



JANUARY

Throggs Neck Senior Center

MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
<p>Chair Aerobics at 10:30 am with Tommy the Experience</p> <p>Smartphone Technology 1pm Bingo 2pm (4th & 18th)</p>	<p>Crafting with Sandra 1pm</p>	<p>Chair Aerobics at 1pm with Tommy the Experience</p> <p>Nutrition Presentation at 2:15 on the 20th (What is Gluten?)</p>	<p>Concerts In Motion English/Variety 11 a.m. (every other Thursday)</p> <p>Knitting and Crochet with Sandra 2pm-2:45pm</p> <p>Meditation at 3pm with Tommy the Experience</p>	<p>Concerts In Motion Spanish 12 p.m.</p> <p>Quarantine Cooking 4:45pm (15th & 29th)</p>

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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

