



November

DREISER SENIOR CENTER



MONDAY

Chair Yoga
10am-11am
(virtual)

Lunch 12 pm-1:00 pm
room# 2

Alzheimer's 3 week Series
Workshop (Nov 1)

=====

Movie Day w Paola
2:00pm-4:00pm
(virtual)

TUESDAY

Blood Pressure (1st and 3rd
Tuesday of the Month)

Lunch & Grab and Go
12 pm-1:00 pm

Zumba 1:00pm-2:00pm
(In person)

Computer/tablet with Ralph
6pm-7:00pm
(virtual)

WEDNESDAY

Arthritis Exercise w/
Damian 11:30am
-12:30pm (in person)

Lunch 12-1pm and
grab and go

BINGO
Time: 1:00pm-2:00pm
(In person) room# 2

THURSDAY

Meditation Hour
date and time TBA

Line Dance w/ Ellie
room# 2 (in person)
11am-12pm

LUNCH and grab and go
12 pm-1:00 pm

Knitting & Crochet (virtual
w/Sandra 4pm-6pm

FRIDAY

Knitting & Crochet
w/ Linda -
(In person)
10:00am-12:00pm

Art Class
1pm-3pm
(Virtual)

CONTACT

Paola Ogando
pogando@jasa.org
718-320-1345

177 Dreiser Loop, # 7 Bronx, NY 10475

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



Alzheimers Series 1
Every Monday Nov 1-Nov 15

Join Zoom Meeting

<https://us06web.zoom.us/j/8780839630?pwd=T2dPd2VlTGZaVG1rc1RBc1B4bEpvU09>

Meeting ID: 837 8083 9630
Passcode: 431957
One tap mobile
+19292056099

NEW CLASS * WEDNESDAYS
ARTHRITIS EXERCISE WITH DAMIAN
11:00AM-12:00PM

<https://zoom.us/j/96708931492>

Passcode : 491268
Call in number 1 929 205 6099 US (New York)

Chair Yoga w/ Charles Tyler

Time: 10:00 am to 11:00 am

Join Zoom Meeting

<https://zoom.us/j/99565341173>

Passcode 855423

+1 646 876 9923 US (New York) Mondays

Meeting ID: 948 6880 5136

MONDAYS

Zumba Class w/Ola Tuesdays
1pm-2pm

Join Zoom Meeting

https://zoom.us/j/99231696108

Meeting ID: 992 3169 6108

Passcode: 503637

One tap mobile

+19292056099

Computer learning
Zoom Meeting w/Ralph
Every Tuesdays

6:00pm-7pm

Call in number 929-205-6609

Meeting ID: 936 8132 9040

Passcode: 259554

ZOOM link:

<https://zoom.us/j/93681329040?pwd=VGIHQWFRYWd3SHkwOEEd6aXRmaFlvZz09>
