Chair Yoga w/ Charles Tyler
Time: 10:00 am to 11:00 am
Join Zoom Meeting
https://zoom.us/j/94868805136
+1 646 876 9923 US (New York) Mondays
Meeting ID: 948 6880 5136

**MONDAY**

Music Therapy
Time: 11:00am- 12:00am
ZOOM Call in number 1646-876-9923
Meeting ID: 935-5178-1563
7 week EB Plant Based Eating workshop Sept 22 1pm-2Pm

**TUESDAY**

Game Day
Time: 1:00pm-2:00pm
Zoom link and phone number
Join Zoom Meeting
https://acandsateschools.zoom.us/j/93969423460?pwd=U09lQ09TRTEyNlN1VlhlMTl1QT09
Online Passcode: 6q5fBh
Telephone: +1 929 205 6099
Meeting ID: 939 6942 3460

**WEDNESDAY**

Meditation w/ Charles Tyler
Time: 10:00am-11:00am
Join Zoom Meeting
https://zoom.us/j/94868805136
+1 646 876 9923 US (New York) Thursdays
Meeting ID: 948 6880 5136
Hispanic Heritage month Celebration Sept 25, 2:00pm-4:00pm

**THURSDAY**

Concerts in Motion
Time: 11:00 am-12:00pm
To join the Zoom meeting, go to this link:
https://us02web.zoom.us/j/86991640881
Or you can dial in by phone:
+1-646-558-8656 (New York)
+1-312-626-6799 US
The meeting ID is: 869 9164 0881

**FRIDAY**

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
September 25
Hispanic Heritage Month

Dreiser Senior Center
in collaboration with
Einstein Senior Center
Presents
“An Hispanic American
Story”
2:00pm-4:00pm
A celebration of
Hispanic Culture and
Contribution to the
American Society.
Please call 718-320-1345
to sign up and get
ZOOM link

September 22
Evidence Based Plant
Based Eating and
Education Workshop
7 week workshop
1:00pm-2:00pm
Please call 718-320-1345
to sign up and get
ZOOM link