



SEPTEMBER

Williamsburg Senior Center

MONDAY

Sept 13, 20
Virtual Health Management
Presentations
w/ Dr Jensen
1PM

Sept 27
Virtual Paint w/ Jess
2PM
Register in advance

TUESDAY

Grab and Go Lunch
pick up at the center
12pm-2PM
Closed Sept 7

Virtual Chair Exercise Rise
move & Flow
w/ Desi
Except Sept 7
(English/Spanish)
1PM-2PM

WEDNESDAY

Get fit with Bingo
w/ Desi and staff
10AM-12PM
hosted in the center
please register in advance
Closed Sept 1 & 8

Virtual support group
w/ Jess *Except Sept 8*
(English/Spanish)
2PM-3PM

THURSDAY

Grab and Go Lunch
pick up at the center
12pm-2PM
Closed Sept 16

FRIDAY

Jewelry and Crafts
w/ Ms Grant
1030AM-12PM
hosted in the center
please register in advance
Closed Sept 3

Sept 10, 24
Virtual film Time w/ Jess
English w/ Subs
2PM-4PM

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

