



OCTOBER 2021



BROOKDALE VILLAGE SENIOR CENTER VIRTUAL CLASSES call 718-471-3200 to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11:00am -12:00pm Concerts in Motion classical</p> <p>11:00am-12:00pm Tai Chi with Joe Rockaway Park</p>	<p>9:30am-10:30am SILVER SNEAKERS IN RUSSIAN</p> <p>10:00am-11:00am ENGLISH Computer</p> <p>10:00am-11:00am Yoga Dance with Christine</p> <p>11:00am-1:00pm GRAB N GO Meal distribution at the Center</p> <p>3:00pm-4:00pm English Virtual city tours</p>	<p>9:30am-10:15am Dance Movement with Lisa</p> <p>11:00am-12:00pm NIA Stretching with Monica Rockaway Park</p> <p>12:00pm-1:00pm Concerts in Motion BROADWAY</p> <p>12:00pm-1:00pm <u>October 13th ONLY</u> OHEL Boardwalk Talks at the Center</p> <p>1:00pm-2:00pm <u>October 27th ONLY</u> Nutrition Lecture with Stephanie Cordaro</p> <p>10:00am-12:00pm –Crocheting class with Joyce- DINING ROOM</p> <p>10:00am-12:00pm –Computer Lab by APPOINTMENT ONLY</p>	<p>9:30am-10:30am CHAIR EXERCISE in RUSSIAN</p> <p>10:00am-11:00am ENGLISH Computer</p> <p>11:00am-1:00pm October 7th- OHEL MEET AND GREET at the Center</p> <p>11:00am-1:00pm GRAB N GO Meal distribution at the Center</p> <p>11:00am -12:00pm Yoga from Rockaway Park</p> <p>1:00pm-2:00pm RUSSIAN Computer</p> <p>1:00pm-1:45pm Walk with Ease with Rachel</p>	<p>9:00am-10:00am NIA Stretching with Monica</p> <p>10:00am-11:00am Tai Chi with Joe</p> <p>11:00am-12:00pm RUSSIAN Computer</p> <p>12:00pm-1:00pm Latin Concert</p> <p>2:00pm-4:00pm Movie club</p>

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

