



November

Throggs Neck Senior Center

MONDAY

Online/In-person

Chair Aerobics 10:30 a.m.
with Tommy the Experience

Technology class 8th 12
p.m.

Evidence Based Diabetes
Self Management
2pm, 22nd & 29th

TUESDAY

Online/In-person

Current Events 9:30 a.m.

Crafting with Sandra 1 p.m.
(Sip and Paint 16th)

Zumba 9th & 30th

WEDNESDAY

Online/In-person

Health Presentation w.
Dr. Bay Date TBA.

Chair Aerobics at 1 p.m.
with Tommy the Experience

Nutrition Presentation
w. Kiahni 24th 2:15 p.m.

THURSDAY

Online/In-person

Meditation at 2 p.m. with
Lillian

Beginners Knitting and
Crochet with Sandra 3 p.m.

FRIDAY

Online/In-person

Tai Chi 10 a.m.

Concerts In Motion Spanish
12 p.m.

Bingo in person only 19th
1p.m.

CONTACT

Bethanie Mookram
bmookram@jasa.org
718-823-1771
2705 Schley Avenue, Bronx, N.Y., 10465

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

