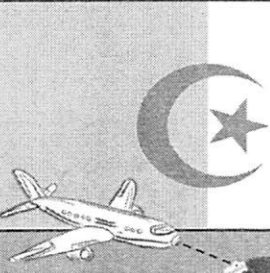


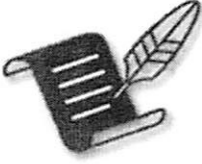


BAYSWATER SENIOR CENTER

2716 HEALY AVENUE - FAR ROCKAWAY, NY 11691

(718) 327.0297 - www.bayswatercenter.org

ACTIVITIES for SEPTEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Join us for a live tour of Kasba, Algeria one of the finest coastal sites on the Mediterranean	1 11:00 Tai Chi w/ Joe 12:30 SAIL w/ Jill	2 9:30 iPad Class 10:15 Using The Internet 11:00 Zumba Gold w/ Ellisheva ** Met Council Distribution **	3 11:00 Chair Fitness w/ Pat ** Met Council Distribution **	4 11:00 Sit To Be Fit w/ Annie 12:30 SAIL w/ Jill
	7 11:00 Live Tour in Kasbah, Algeria 12:30 Whole Body Movement with Christine	8 11:00 Tai Chi w/ Joe 12:30 SAIL w/ Jill	9 9:30 iPad Class 10:15 Using The Internet 11:00 Zumba Gold w/ Ellisheva	10 10:00 Nutrition Lecture topic TBA w/ Cindy Weinberger, MS,RD,CDN 11:00 Chair Fitness w/ Pat	11 11:00 Sit To Be Fit w/ Annie 12:30 SAIL w/ Jill
	14 11:00 John Kenrick Lecture on Dinah Shore 12:30 Whole Body Movement with Christine	15 11:00 Tai Chi w/ Joe 12:30 SAIL w/ Jill	16 9:30 iPad Class 10:15 Using The Internet 11:00 Zumba Gold w/ Ellisheva	17 10:00 Elder Abuse Lecture by DOVE Program 11:00 Chair Fitness w/ Pat	18 CLOSED FOR JEWISH NEW YEAR
	21 11:00 Poetry w/ Chavi 12:30 Whole Body Movement with Christine	22 11:00 Tai Chi w/ Joe 12:30 SAIL w/ Jill	23 9:30 iPad Class 10:15 Using The Internet 11:00 Zumba Gold w/ Ellisheva	24 10:00 Edgar Degas Lecture with Chavi 11:00 Chair Fitness w/ Pat	25 11:00 Sit To Be Fit w/ Annie 12:30 SAIL w/ Jill
	28 CLOSED FOR JEWISH HOLIDAY OF YOM KIPPUR	29 11:00 Tai Chi w/ Joe 12:30 SAIL w/ Jill	30 9:30 iPad Class 10:15 Using The Internet 11:00 Zumba Gold w/ Ellisheva		