



SEPTEMBER 2021

JASA Bay Eden & Mechler Hall

MONDAY

CURRENTS EVENTS
w. Joseph Albanese
TIME: 10:00am to 11:00 am

Indoor Gardening Workshop
w. Victor
Time 10:00 am to 11:00 am

Indoor Gardening Workshop
w. Victor
Time 11:00 am to 12:00 pm
(Registration OPEN)
BEGINS SEPT. 20

TUESDAY

Zumba w. Frances
Time: 10:00am- 11:00am

CHAIR YOGA w. Charles
Time: 11:00am- 12:00pm

WEDNESDAY

Nutrition Education
w. Kiahni Mcfadden
Time: 10:00am-11:00am

TAI CHI for Arthritis w. Judy
Time: 1:00pm- 2:00pm

THURSDAY

What's On Your Mind Discussion
Group W. Christina Soddano
Time: 11:00am-12:00pm

Art/ Painting
Time: 12:00pm- 1:00pm

BEGINS SEPT. 23

(Registration OPEN)

FRIDAY

Technology Class
Cell phone, Computer & Tablet
w. Joseph Albanese
Time: 10:00 am-12:00pm

NEW CLASS
Chair Guided Meditation
W. Sara
Time: 11:00 am- 12:00pm

BEGINS SEPT. 17

CONTACT

MICHELLE PARCHMENT
mparchment@jasa.org
PHONE NUMBER: 718- 882- 3815
ADDRESS 1220 East 229th Street, Bronx NY 10461

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 2021

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MONDAY

NEW CLASS - Self Defense w. Joyce
Time: 12:00pm- 1:00pm

BEGINS SEPT. 13

TECHNOLOGY CLASS
Cellphone/ Tablet / Computer/
Learn to use Zoom and Google Meets

w. Eddie Acosta
Time: 1:00pm- 2:00pm

TUESDAY

NEW CLASS
SAIL Stay Active & Independent for Life
w. Benita

SAIL is a strength, balance and fitness Class

Every Tuesday & Thursday
Time: 1:00pm to 2:00pm

BEGINS SEPT. 21

WEDNESDAY

NEW CLASS
LINE DANCING
w. Marisol

Time:2:00pm- 3:00pm

BEGINS SEPT. 15

THURSDAY

NEW CLASS
SAIL Stay Active & Independent for Life
w. Benita

SAIL is a strength, balance and fitness Class

Time: 1:00pm to 2:00pm
BEGINS SEPT. 21

NEW CLASS
Upper Body Exercise
w. Judy
Time: 1:30pm- 2:30pm

BEGINS SEPT. 23

FRIDAY

Zumba w. Marisol
Time: 1:00pm to 2:00pm

MEDITATION CLASS
(Discussion)
w. Edna Sterling & Lois Murray
Time: 1:00 pm - 2:00 pm

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