



JUNE 2023 • ADULT 60+ ACTIVITIES

For inclement weather information please call the Front Desk after 7am (856) 424-4444 x1200

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CARDS & GAMES Mon. through Fri. 12-4:30pm Tables available to play for <u>JCC Members</u> *NO REGISTRATION REQUIRED</p>	<p>REGISTRATION IS REQUIRED FOR ALL PROGRAMS *Except as noted</p> <p>PLEASE CONTACT: Hanna to register dimassimo@jfedsnj.org</p>	<p>SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm.</p> <p>Librarian, Anne McCracken onsite Tuesday thru Friday 10am to 1pm</p>	<p>Sanders Library *Ask about Book Club facilitated by Irene Afek Library phone (856)424-4444 x1259</p>	<p>*1:00pm Movement & Motivation Dance *Registration Required Contact Amanda x1142</p>	<p>11:00am Chair Fitness Friday Fusion with Nancy</p>
<p>12:00 LUNCH WITH A FRIEND (Mon. thru Fri.) Purchase your meal at Eastside Bagel Tables available to gather with your Friend(s)</p>	<p>11:00am Chair Yoga with Sue</p> <p>1:00pm Meditation And More *Registration Required in advance</p>	<p>11:00am Open for Discussion with Merle</p> <p>*1:00pm Movement & Motivation Rhythm & Drumming Registration Required</p>	<p>11:00am Chair Fitness Move it, Shake it, Lift it with Chris</p>	<p>*1:00 pm Movement & Motivation Dance *Registration Required Contact Amanda x1142</p>	<p>11:00am Chair Fitness Friday Fusion with Nancy</p>
<p>**Registration for Dr. Yorker Presents Thurs., JUNE 15 at 10:30am Email Hanna at hdimassimo@jfedsnj.org</p>	<p>11:00am Chair Yoga with Sue</p>	<p>10:00am Creative Crafts w/ Michele *Registration required in Advance.</p> <p>11:00am Open For Discussion</p> <p>*1:00pm Movement & Motivation Rhythm & Drumming</p>	<p>11:00am Chair Fitness Move it, Shake it, Lift it with Chris</p>	<p>**10:30am Dr. Yorker Presents "Turning Stress into peak performance"</p> <p>*1:00pm Movement & Motivation Dance</p>	<p>11:00am Chair Fitness Friday Fusion with Nancy</p>
<p>10:00am Table Tennis Mondays, Wednesdays and Fridays for JCC Members (Registration required)</p>	<p>11:00am Chair Yoga with Sue</p> <p>1:00pm Meditation And More *Registration Required in advance</p>	<p>11:00am Open for Discussion with Merle</p> <p>*1:00pm Movement & Motivation Rhythm & Drumming Registration Required</p>	<p>11:00am Chair Fitness with Chris</p> <p>6:30pm Mid-Week Meditation with Suzanne Post *Registration Required in advance</p>	<p>*1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142</p>	<p>11:00am Chair Fitness Friday Fusion with Nancy</p>
<p>*Movement & Motivation Rhythm & Drumming or Dance are Free with an Affiliate, Senior Limited or Full Membership 60+ Registration in Advance with Amanda Gelovich x1142</p>	<p>11:00am Chair Yoga with Sue</p>	<p>11:00am Open for Discussion with Merle</p> <p>*1:00pm Movement & Motivation Rhythm & Drumming Registration Required</p>	<p>11:00am Chair Fitness with Chris</p> <p>6:30pm Mid-Week Meditation with Suzanne Post *Registration Required in advance</p>	<p>*1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142</p>	<p>11:00am Chair Fitness Friday Fusion with Susan Brier</p>