

MARCH 2020 ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Leisure Billiard 10:00 Salsa 10:00 Sewing & Embroidery Class 1:00 Computer Practice	3 10:00 TAI CHI For Arthritis – M Rm 10:00 Women’s Support Group w. Jeff 10:00 Dance Aerobics 10:00 Geriatric Massage 11:00 Painting Class – A&C Rm	4 9:00 Health Motivation 9:00 BCHN: Blood Pressure 10:00 SALSA 11:00 Zumba	5 10:00 Chair Aerobics 10:00 Sewing & Embroidery 10:00 Open Discussion 11:00 Current Events 1:00 International Club Mtg 1:00 Computer Practice	6 9:00 Leisure Games/ Dominoes 11:00 Nutrition Education 10:00 Blood Pressure – M Rm 10:00 Sewing & Embroidery 1:15 Meditation
9 9:00 Leisure Billiard 10:00 Gardening Workshop 10:00 SALSA 11:00 Zumba 1:00 Computer Practice	10 10:00 TAI CHI For Arthritis – M Rm 10:00 Men’s Support Group w. Jeff 10:00 Dance Aerobics 10:00 Geriatric Massage 11:00 Elder Abuse Presentation - BX DA 11:00 Painting Class – A&C Rm	11 9:00 Health Motivation 9:00 BCHN: Blood Pressure 10:00 Advisory Board Mtg 10:00 Jewelry Making Class 10:00 SALSA 11:00 Zumba	12 10:00 Chair Aerobics 10:00 Trip: All Shook Up 10:00 Sewing & Embroidery 10:00 Open Discussion 11:00 Current Events 1:00 Computer Practice	13 9:00 Leisure Games/ Dominoes 10:00 Sewing & Embroidery 10:00 General Membership 1:15 Meditation
16 9:00 Leisure Billiard 10:00 Gardening Workshop 10:00 Salsa 11:00 Zumba 1:00 Computer Practice	17 10:00 TAI CHI For Arthritis – M Rm 10:00 Women’s Support Group w. Jeff 10:00 Dance Aerobics 10:00 Geriatric Massage 11:00 Painting Class – A&C Rm 12:00 St. Patrick’s Lunch	18 9:00 Health Motivation 9:00 BCHN: Blood Pressure 10:00 SALSA 10:00 Jewelry Making Class 11:00 Zumba 11:00 International Club Women’s History Month	19 10:00 Sewing & Embroidery 10:00 Chair Aerobics 10:00 Open Discussion 11:00 Current Events 1:00 Computer Practice	20 9:00 Leisure Games/ Dominoes 10:00 Blood Pressure – M Rm 10:00 Sewing & Embroidery 11:00 Road Runners Fitness Class 11:00 Nutrition Education 1:15 Meditation
23 9:00 Leisure Billiard 10:00 Gardening Workshop 10:00 SALSA 10:00 METROCARD 11:00 Zumba 1:00 Computer Practice	24 10:00 TAI CHI For Arthritis – M Rm 10:00 Men’s Support Group w. Jeff 10:00 Dance Aerobics 11:00 Painting Class – A&C Rm	25 9:00 Health Motivation 9:00 BCHN: Blood Pressure 10:00 SALSA 10:00 Jewelry Making Class 11:00 Zumba 11:00 Birthday Lunch	26 10:00 Chair Aerobics 10:00 Sewing & Embroidery 10:00 Open Discussion 11:00 Current Events 1:00 Computer practice	27 9:00 Leisure Games/ Dominoes 10:00 Red Hatter’s Mtg 11:00 Nutrition Education 1:15 Meditation
30 9:00 Leisure Billiard 10:00 Sewing & Embroidery Class 11:00 Zumba 1:00 Computer Practice	31 10:00 TAI CHI For Arthritis – M Rm 10:00 Men’s Support Group w. Jeff 10:00 Dance Aerobics 11:00 Painting Class – A&C Rm	***** GERIATRIC CHAIR MASSAGE EVERY TUESDAY 10:00am – 12:00pm To Sign up Speak to Yasmin	TRIP : ALL SHOOK UP 03/12/2020 INTERNATIONAL CLUB WOMEN HISTORY MONTH CELEBRATION 03/18/2020	JASA BAY EDEN SENIOR CENTER 1220 East 229th Street, Bronx NY 10466 718-882-3815 www.JASA.org



JASA Bay Eden
1220 East 229th Street
Bronx, NY
718-882-3815
www.jasa.org

