



# OCTOBER

## Van Cortlandt Senior Center

### MONDAY

**2PM-3PM**

Chinese Calligraphy w/Wei Tang  
Meets on Mondays.  
October 12<sup>th</sup> & 19<sup>th</sup>, 2020

### Tuesday

**2PM-3PM**

Upper Body Aerobics w/Judy Farnum  
**Join Zoom Class**  
<https://us02web.zoom.us/j/87344186748>

### WEDNESDAY

**3PM-4PM**

Flowing Yoga w/ Kathleen O'Hanlon  
**Join Zoom Class**  
<https://us02web.zoom.us/j/86164051538>

### THURSDAY

**11AM-11:45AM**

Zumba Gold w/Maria Such  
<https://us04web.zoom.us/j/79477179018?pwd=L3dyMURiY1YyRndZRGpCbHFDa2dBUT09>

**5PM-6PM**

Music and Memories w/Lauren Scales.

Meet twice a month on Thursdays.  
Sept. 8 & 22nd.

<https://us02web.zoom.us/j/82022990941?pwd=ditNZVg1T0tybnRRVCiCbHhVIGlTUT09>

**2PM-3PM**

Virtual Chorus w/ Cheryl Warfield  
<https://us02web.zoom.us/j/85085529694?pwd=MnRFRStnNFQxUmcvb2ZrK29QMGVZz09>

### FRIDAY

**Concerts in Motion:**

Every Friday at 11:00 AM.

**Zoom Meeting link:**

<https://us02web.zoom.us/j/86991640881>

### CONTACT

Sharon Wolfe  
swolfe@jasa.org  
718-549-4700  
3880 Sedgwick Avenue, Bronx, N.Y 10463

### 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)

