



# OCTOBER

## Throggs Neck Senior Center

### MONDAY

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

**Blood Pressure presentation by Tommy the Experience on the 12th at 1pm**

### Tuesday

**Crafting with Sandra at 1pm**

### WEDNESDAY

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

**Nutrition Presentation at 2:15 on the 14th**

### THURSDAY

**Concerts In Motion English 11 a.m. (8th & 22nd)**

**Meditation at 3pm with Tommy the Experience**

### FRIDAY

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

**Smartphone Technology 1:05 pm (9th)**

**Quarantine Cooking 4pm on the 23rd & 30th (Halloween Special)**

### 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)

