Proud to be the go-to agency for older New Yorkers

November 2021

JASA Rockaway Park Senior Center

MONDAY

Total Body Movement with Jomarya
11:00 AM- 12:00 PM

Concerts in Motion
11:00 AM Classical

Creative writing with Elizabeth
1:00 PM -2:00 PM

*****Please be advised if you are attending any inperson activities you must wear a mask*****

TUESDAY

Grab and Go Meal Distribution at Center (Tuesday Only)
11:00AM-1:00PM

English Computer
10:00 AM-11:00 AM

Zoom/Yoga Dance with Christine
11:00 AM- 12:00 PM

Concerts in Motion Jazz Concert
12:00 PM

Current Events with Ed Sommerfeld
12:30 PM-2:00

WEDNESDAY

Knitting/Crotcheting
9:00 AM-12:00 PM

Quilting
9:00 AM-12:00 PM

(Knitting/Crotcheting Quilting at Center/in Person Only)

NIA Stretching with Monica
11:00 AM-12:00 PM

Nutritional Lecture with Stephanie Cordaro
Nov. 17th at 12:30 PM

Boardwalk Talks with OHEL Discussion Group
Nov. 11th at 12:00 PM

Concerts In Motion: Broadway
12:00 PM-1:00 PM

Family Feud with Christina
1:00 PM- 2:00 PM

THURSDAY

Grab and Go Meal Distribution at Center (Thursday Only)
11:00AM-1:00PM

English Computer
10:00 AM-11:00 PM

Zoom/Yoga with Christine
11:00 AM-12:00 PM

Concerts In motion
11AM Variety

LEAP ElderAbuse Presentation
11AM-12 PM

In Person Trivia at the Center
12:00 PM- 1:00 PM

FRIDAY

NIA Stretching with Monica
9:00 AM

Tai Chi With Ken Gray For Arthritis
10:00 AM

Concerts in Motion
Latin/ Spanish
12:00 PM

Jewish/Klezmer
1:00 PM

Motown/Soul/R&B
2:00 PM

CONTACT

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Additional funding with generous grants from Councilman Eric Ulrich

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

NYC Department for the Aging

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