



# OCTOBER

## Sue Ginsburg Senior Center

### MONDAY

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

**Nutrition Presentation @**  
2PM with Kiahni  
McFadden (10/19/2020)

### TUESDAY

**Ritmo Latino (Dancercise)**  
with Walter Perez @ 1PM

### WEDNESDAY

**Sue Ginsburg's Support**  
**Group with Victor & Shanil**  
**@ 2PM**  
Topic: Current Events

### THURSDAY

**Chair Zumba W/ Tommy**  
**Experience @ 1pm**

### FRIDAY

**Technology Class with**  
**Bethanie & Victor @1pm**  
**(10/9/2020)**

### 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)

