



SEPTEMBER

SHOREFRONT SENIOR CENTER

MONDAY

SAIL
10:00am – 10:45am

Concert in Motion
11am- 12pm

Belly Dancing
12:30pm – 1:30pm

**Let's Share (share your story;
expiience, knowledge, ideas)**
2pm-2:45pm

TUESDAY

Morning Toning
9am-9:45am

Exercise
10:30 – 11:30am

ESL
12:00-1:30pm

Movie Time
2pm-3pm

WEDNESDAY

**Computer
Class in-person
(russian)
:8:30am-9:15am**

ESL level 2 in-person
9:30-11:00am

Yoga in-person
11:15am-12:15pm

**Broadway Concert in
Motion 12pm-1pm**

Meditation(russian)
1pm-1:45pm

THURSDAY

ESL level 2
10am-11:30am

Exercise
10:30 – 11:30am 06/17/2021

Technology Class(russian)
12pm-1pm

I am a traveler
1:00pm

FRIDAY

Morning Toning
9am-9:45am
Followed by Health lecture

SAIL
10:00am-10:45am
Followed by Health lecture

ESL
12:00-1:30pm
Followed by Health lecture

Belly Dancing
12:30pm – 1:30pm
Rhuthmic Thunder
1:30pm-2:30pm

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

