



Katz JCC
Cherry Hill

JULY 2023 • ADULT DEPARTMENT 60+ ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDS & GAMES Mon. through Fri. 12-4:30pm Tables available to play for <u>JCC Members</u> *NO REGISTRATION REQUIRED For Cards and Games tables	3 11:00am Chair Yoga with Sue 1:00pm Meditation And More with Ruth	4 Happy 4th of July Adult Department Office Closed NO Open for Discussion NO Movement & Motivation Rhythm Drums	5 11:00am Chair Fitness with Chris 6:30pm Mid-Week Meditation with Suzanne Post *Registration Required	6 *1:00pm Movement & Motivation Dance *Registration Required Contact Amanda x1142	7 11:00am Chair Fitness Friday Fusion with Nancy
12:00 LUNCH WITH A FRIEND (Mon. thru Fri.) Purchase your meal at Eastside Bagel Tables available to gather with your Friend(s)	10 11:00am Chair Yoga with Sue	11 10am Creative Crafts w/ Michele *Registration required in advance 11:00am Discussion w/Merle 1pm Social Singles Lunch at Seasons 52 *1:00pm Movement & Motivation Rhythm & Drumming 6:30pm Couples Club Mtg.	12 11:00am Chair Fitness with Chris 6:30pm Mid-Week Meditation with Suzanne Post *Registration Required	13 **10:30am Dr. Yorker Presents "Food Combining and PH Balance Nutrition" Registration required: hdimassimo@jfedsnj.org *1pm Movement & Motivation Dance Registration Required Contact Amanda x1142	14 11:00am Chair Fitness Friday Fusion with Nancy
REGISTRATION IS REQUIRED FOR ALL PROGRAMS *Except as noted PLEASE CONTACT: Hanna to register dimassimo@jfedsnj.org	17 11:00am Chair Yoga with Sue 1:00pm Meditation And More with Ruth	18 11:00am Open for Discussion with Merle *1:00pm Movement & Motivation Rhythm & Drumming Registration Required	19 11:00am Chair Fitness With Chris No Mid-Week Meditation *see you next week	20 *1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	21 11:00am Chair Fitness Friday Fusion with Nancy
10:00am Table Tennis Mondays, Wednesdays and Fridays for JCC Members (Registration required) *Check location at Check-in	24 11:00am Chair Yoga with Sue	25 11:00am Open for Discussion with Merle *1:00pm Movement & Motivation Rhythm & Drumming Registration Required	26 11:00am Chair Fitness with Chris 6:30pm Mid-Week Meditation with Suzanne Post *Registration Required	27 *1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	28 11:00am Chair Fitness Friday Fusion with Nancy
*Movement & Motivation Rhythm & Drumming or Dance are Free with an Affiliate, Senior Limited or Full Membership 60+ Registration in Advance Amanda Gelovich x1142 agelovich@jfedsnj.org	31 10am Active Adult Committee Mtg. 11:00am Chair Yoga with Sue 1:00pm Meditation And More with Ruth	Next Chapter Book club Summer Edition Facilitated by Irene Afek July 26: The Matchmaker's Gift By Lynda Cohen Loigman Information and Registration Hanna at hdimassimo@jfedsnj.org	SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm. Librarian, Anne McCracken onsite Tuesday thru Friday 10am to 1pm Library phone (856)424-4444 x1259	*SEE BACK OF CALENDAR FOR PROGRAM DETAILS AND REGISTRATION REQUIREMENTS	Registration for Life Long Learning Institute July-August-September 2023 Begins Friday, June 23rd