



SEPTEMBER 2021

Cooper Park Senior Center

MONDAY

*** 9/6/2021 – The office is Closed for Labor Day.**

**Cooper Park Tech Class
Time
11:00AM-12:00PM**

TUESDAY

***9/7/2021 – The office is closed for Rosh Hashana (Day 1)**

Grab and Go meal starts from 12:00 PM-2:00 PM

**Cooper Park Attending
VNSNY Chair exercise
Time
10:00AM-11:00AM**

WEDNESDAY

***9/8/2021 – The office is closed for Rosh Hashana (Day 2)**

9/15/2021 – The office is closed at 3:00 PM for Erev Yom Kippur.

**9/29/2021 – 10:00 AM- 11:00 AM
Fall Prevention Presentation: Tips for Fall prevention.
Presenter: Dr Joshua Chodosh, MD**

**Wellness Presentations:
SHARE Uterine Cancer – Sept 8th at 10:00am
English Version
SHARE Uterine Cancer – Sept 8th at 2:00pm
Spanish Version**

**Cooper Park Chat & Chill Support Group
Time: 12:00 PM-1:00 PM**

THURSDAY

***9/16/2021 – The office is closed for Yom Kippur.**

Grab and Go meal starts from 12:00 PM-2:00 PM

**Cooper Park Attending
VNSNY Chair Yoga
Time:
10:00 AM-11:00 AM**

FRIDAY

CIM Spanish Concerts

**Time:
12:00 - 1:00 PM**

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

