



OCTOBER

Shorefront Senior Center

MONDAY

SAIL (exercise)
10:00am – 11:00am

Israeli Dance
11:00am – 12:30pm

Belly Dancing
12:30 – 1:30pm

Literary Club/ESL
1:00 – 2:30pm

TUESDAY

ESL/Iryna
9am-10:30am

Exercise
10:30 – 11:30am

Zumba
12:00 – 1:00pm

WEDNESDAY

Disaster Preparedness Lecture
10/07/2020@10am

HEALTH LECTURE
10/14/2020;10/28/2020
at10am

ESL
12:00 – 1:00pm

Yoga
1:00 – 2:00pm

THURSDAY

Exercise
10:30 – 11:30am

Technology Class
12pm-1pm
Classes will take place on
WhatsApp.
Call 929-346-3121 to register

FRIDAY

SAIL (exercise)
10:00am – 11:00am

ESL/Iryna
9am-10:30am

Belly dancing
12:00 – 1:00pm
ESL
12:00 – 1:00pm

Rhythmic Thunder (dance
class)
1:30pm-2:30pm

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

