


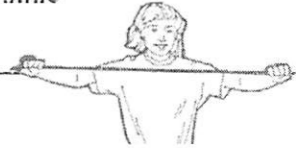





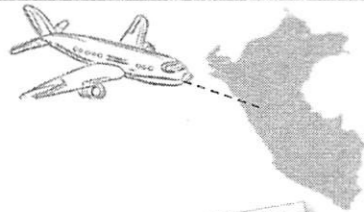












BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

ACTIVITIES for NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2</p> <p>11:00 John Kenrick Lecture on Sammy Davis Jr</p> <p>12:30 Whole Body Movement with Christine</p>	<p>3</p> <p>11:00 Tai Chi w/ Joe</p> <p>12:30 Zumba Gold w/ Ellisheva</p> 	<p>4</p> <p>9:20 iPad Class</p> <p>10:05 Using The Internet</p> <p>11:00 Fitness w/ Jill</p> 	<p>5</p> <p>10:00 What Happened to The Borscht Belt? Discussing The Glory Days</p> <p>11:00 Chair Fitness w/ Pat</p>	<p>6</p> <p>11:00 Sit To Be Fit w/ Annie</p> 	
 <p>9</p> <p>11:00 The Real Story of Servants in the English Class System Lecture with Chavi</p> <p>12:30 Whole Body Movement with Christine</p>	<p>10</p> <p>11:00 Tai Chi w/ Joe</p> <p>12:30 Zumba Gold w/ Ellisheva</p> 	<p>11</p> <p>9:20 iPad Class</p> <p>10:05 Using The Internet</p> <p>11:00 Fitness w/ Jill</p> 	<p>12</p> <p>10:00 Check in on Raizel & Baby Asher</p> <p>11:00 Chair Fitness w/ Pat</p> 	<p>13</p> <p>11:00 Sit To Be Fit w/ Annie</p> 	
 <p>16</p> <p>11:00 Live Tour in Lima, Peru</p> <p>12:30 Whole Body Movement with Christine</p>	<p>17</p> <p>11:00 Tai Chi w/ Joe</p> <p>12:30 Zumba Gold w/ Ellisheva</p> 	<p>18</p> <p>9:20 iPad Class</p> <p>10:05 Using The Internet</p> <p>11:00 Fitness w/ Jill</p> 	<p>19</p> <p>10:00 Nutrition Lecture Eating Right Bite By Bite w/ Cindy Weinberger, MS,RD,CDN</p> <p>11:00 Chair Fitness w/ Pat</p> 	<p>20</p> <p>11:00 Sit To Be Fit w/ Annie</p> 	
 <p>23</p> <p>10:00 Edouard Manet Lecture with Chavi</p> <p>12:30 Whole Body Movement with Christine</p>	<p>24</p> <p>11:00 Tai Chi w/ Joe</p> <p>12:30 Zumba Gold w/ Ellisheva</p> 	<p>25</p> <p>9:20 iPad Class</p> <p>10:05 Using The Internet</p> <p>11:00 Fitness w/ Jill</p> 	<p>26</p> <p>CLOSED FOR THANKSGIVING</p> 	<p>27</p> <p>11:00 Sit To Be Fit w/ Annie</p> 	
 <p>30</p> <p>11:00 Companies That Went Bust - Lecture with Chavi</p> <p>12:30 Yogacise with Jill</p>	