



September

Einstein Senior Center

MONDAY

Line- Dance with Ellie
10am -11am
Outdoor activity

TUESDAY

Arts with Lauram-12pm
Grab and Go

12pm-1pm
Walk with Ease

9am
Starting 9/21 to 10/26/21
6 weeks workshop
Einstein Health and
Wellness support Group

10am-11am
Starting 9/14/21
Nutrition Presentation

WEDNESDAY

“ Bodies in Motion”
with Ola
11am- 12noon

Technology Class with
Julesa 1pm-2pm
Starting 9/15/2021

THURSDAY

Arthritis Exercise
with
Damion
11am -12noon

Grab and Go
12noon -1pm

Elder Abuse Presentation
11am-12noon

FRIDAY

“Exercise with Ola”
1pm- 2pm

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

