



OCTOBER

JASA LUNA PARK SENIOR CENTER

MONDAY

**11 am MONDAY: CONCERTS
IN MOTION**

**ENJOY THE OPPORTUNITY TO
LISTEN TO LIVE CONCERTS
AND TALK TO THE
PERFORMERS**

**1:00 CREATIVE WRITING
WITH ELIZABETH**

TUESDAY

**10:00 am
YOGA WITH MASHA**

WEDNESDAY

**11am Russian Concerts in
Motion**

**DIFFERENT SUBJECTS
EACH WEEK**

JULIE LAUER

**JCC of GREATER CONEY
ISLAND**

THURSDAY

10 am Tai Chi with Joe

2pm EAT FOR SUCCESS

**WEIGHT CONTROL SUPPORT
GROUP**

WITH ADRIENNE

FRIDAY

10:30 am WALK WITH EASE

WALK, TALK and LAUGH

**With ADRIENNE (Great
walking music)**

12:30PM-1:30PM (Weekly)

AEROBICS WITH IOURI

CONTACT

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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

