



# SEPTEMBER 2021

## BARTOW SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Heath and Wellness Support Group 10am -11am Starting 9/13/2021 Nutrition Presentation</p> <p>Arthritis Exercise with Damion 11am-12noon Outdoor activity</p>	<p>Elder Abuse Presentation 11am -12 noon 9/14/2021</p> <p>Grab and Go 12noon -1pm</p>	<p>Stay Well Exercise Class With Odessa 9:30 am-10:30am Starting 9/15/2021</p> <p>Line Dance with Cynthia 11:00am-12 noon</p> <p>Bereavement Hour 12noon-1pm Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays</p>	<p>Arts with Laura 10am-12noon</p> <p>Grab and Go 12noon-1pm</p> <p>Technology Class Smartphone and Tablets with Julesa Starting 9/15/2021 1pm- 2pm</p>	<p>Fall Prevention Presentation With Terry 1pm-2pm 9/17/2021</p> <p>“Preventing Stress during Isolation” 9/10/2021 @3pm A Neighborhood SHOPP Presentation</p>

### CONTACT

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### MORE INFORMATION

JASA offers hundreds of additional FREE virtual classes through our other senior centers. Check out [www.jasa.org/events/senior-center-virtual-events](http://www.jasa.org/events/senior-center-virtual-events)

