### January 2022 ACTIVITIES

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>3</td>
<td>10am-12am Bingosize (in person)</td>
<td>10am-11am Chair Yoga (in-person)</td>
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<td>10am-12pm Bingosize or Movie time (in person)</td>
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<tr>
<td></td>
<td>11am-12pm Computer Lab (in-person)</td>
<td>11am-12pm Health lecture (in-person)</td>
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<td>9:30am-10:30am Chair Yoga (in-person)</td>
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<td>12pm-1pm Color your World (in-person)</td>
<td>11am-12pm Zumba (in-person)</td>
<td>11am-12pm Line Dance (hybrid)</td>
<td>10:30am-11:30am Name that tune w/Charles (in-person)</td>
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<td>11:30am-12:30pm Hot Congregate lunch</td>
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<td>11am-12:30pm Movie time (in-person)</td>
<td>12:30pm-1:15pm SAIL (in-person)</td>
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12pm Color your World (in person)  
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11am-12:30pm Movie time (in person)  
12:30pm-1:15pm SAIL (in person) |
|---|---|
| 11 | 10am-11am Chair Yoga (in-person)  
11am-12pm Health lecture (in-person)  
11am-12pm Zumba (in person)  
11:00am-12pm Nutrition lecture (hybrid)  
11:30am-12:30pm Hot Congregate lunch |
| 12 | 10am-11am Chair Yoga (in-person)  
11am-1:30pm Macrame (in-person)  
11:30am-12:30pm Hot Congregate lunch  
12:30pm-1:15pm SAIL (in-person)  
12pm-1pm Movie time (in person) |
| 13 | 12:30pm-2:00pm Painting w/Tom (in-person)  
11am-12pm Health lecture (in-person)  
11am-12pm Line Dance (hybrid)  
11:30am-12:30pm Hot Congregate lunch |
| 14 | 10am-12pm Bingosize or Movie time (in person)  
9:30am-10:30am Chair Yoga (in-person)  
10:30am-11:30am Name that tune w/Charles (in-person)  
12-1pm Color your World (in-person)  
11:30am-12:30pm Hot Congregate lunch |
| 17 | Martin Luther King Jr. Day  
JASA closed |
| 18 | 10am-11am Chair Yoga (in-person)  
11am-12pm Health lecture (in-person)  
11am-12pm Zumba (in person)  
11:00am-12pm Nutrition lecture (hybrid)  
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| 19 | 10am-11am Chair Yoga (in-person)  
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12pm-1pm Movie time (in person) |
| 20 | 12:30pm-2:00pm Painting w/Tom (in-person)  
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HES
Senior Center

9502
Seaview Ave,
Brooklyn, NY,
11236
www.jasa.org
8am-4pm.

We serve Hot lunches
Monday- Friday
11:30am-12:30pm
01/17/2022
Center Closed
Martin Luther King Jr. Day

"I have a dream."

"I have decided to stick with love. Hate is too great a burden to bear."

"The time is always right to do what is right."

"Only in the darkness can you see the stars."

"In the end, we will remember not the words of our enemies, but the silence of our friends."

"What are you doing for others?"

-Martin Luther King Jr.