



DECEMBER 2023 • ADULT DEPARTMENT 60+ ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDS & GAMES Mon. through Fri. 12-4:30pm Tables available to play JCC Membership Required *Check location at Check-in	Upcoming Program **The Art & Science OF Jewish Love and Marriage with Rabbi Ephraim Epstein 7pm Mondays Dec. 4, 11, 18 JCC Member \$100/Guest \$136 rlazarow@jfedsnj.org	Upcoming Program Dec. 4th at 12pm AVI WISNIA PRESENTS Documentary detailing his grandfather's story of survival. "How Saba Kept Singing." Lunch Included JCC Member \$25/Guest \$35	Upcoming Event AN EVENING at the Casino J STYLE Sunday, December 24 7:30pm A night of friends, food and Fun! JCC Member \$45 / Guest \$50 Questions? ssellers@jfedsnj.org	2024 Classes Coming Soon Life Long Learning Classes at the Katz JCC For more information: Sarah Sellers ssellers@jfedsnj.org	1 11:00am Chair Fitness Friday Fusion with Nancy
Social Singles Club Event Sunday, December 3 Social Singles attending Haddonfield Plays and Players to see An American In Paris and dinner afterward	4 11:00am Chair Yoga 1pm Meditation And More w/ Mia **7pm -The Art & Science of Jewish Love and Marriage \$	5 11:00am Open for Discussion 12:00pm Couples Club Chanukah Luncheon Indian Springs Country Club *1:00pm Movement & Motivation Rhythm & Drumming	6 11:00am Chair Fitness with Chris 6:30pm Mid-Week Meditation w/ Suzanne	7 *1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	8 11:00am Chair Fitness Friday Fusion with Nancy
12:00pm LUNCH WITH A FRIEND (Mon. thru Fri.) Tables available to gather with your Friend(s)	11 11:00am Chair Yoga **7pm -The Art & Science of Jewish Love and Marriage with Rabbi Epstein \$	12 11:00am Open for Discussion with Merle *1:00pm Movement & Motivation Rhythm & Drumming	13 11:00am Chair Fitness With Chris 6:30pm Mid-Week Meditation w/ Suzanne	14 10:30am Tools to manage Cognitive Decline, Dementia & Alzheimer w/ Dr. Yorker JCC Member \$5 / Guest \$10 rlazarow@jfedsnj.org 1:00pm Movement & Motivation Dance	15 11:00am Chair Fitness Friday Fusion with Nancy
10:00am Table Tennis Mondays, Wednesdays, Fridays for JCC Members (Registration required) *Check location at Check-in	18 11:00am Chair Yoga 1pm Meditation And More w/Mia **7pm -The Art & Science of Jewish Love and Marriage \$	19 11:00am Open for Discussion with Merle *1:00pm Movement & Motivation Rhythm & Drumming Registration Required Contact Amanda x1142	20 11:00am Chair Fitness with Chris 6:30pm Mid-Week Meditation w/ Suzanne	21 *1:00pm Movement & Motivation Dance 11:00am Let's Get Spiritual with Rabbi Epstein *Registration Required	22 10am Meet the new Adult Dept. Director, Marcy Feldman Rost and Register for programs Coffee included 11:00am Chair Fitness with Nancy
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm. Librarian, Anne McCracken *(856) 424-4444 x1259 *For Info. & librarian hours	25 HAPPY HOLIDAY ADULT DEPT OFFICE CLOSED NO CHAIR YOGA	26 11:00am Open for Discussion with Merle *1:00pm Movement & Motivation Rhythm & Drumming Registration Required Contact Amanda x1142	27 11:00am Chair Fitness with Chris 6:30pm Mid-Week Meditation w/ Suzanne	28 *1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	29 11:00am Chair Fitness Friday Fusion with Nancy