



MAY

JASA BAY EDEN & MECHLER HALL

MONDAY

CURRENTS EVENTS
w. Joseph Albanese
TIME: 10:00am to 11:00am

Indoor Gardening Workshop
w. Victor
Time 10:00 am to 11:00am

TUESDAY

Zumba w. Frances
Time: 10:00am- 11:00am

WEDNESDAY

Nutrition Education
w. Kiahni Mcfadden
Time: 10:00am-11:00am

THURSDAY

What's On Your Mind
Discussion Group
W. Christina Soddano
Time: 11:00am-12:00pm

FRIDAY

Zumba w. Marisol
Time: 1:00pm- 2:00pm

CONTACT

MICHELLE PARCHMENT
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PHONE NUMBER: 718- 882- 3815
ADDRESS 1220 East 229th Street, Bronx NY 10461

MORE INFORMTAION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out www.jasa.org/events/senior-center-virtual-events





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MONDAY

COMPUTER TECH CLASS
w. Eddie Acosta
TIME: 1:00pm to 2:00pm

Painting Class w. Oksana
Time: 11am - Noon

TUESDAY

CHAIR YOGA w. Charles
Time: 11:00am- 12:00am

WEDNESDAY

TAI CHI for Arthritis w. Wendy
Time: 2:00pm- 3:00pm

THURSDAY

PAINING & CRAFTS CLASS
W. Sandra Ramirez
Time: 12:00pm - 1:00pm

FRIDAY

MEDITATION CLASS
w. Edna Sterling & Lois Murray
Time: 1:00pm - 2:00pm

Tech Support Class w. Joseph
Time: 10:00 am-12:00pm

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