



SEPTEMBER 2021

VAN CORTLANDT SENIOR CENTER

MONDAY

Time: 2:00 PM-4:00 PM
Chinese Calligraphy w/ Wei Tang for beginners & intermediate levels.
Meets on Monday afternoons at JASA Van Cortlandt Senior Center. Also meets virtually.

Time: 4:30 PM - 5:00 PM
Self Massage with Kathleen Meets virtually.

TUESDAY

Time: 2:00 PM-2:45 PM
Upper Body Aerobics/Exercise Plus w/ Judy Farnum Meets virtually on Tuesday afternoons.

WEDNESDAY

Time: 3:00 PM-4:00 PM
Flowing Yoga w/Kathleen O’Hanlon. Meets virtually every week on Wednesdays.

Time: 1:00 PM-2:00 PM
Next Bingo game will be on Wednesday, September 15th at 1:00PM in the Game Room at JASA Van Cortlandt Senior Center.

THURSDAY

Time: 11:00 AM- 12 noon:
Zumba Gold/Zumba Gold Toning w/ Maria Such Meets virtually on Thursday mornings.

Time:1:00 PM-2:30 PM
Virtual Chorus Group w/ Cheryl Warfield

Thurs. at 1:00 PM:
Jewish/Klezmer virtual music program by Concerts in Motion.

FRIDAY

Fridays at 12 noon:
Spanish/Latin virtual music program by Concerts in Motion.

Rescheduled: for Thurs. 9/23 at 5:30 PM
Virtual Solo Piano Concert of Jewish and international music by Isaac ben Ayala, pianist/composer.

CONTACT

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MORE INFORMATION

JASA offers a wide array of FREE virtual classes through our 22 senior centers. Check out www.jasa.org/events/senior-center-virtual-events

