

**JASA VAN CORTLANDT SENIOR CENTER \* 3880 Sedgwick Avenue Bronx, New York 10463 \* Phone # (718) 549-4700**  
**March 2020 ACTIVITIES**



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>10:00 Art Studio            10:30 Senior Fitness/Floor Exercise w/ Doryanna            11:15 Tech I w/ Randy            11:30 BP Screening w/ Mira            12:15 Lunch            1:00 Tech II w/ Randy, Conscientious Musical Revues/            DYCD            1:00 Senior Choral Group w/ Cheryl Warfield</p>	<p><b>3</b></p> <p>9:30 Healthy Breakfast/ Health Talk w/ Thea Reznik            10:30 Mah Jongg w/ Claire            12:15 Lunch            1:00 Bingo w/ Joan</p>	<p><b>4</b></p> <p>10:00 Tai Chi for Arthritis w/ Stan            11:00 Move w/ Caroline Grant            12:15 Lunch            1:00 Short Stories w/ Dr. Heller            2:00 Current Events w/ Dr. Heller</p>	<p><b>5</b></p> <p>10:30 Knitting w/ Phyllis            12:15 Lunch            1:00 Senior Choral Group w/ Cheryl Warfield</p>	<p><b>6</b></p> <p>10:00 Tone and Stretch w/ Doryanna            11:15 Hot Topics w/ Lucy            12:15 Lunch            1:00 Move w/ Judy</p>
<p><b>9</b></p> <p>10:00 Painting w/ Dennis            10:30 Senior Fitness/ Floor Exercise w/ Doryanna            11:15 Tech I w/ Randy            11:30 BP Screening w/ Mira            12:15 Lunch            1:00 Tech II w/ Randy, Conscientious Musical Revues/            DYCD            1:00 Senior Choral Group w/ Cheryl Warfield</p>	<p><b>10</b></p> <p>10:30 Mah Jongg w/ Claire            11:00 Music &amp; Memories w/Perrin            12:15 Lunch            1:00 Chinese Calligraphy w/ Wei Tang</p>	<p><b>11</b></p> <p>10:00 Tai Chi for Arthritis w/ Stan Scher            12:15 Lunch            3:00 Flowing Yoga w/ Kathleen</p>	<p><b>12</b></p> <p>10:30 Knitting w/ Phyllis            12:15 Lunch            1:00 Senior Choral Group w/ Cheryl Warfield</p>	<p><b>13</b></p> <p>10:00 Tone &amp; Stretch w/ Doryanna            12:15 Lunch            1:00 Move w/ Judy</p>
<p><b>16</b></p> <p>10:00 Painting w/ Dennis            10:30 Senior Fitness/ Floor Exercise w/ Doryanna            11:15 Tech I w/ Randy            11:30 BP Screening w/ Mira            12:15 Lunch            1:00 Tech II w/ Randy, Conscientious Musical Revues/            DYCD            1:00 Senior Choral Group w/ Cheryl Warfield</p>	<p><b>17</b></p> <p>10:30 Mah Jongg w/ Claire            11:00 Zumba Gold w/ Maria Such            12:15 Lunch            1:00 St. Patrick's Day</p>	<p><b>18</b></p> <p>10:00 Tai Chi for Arthritis w/ Stan            11:00 Move w/ Caroline Grant            12:15 Lunch            1:00 Short Stories w/ Dr. Heller            2:00 Current Events w/ Dr. Heller            3:00 Flowing Yoga w/ Kathleen</p>	<p><b>19</b></p> <p>10:30 Knitting w/ Phyllis            11:15 Mosholu Montefiore 4 yr.old classes with            stories and games w/ Hagit Family            12:15 Lunch            1:15 Purim Celebration w/ Hagit Family</p>	<p><b>20</b></p> <p>10:00 Tone &amp; Stretch w/ Doryanna            11:15 Hot Topics w/ Lucy            12:15 Lunch</p>
<p><b>23</b></p> <p>10:00 Painting w/ Dennis            10:30 Senior Fitness w/ Doryanna            11:15 Tech I w/ Randy            11:30 BP Screening w/ Mira            12:15 Lunch            1:00 Tech II w/ Randy, Conscientious Musical Revues/            DYCD            1:00 Senior Choral Group w/ Cheryl Warfield</p>	<p><b>24</b></p> <p>10:30 Mah Jongg w/ Claire            11:00 Music and Memories w/ Perrin            12:15 Lunch</p>	<p><b>25</b></p> <p>10:00 Tai Chi for Arthritis w/ Stan            12:15 Lunch            3:00 Flowing Yoga w/ Kathleen</p>	<p><b>26</b></p> <p>10:30 Knitting w/ Phyllis            12:15 Lunch            1:00 Senior Choral Group w/ Cheryl Warfield</p>	<p><b>27</b></p> <p>12:15 Lunch            1:00 Art History w/ Lucy</p>
<p><b>30</b></p> <p>10:00 Painting w/ Dennis            10:30 Senior Fitness w/ Doryanna            11:15 Tech I w/ Randy            11:30 BP Screening w/ Mira            12:15 Lunch            1:00 Tech II w/ Randy, Conscientious Musical Revues/            DYCD            1:00 Senior Choral Group w/ Cheryl Warfield</p>	<p><b>31</b></p> <p>10:30 Mah Jongg w/ Claire            11:30 Passover Model Seder w/Senior Choral Group,            Cheryl, Isaac and members.            12:15 Lunch            1:15 Klezmer Entertainment by Debra Kreisberg,            clarinetist &amp; her trio.</p>			



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**[www.jasa.org](http://www.jasa.org)**