



SEPTEMBER

SENIOR ALLIANCE SENIOR CENTER

MONDAY

10:00am Crochet Class
11:00am Concerts in Motion
1:00pm Virtual Tours (Russian)

TUESDAY

9:30am Silver Sneaker (Russian)
12:00pm Hand-on Culture
12:00pm Computer Class (Russian)
1:00pm History of Arts
3:00pm Virtual City Tours (English)

WEDNESDAY

9:30am Gardening Club
10:30am Walking Club
12:00pm Boardwalk Talks with OHEL discussion group(ONLY September 1st)
12:00pm Concerts in Motion
1:00 pm Nutrition Lecture with Stephanie Cordaro (Only September 15th)

THURSDAY

9:30am Chair Exercise (Russian)
12:00pm Computer Class (Russian)
12:00pm Hand-on Culture
1:00pm History of Arts

FRIDAY

9:30 am Yoga on zoom
12:00am Latin Concert
12:30pm Line Dance
2:00pm Movie club

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

