



OCTOBER

JASA HES SENIOR CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10:00 AM ZUMBA WITH DEBBIE(In-person class)

GRAB & GO LUNCH PICK UP
10:30AM-12:30PM

10::00am CHAIR YOGA WITH CATHY
(In-person class)

11:00am MACRAME WITH JUANITA
(In-person class)

10:00AM PAINTING WITH TOM (In-person class)

GRAB & GO LUNCH UP UP
10:30AM-12:30PM

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

