



# JANUARY

## Van Cortlandt Senior Center

### MONDAY

2:00PM-3:00PM  
Chinese Calligraphy w/Wei Tang  
Meets on Mondays.

### Tuesday

Jan. 12th at 11:00 AM:  
Elder Abuse Presentation by J. Laguerra, Neighborhood Shopp.

2:00PM-3:00PM  
Upper Body Aerobics w/Judy Farnum

### WEDNESDAY

January 13th at 4:15 PM  
Tips for Reducing Anxiety w/ Taylor Britvan, LCSW, The Jewish Board.

3:00PM-4:00PM  
Flowing Yoga w/ Kathleen O'Hanlon

### THURSDAY

11:00AM-11:45AM  
Zumba Gold w/Maria Such  
1:00PM-2:30PM  
Virtual Chorus w/ Cheryl Warfield  
Meets on Mondays & Thursdays.  
MLK Mini Concert on Tuesday  
January 19th at 7:00 PM.

5:30PM-6:30PM  
Music and Memories w/Lauren Scales. Meets twice a month on Thursday.  
Jan. 7th: Buddy Rich, Jazz.  
Jan. 21st: Paul Robeson, Traditional.

### FRIDAY

New Pro Concerts from Concerts in Motion:

Fridays at 12PM:  
Spanish/Latin Music

Thursdays at 1 PM:  
Klezmer/Jewish Music

### CONTACT

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### MORE INFORMATION

JASA offers numerous 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)

