
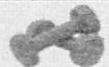
















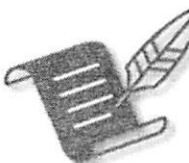





# BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - [www.bayswatercenter.org](http://www.bayswatercenter.org)

## ACTIVITIES for OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		 <b>CHANGES TO FITNESS CLASSES:</b> -- Zumba Gold w/ Ellisheva will be on Tuesdays at 12:30pm -- Fitness w/ Jill will be on Wednesdays at 11:00am -- There is no more SAIL class on Fridays at 12:30pm		1 10:00 Scattergories Game with Alice 11:00 Chair Fitness w/ Pat w/ Pat	2 11:00 Sit To Be Fit w/ Annie 
Young Israel of Queens Valley Classes 	5 10:00 Dance w/ Reba 11:00 Yogarobics w/ Nechama Meeting ID # 621 747 4044 password 14155 12:30 Whole Body Movement with Christine	6 11:00 Tai Chi w/ Joe 12:30 Zumba Gold w/ Ellisheva 	7 9:20 iPad Class 10:05 Using The Internet 11:00 Fitness w/ Jill 	8  10:00 Fraud & Investment Scams by Richard Hong of SEC 11:00 Chair Fitness w/ Pat	9 11:00 Sit To Be Fit w/ Annie 
	12 11:00 Live Tour in Luxor, Egypt 12:30 Whole Body Movement with Christine	13 11:00 Tai Chi w/ Joe 12:30 Zumba Gold w/ Ellisheva 	14 9:20 iPad Class 10:05 Using The Internet 11:00 Fitness w/ Jill 	15 10:00 Ten Tips To Boost Immunity w/ Shmuel Shields, PHD,CDN 11:00 Chair Fitness w/ Pat 	16 11:00 Sit To Be Fit w/ Annie 
	19 11:00 Fused Glass Zoom Demo w/ Naomi Rabinowitz 12:30 Whole Body Movement with Christine	20 11:00 Tai Chi w/ Joe 12:30 Zumba Gold w/ Ellisheva 	21 9:20 iPad Class 10:05 Using The Internet 11:00 Fitness w/ Jill 	22 10:00 Comedy Hour Senior Center Favorite Standup Acts 11:00 Chair Fitness w/ Pat 	23 11:00 Sit To Be Fit w/ Annie 
	26 11:00 Poetry w/ Chavi 12:30 Whole Body Movement with Christine	27 11:00 Tai Chi w/ Joe 12:30 Zumba Gold w/ Ellisheva 	28 9:20 iPad Class 10:05 Using The Internet 11:00 Fitness w/ Jill 	29  11:00 Explore Greenfield Village w/ Chavi 11:00 Chair Fitness w/ Pat	30 11:00 Sit To Be Fit w/ Annie 