yoga with Christine on Zoom

1:00 pm Walk with Ease on zoom

2:00pm - 4:00pm Crocheting Class with Joyce October 8<sup>th</sup> and October 29<sup>th</sup>

### FRIDAY

9:00 am NIA Stretching with Monica on zoom

12:00 pm Latin Concert

### 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](http://www.jasa.org/events/senior-center-virtual-events)

