



January 2019 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> NEW YEAR'S DAY JASA CLOSED	<b>2</b> 930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry 2:00PM Yoga w Badhra	<b>3 BLOOD PRESSURE</b> 10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers 1:30PM DRAMA CLASS w Cecilia	<b>4</b> 9:30 AM Library, Chat table, Bike 10:00AM Knitting & Crochet 12:00pm Color your life AWAY 1:00pm BINGO
<b>7</b> Stay well Exercise, Chat table, Bike 10:00: Knitting & Crochet W/ Linda 12:30pm Cell & Ipad Class w/ Paola	<b>8</b> 930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 12:00PM Color your life AWAY 1:00pm Movie Bunch/Popcorn	<b>9</b> 930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry 2:00PM Yoga w Badhra	<b>10</b> 10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers 1:30PM DRAMA CLASS w Cecilia	<b>11</b> 9:30 AM Library, Chat table, Bike 10:00AM Knitting & Crochet 12:00pm Color your life AWAY 1:00pm BINGO
<b>14</b> Stay well Exercise, Chat table, Bike 10:00: Knitting & Crochet W/ Linda 12:30pm Cell & Ipad Class w/ Paola	<b>15</b> 930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 12:00PM Color your life AWAY 1:00pm Movie Bunch/Popcorn	<b>16</b> 930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry 2:00PM Yoga w Badhra	<b>17 BLOOD PRESSURE</b> 930 AM Library, Chat table, Bike 10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers	<b>18</b> 9:30 AM Library, Chat table, Bike 10:00AM Knitting & Crochet 12:00pm Color your life AWAY 1:00pm BINGO
<b>21</b> MARTING LUTHER KING JR. DAY JASA CLOSED	<b>22</b> 930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 1:00pm Movie Bunch/Popcorn 1:00pm Zumba w Olla	<b>23</b> 930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry 2:00PM Yoga w Badhra	<b>24</b> 10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers 1:30PM DRAMA CLASS w Cecilia	<b>25 BIRTHDAY PARTY</b> 9:30 AM Library, Chat table, Bike 10:00AM Knitting & Crochet 12:00pm Color your life AWAY 1:00pm BINGO
<b>28</b> Stay well Exercise, Chat table, Bike 10:00: Knitting & Crochet W/ Linda 12:30pm Cell & Ipad Class w/ Paola	<b>29</b> 930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 1:00pm Movie Bunch/Popcorn	<b>30</b> 930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry	<b>31</b> 10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers 1:30PM DRAMA CLASS w Cecilia	

# JASA SENIOR CENTER

## Staff:

Paola Ogando, Director

Gay Brown , Assistant Director

Tommy Memminger-Senior Aid, Ines Rodriguez– Group Worker

## Daily Lunch:

- Kosher & Non-Kosher Lunch Served Daily 12:00pm-1:00pm

**January 9– Elder Abuse Presentation**

**January 14– Shop-rite**

**January 15– Empire**

**January 18—Stew Leonard's**

**January 23– Central Avenue**

**January 25– Birthday Party**

**January \*S.A.I.L Exercise class coming soon\***



## **Dreiser Senior Center**

**177 Dreiser Loop, # 7**

**Bronx, NY 10475**

**718-320-1345**

**Open Daily Monday thru Friday 8:00am-4:00pm**

List different activities that you have here:

- Line Dance, Zumba, Mixed Cultural Dance, Knitting and Crochet, Stay Well Exercise, Alert & Alive, Meditation room.
- Chat Session, Exercise Bike, Reading Library, Tai Chi, Yoga
- Drama Class, Piano sing along, Mind Teasers, Art Classes
- Gentle Yoga, Dominoes
- Blood Pressure Screening, Nutrition Lectures, Diabetes Support Group, Parties and Trips to Museums, Broadway Shows and Shopping Centers.

Funded and generous Grants of Andy King & Bronx Borough Pres.  
Ruben Diaz

