



Sept 2021

DREISER SENIOR CENTER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Chair Yoga 10am-11am</p> <p>-----</p> <p>Sept 13 Movie day ‘Poms’ with Diane Keaton 2pm-4pm</p> <p>-----</p> <p>Movie Sept 27 “Respect” w Jennifer Hudson 4pm-6pm</p>	<p>Grab & Go lunch 12pm-1:00pm</p> <p>-----</p> <p>Zumba class every Tuesday 1:00pm-2:00pm</p> <p>-----</p> <p>Computer/tablet with Ralph 6pm-7:00pm</p>	<p>Walk with Ease (outdoor class) 9:15am-10:15am</p> <p>-----</p> <p>Arthritis Exercise with Damian 11:00AM-12:00PM</p> <p>-----</p> <p>Game Day /BINGO Time: 1:00pm-2:00pm</p>	<p>Line Dance w/ Ellie (outdoor class) 11am-12pm</p> <p>-----</p> <p>Grab & Go lunch 12 pm-1:00 pm</p> <p>-----</p> <p>Fall Prevention Edu w/ Terry 1:00pm-2:00pm</p>	<p>Friday Sept 10 Courage Meditation with Paola. 11:am-11:30am</p> <p>-----</p> <p>Friday Sept 24 Breathing Meditation 11am-11:30am</p>

CONTACT

Paola Ogando
pogando@jasa.org
718-320-1345

177 Dreiser Loop, # 7 Bronx, NY 10475

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

