



SEPTEMBER

Throggs Neck Senior Center

MONDAY

Chair Aerobics at 1pm
with Tommy the
Experience

Tuesday

Crafting with Sandra at
1pm

Elder Abuse
Presentation at 11am
Presented by
Neighborhood Shopp
on the 22nd

WEDNESDAY

Chair Aerobics at 1pm
with Tommy the
Experience

Chair Aerobics with a
Focus on Falls
Prevention on the 23rd

THURSDAY

Meditation at 12pm
with Tommy the
Experience

Nutritionist
Presentation on Foods
for Sleep on the 24th
at 11 a.m.

FRIDAY

Concerts In Motion
English 11 a.m. &
Spanish 12 p.m.

Smartphone
Technology 1pm on the
4th & 18th

Quarantine Cooking
3pm on the 11th & 25th

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

