



SEPTEMBER

SENIOR ALLIANCE SENIOR CENTER

MONDAY

9:00
STAY ACTIVE & INDEPENDENT (ZOOM)
<https://zoom.us/j/98866924745>

TUESDAY

9:30 SILVER SNEAKERS (ZOOM)
<https://zoom.us/j/91942694036>

12:00 COMPUTER CLASS
(WHATSUP APP)
CALL 718-646-4100 TO REGISTER

12:00 HAND-ON-CULTURE
1:00 HISTORY OF ARTS
TELEPHONIC CLASS
CALL 718-646-4100 TO REGISTER

WEDNESDAY

9:00
STAY ACTIVE & INDEPENDENT (ZOOM)
<https://zoom.us/j/98866924745>

11:00 CONCERTS IN MOTION (RUSSIAN)
<https://us02web.zoom.us/j/86991640881>

September 9th
12PM NUTRITION EDUCATION (ZOOM)
Refreshing Ways to Stay Hydrated
<https://us02web.zoom.us/j/87384360348>

1:00 ESL
TELEPHONIC CLASS
CALL 718-646-4100 TO REGISTER

THURSDAY

9:30 CHAIR EXERCISE (ZOOM)
<https://zoom.us/j/91942694036>

12:00 HAND-ON-CULTURE
1:00 HISTORY OF ARTS
TELEPHONIC CLASS
CALL 718-646-4100 TO REGISTER

FRIDAY

9:30 YOGA (ZOOM)
<https://zoom.us/j/91942694036>

CONTACT

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