



*Josephine's Place*  
 A Space for Women  
 622 Elizabeth Avenue  
 Elizabeth, New Jersey 07206  
 (908) 436-0099  
 www.josephinesplace.org



10	Tuesday	Tai Chi	11:15 am	12:15 pm
11	Wednesday	Mindful Meditation & Breathing - # 1 (*Register)	10:00 am	11:00 am

**\*\*\* (Spanish Heritage Month) \*\*\***  
**September 15th - October 15th**

18	Wednesday	Mindful Meditation & Breathing - # 2 (*Register)	10:00 am	11:00 am
18	Wednesday	Autism Support Group	10:00 am	12:00 pm
19	Thursday	Zumba with Hollis (*Register)	9:30 am	10:15 am
20	Friday	Enhance Your Job Training Skills & Leadership Session #1 - Intro. to What is a Leader (*Register)	10:00 am	11:00 am
24	Tuesday	Painting with Dario (*Register)	4:00 pm	5:00 pm
25	Wednesday	Mindful Meditation & Breathing - # 3 (*Register)	10:00 am	11:00 am
25	Wednesday	Autumn Decorating with Vanessa (*Register)	12:00 pm	1:30 pm
27	Friday	Enhance Your Job Training Skills & Leadership Session #2 - Self-Esteem/Self Confidence Marketing Yourself (*Register)	10:00 am	11:00 am
30	Monday	Old Barracks Museum (*Register)	9:30 am	5:00 pm

**Computers and Basic English Classes: REGISTRATION REQUIRED**

**\*WEEKLY SCHEDULED EVENTS**

Monday	Quilting/Sewing	9:30 am	11:30 am
Monday	Computer Class	10:00 am	11:30 am
Tuesday	English Conversation	10:00 am	11:00 am
Tuesday	English Conversation	6:00 pm	7:30 pm
Tuesday	Computer Class	6:15 pm	7:30 pm
Wednesday	Computer Class	12:00 pm	1:30 pm
Thursday	English Conversation	10:00 am	11:00 am
Thursday	Scrapbooking	3:00 pm	5:00 pm