



NOVEMBER 2023 • ADULT DEPARTMENT 60+ ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDS & GAMES Mon. through Fri. 12-4:30pm Tables available to play <u>JCC Membership Required</u> *Check location at Check-in	CHAIR EXERCISE WILL BE LOCATED 2ND FLR. FAMILY ACTIVITY CTR. (FAC) MON./WED/FRI. NOV. 1-17		1 11:00am Chair Fitness with Chris Located in (FAC) 6:30pm Mid-Week Meditation w/ Suzanne	2 *1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	3 11:00am Chair Fitness Friday Fusion with Nancy Located in (FAC)
12:00 LUNCH WITH A FRIEND (Mon. thru Fri.) Purchase your meal at Eastside Bagel Tables available to gather with your Friend(s)	6 11:00am Chair Yoga With Sue Located in (FAC)	7 11:00am Open for Discussion with Merle *1:00pm Movement & Motivation Rhythm & Drumming Registration Required	8 11:00am Chair Fitness with Chris Located in (FAC) 6:30pm Mid-Week Meditation w/ Suzanne	9 *1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	10 11:00am Chair Fitness Friday Fusion with Nancy Located in (FAC)
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm. Librarian, Anne McCracken *(856) 424-4444 x1259 *For Info. & librarian hours	13 11:00am Chair Yoga Located in (FAC) 1:00PM Meditation & More	14 11:00am Open for Discussion with Merle NO Movement & Motivation Rhythm & Drumming	15 11:00am Chair Fitness Located in (FAC) 6:30pm Mid-Week Meditation w/ Suzanne	16 *1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	17 11:00am Chair Fitness Friday Fusion with Nancy Located in (FAC)
10:00am Table Tennis Mondays, Wednesdays, Fridays for JCC Members (Registration required) *Check location at Check-in	20 11:00am Chair Yoga with Sue	21 11:00am Open for Discussion with Merle *1:00pm Movement & Motivation Rhythm & Drumming Registration Required Contact Amanda x1142	22 11:00am Chair Fitness with Chris NO Mid-Week Meditation *See you next week	23 HAPPY THANKSGIVING	24 ADULT DEPT. CLOSED NO Chair Fitness
REGISTRATION IS REQUIRED FOR ALL PROGRAMS For Registration Asst: Contact Hanna at hdimassimo@jfedsnj.org (856) 424-4444 x1706	27 11:00am Chair Yoga with Sue 1:00PM Meditation & More with Mia	28 11:00am Open for Discussion with Merle *1:00pm Movement & Motivation Rhythm & Drumming Registration Required Contact Amanda x1142	29 11:00am Chair Fitness with Chris 6:30pm Mid-Week Meditation w/ Suzanne	30 11:00am Let's Get Spiritual with Rabbi Epstein *Registration Required *1:00pm Movement & Motivation Dance	Life Long Learning Classes at the Katz JCC Now being offered for November and December 2023 For more information: Sarah Sellers ssellers@jfedsnj.org