



OCTOBER

Williamsburg Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>TBD</p> <p>Virtual Health Management Presentations w/ Dr Jensen 1PM</p> <p>Oct 25 Halloween Virtual Paint w/ Jess 2PM *Register in advance*</p>	<p>Grab and Go Lunch pick up at the center 12pm-2PM</p> <p>Virtual Chair Exercise Rise move & Flow w/ Desi (English/Spanish) 1PM-2PM</p>	<p>Get fit with Bingo w/ Desi and staff 10AM-12PM hosted in the center please register in advance</p> <p>Virtual support group w/ Jess *Except Oct 20* (English/Spanish) 2PM-3PM</p>	<p>Grab and Go Lunch pick up at the center 12pm-2PM</p> <p>Oct 14, 28 Halloween Virtual film Time w/ Jess English w/ Subs 2PM</p>	<p>Jewelry and Crafts w/ Ms Grant 1030AM-12PM hosted in the center please register in advance</p>

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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

