

March 2020 ACTIVITES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 Stay well Exercise, Chat table, Bike 10:00: Knitting & Crochet W/ Linda 12:30pm Cell & Ipad Class w/ Paola 1:00PM Computer Class</p>	<p>3</p> <p>4</p> <p>930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 1:00pm Movie Bunch/Popcorn</p>	<p>4</p> <p>930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry 2:00PM Yoga w Badhra</p>	<p>5 BLOOD PRESSURE</p> <p>10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers 1:30PM DRAMA CLASS</p>	<p>6</p> <p>9:00AM Tai Chi 9:30 AM Library, Chat table, Bike 10:00AM Knitting & Crochet 11:00AM Meditation class 1:00pm BINGO</p>
<p>9</p> <p>10:00 Stay well Exercise, Chat table, Bike 10:00: Knitting & Crochet W/ Linda 12:30pm Cell & Ipad Class w/ Paola 1:00PM Computer Class</p>	<p>10</p> <p>930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 1:00pm Movie Bunch/Popcorn</p>	<p>12</p> <p>930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry 2:00PM Yoga w Badhra</p>	<p>12</p> <p>10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers 1:30PM DRAMA CLASS</p>	<p>13</p> <p>9:00AM Tai Chi 9:30 AM Library, Chat table, Bike 10:00AM Knitting & Crochet 11:00AM Meditation class 1:00pm BINGO</p>
<p>16</p> <p>10:00 Stay well Exercise, Chat table, Bike 10:00: Knitting & Crochet W/ Linda 12:30pm Cell & Ipad Class w/ Paola 1:00PM Computer Class</p>	<p>17</p> <p>9:00AM Tai Chi 930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 1:00pm Movie Bunch/Popcorn</p>	<p>18</p> <p>930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry 2:00PM Yoga w Badhra</p>	<p>19 BLOOD PRESSURE</p> <p>10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers 1:30PM DRAMA CLASS</p>	<p>20</p> <p>9:00AM Tai Chi 9:30 AM Library, Chat table, Bike 10:00AM Knitting & Crochet 11:00AM Meditation class 1:00pm BINGO</p> <p>Nutritionist visit: Amelia Jalandoni</p>
<p>23</p> <p>930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 12:00PM Color your life AWAY 1:00pm Movie Bunch/Popcorn 1:00PM Computer Class</p>	<p>24</p> <p>9:00AM Tai Chi 930 AM Library, Chat table, 10:30AM Cultural Dance w/ Millie 1:00pm Movie Bunch/Popcorn</p>	<p>25</p> <p>930 AM Library, Chat table, Bike 9:00am Sewing w/ Raymonde 1:00PM Art Class w/ Dmitry 2:00PM Yoga w Badhra</p>	<p>26</p> <p>10:00AM Line Dance /w Ellie 11:00AM Piano Sing Along 12:00PM Mind Teasers 1:30PM DRAMA CLASS</p>	<p>27</p> <p>9:00AM Tai Chi 9:30 AM Library, Chat table, Bike 10:00AM Knitting & Crochet 11:00AM Meditation class 1:00pm BINGO BIRTHDAY PARTY</p>
<p>30</p> <p>930 AM Library, Chat table, Bike 10:30AM Cultural Dance w/ Millie 12:00PM Color your life AWAY 1:00pm Movie Bunch/Popcorn 1:00PM Computer Class</p>	<p>31</p> <p>9:00AM Tai Chi 930 AM Library, Chat table, 10:30AM Cultural Dance w/ Millie 1:00pm Movie Bunch/Popcorn</p>			



Dreiser Senior Center

177 Dreiser loop, Room# 7

Bronx, NY 10475

718-320-1345

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www.jasa.org

Monday- Friday 8:00am-4:00pm

- **Daily Lunch is served from 12:00pm-1:00pm**

MONTHLY ACTIVITIES / TRIPS

- **March 3, Empire**
- **March 4 Aldi**
- **March 5 Wegman's Supermarket**
- **March 6- Elder Abuse lecture w/ Neighborhood Shop**
 - **March 13 Costco**
 - **March 10 Ikea**
 - **March 18 Wegman's**
 - **March 19 Ridgehill**
- **March 19- Performance by the JASA Drama Bunch- Play "How to Marry a Minister" in honor of Women's Month.**
- **Every Monday & Wednesday - Romancing the Word Poetry Class w/ SU-CASA 10-12pm**
 - **Every Tuesday & Friday Tai Chi for Arthritis w/ Stan Cher 9-10AM**

Funded by and generous Grants of Andy King , Bronx Borough Pres. Ruben Diaz Jamaal Bailey.

