



# MAY

## Throggs Neck Senior Center

### MONDAY

**Chair Aerobics at 10:30 am  
with Tommy the Experience**

**New York Public Library Read  
Aloud Fairy Tales 12pm**

**Indoor Gardening 2:30pm**

**Technology class on the 3rd  
1pm**

### TUESDAY

**Mixed Yoga with Lillian  
12pm**

**New York Public  
Library Socials (Open  
book**

**discussion/brain  
trivia) 1pm**

**Crafting with Sandra 1pm**

### WEDNESDAY

**Walk with Ease 9:30 a.m.**

**Chair Aerobics at 1pm with  
Tommy the Experience**

**Nutrition Presentation at 2:30  
TBA**

### THURSDAY

**Concerts In Motion  
English/Variety 11 a.m.**

**Beginners Knitting and  
Crochet with Sandra  
2pm-2:45pm**

**Meditation at 3pm with  
Lillian**

### FRIDAY

**Concerts In Motion Spanish  
12 p.m.**

**Quarantine Cooking  
4:45pm**

### 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](http://www.jasa.org/events/senior-center-virtual-events)

