



SEPTEMBER

Shorefront Senior Center

MONDAY

SAIL (exercise)
10:00am – 11:00am
meet.google.com/iot-uaao-iih

Israeli Dance
11:00am – 12:30pm
<https://zoom.us/j/96590749914>

Belly Dancing
12:30 – 1:30pm
meet.google.com/das-ozwd-exa

Literary Club/ESL
1:00 – 2:30pm
<https://zoom.us/j/93937476>

TUESDAY

ESL/Iryna
9am-10:30am
<https://zoom.us/j/98224259722>

Exercise
10:30 – 11:30am
<https://zoom.us/j/95644811536>

Zumba
12:00 – 1:00pm
<https://zoom.us/j/96145481489>

WEDNESDAY

Nutrition Lecture
ONLY SEPT 9 – 12pm
<https://us02web.zoom.us/j/87384360348>

Health Lecture
ONLY SEPT 16 – 10am
<https://zoom.us/j/97535872304>

Fall Prevention Lecture
ONLY SEPT 23 – 10am
<https://zoom.us/j/97210678123>

ESL
12:00 – 1:00pm
<https://zoom.us/j/97049510715>

Yoga
1:00 – 2:00pm
meet.google.com/fdi-cwlv-hyx

THURSDAY

Exercise
10:30 – 11:30am
<https://zoom.us/j/95644811536>

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

FRIDAY

SAIL (exercise)
10:00am – 11:00am
meet.google.com/iot-uaao-iih

ESL/Iryna
9am-10:30am
<https://zoom.us/j/98224259722>

Belly dancing
12:00 – 1:00pm
meet.google.com/wuy-oduk-edd

ESL
12:00 – 1:00pm
<https://zoom.us/j/97049510715>

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

