



JANUARY

JASA BAY EDEN & MECHLER HALL

MONDAY

CURRENTS EVENTS w. Joseph Albanese

TIME: 10:00am to 11:00am
To Join Zoom Class
Go to Link Below :

<https://zoom.us/j/92387985261?pwd=QjZ2SFVLa05ejUwbEZHSdJQd3VTQT09>

Or Join by Telephone
1-929 - 205 -6099

TUESDAY

Zumba w. Frances

Time: 10:00am- 11:00am
To Join Zoom Class
Go to Link Below :

<https://us02web.zoom.us/j/82082034340>

Or Join by Telephone
1-646-558-8656

REGISTRATION REQUIRED
CALL YASMIN AHMAD
718-882-3815 or email
yahmad@jasa.org

WEDNESDAY

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

Join Zoom Meeting

<https://zoom.us/j/94129384124?pwd=YIFOQ29mS1JqN2luaVJkMW5rSHFrdz09>

Or Join by Telephone

1 - 929 - 205 6099 (New York)

**BCHN BLOOD PRESSURE
SCREENING**
EVERY WEDNESDAY @10:00am
to **Register Call**
Yasmin Ahmad
718-882-3815 or email
yahmad@jasa.org

THURSDAY

What's On Your Mind **Discussion Group** Time: 11:00am-12:00pm

Join with Google Meet
meet.google.com/qgm-oetr-vca

Join by phone (US) 1- 512-201-8118

FRIDAY

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

Join Zoom Meeting
<https://zoom.us/j/95914001503>

REGISTRATION REQUIRED
CALL YASMIN AHMAD
718-882-3815 or email
yahmad@jasa.org

CONTACT

MICHELLE PARCHMENT
mparchment@jasa.org
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





JANUARY

JASA BAY EDEN & MECHLER HALL

MONDAY

COMPUTER TECH CLASS
w. Eddie Acosta

TIME: 1:00pm to 2:00pm

To Join Zoom Class
Go to Link Below :

Join Zoom Meeting
<https://zoom.us/j/94536028479>

TUESDAY

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

To Join Zoom Class
Go to Link Below :

<https://zoom.us/j/96344191262>

REGISTRATION REQUIRED

CALL YASMIN AHMAD
718-882-3815 or email
yahmad@jasa.org

WEDNESDAY

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

Join Zoom Meeting
<https://us02web.zoom.us/j/84110342024?pwd=WkdyR2pMN3prNkdHZXFheHpBek5qUT09>

REGISTRATION REQUIRED

CALL YASMIN AHMAD
718-882-3815 or email
yahmad@jasa.org

THURSDAY

PAINTING & CRAFTS CLASS
W. Sandra Ramirez

EVERY THURSDAY @12:00pm

Join Zoom Meeting
<https://us04web.zoom.us/j/74411247634?pwd=eUU1MWN6VEFoNUE3MmOrVWpFblNxdz09>

REGISTRATION REQUIRED

CALL YASMIN AHMAD
718-882-3815 or email
yahmad@jasa.org

FRIDAY

MEDITATION CLASS
w. Edna Sterling & Lois Murray
EVERY FRIDAY @ 1:00pm

Join by Telephone
1 650-449-9765

Tech Support Class
w. Joseph Albanese

Time: 10:00 am-12:00pm

To Join Zoom Class
Go to Link Below :

<https://zoom.us/j/95317501791?pwd=UIZFVHo4RIQxOGFhVWh0TzRTSWMxUT09>

Or Join by Telephone
1-929 -205 - 6099

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