



JASO Warbasse Cares

September 2021

MONDAY

- 9:30** Blood Pressure screening 5B
11:00 Yoga on ZOOM /us02web.zoom.us/j/83665083706
1:00 Women's Health Group with Abby 5B

TUESDAY

- 9:30** Head to Toe with Lisa on ZOOM (**only 9/14**)
11:00 Tai-Chi on ZOOM /zoom.us/j/93511076394 (**only 9/14**)
1:00 Concerts in Motion
3:00 ESL with Hella 5B

WEDNESDAY

- 9:30** Yoga on ZOOM /us02web.zoom.us/j/84741409909
12:00 Concerts in Motion on Broadway Tunes on ZOOM
3:00 Bereavement Group (**09/22**)

THURSDAY

- 9:30** Head to Toe with Lisa on ZOOM (**only 9/23,9/30**)
1:00 Concerts in Motion on Klezmer Music on ZOOM
2:00 Art and Crafts (**no class on 9/16**) 5B

FRIDAY

- 9:30** Head to Toe with Lisa on ZOOM (**only 9/3,10,17,24**)
1:00 Tai-Chi on ZOOM (**only 9/10,9/24**)

Most classes are conference call

Call us at (718)-996-5200 for more information or to volunteer.



Warbasse Cares is conducted in partnership with the Amalgamated Warbasse Houses and VNSNY Health Services. It is funded by NYC DFTA, NYSOFA (This project is supported by funding from the New York State Office for the Aging. Its contents are solely the responsibility of the grantee and do not necessarily represent the official view of the New York State Office for the Aging.), UJA-Federation of NY and grants secured by Councilman, Mark Treyger.

