



# FEBRUARY 2024 • JCC MEMBER ADULT DEPARTMENT 60+ ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CARDS &amp; GAMES</b> Mon. through Fri. 12-4:30pm Tables available to play <u>JCC Membership Required</u> *Check location at Check-in	<b>60+ ADULT LUNCH Kick-off</b>  <b>MONDAY FEBRUARY 12th</b>	11:00am Open for Discussion  *1:00pm Movement & Motivation Rhythm & Drumming	<b>11:00am Chair Fitness with Chris</b>	1 <b>*1:00pm Movement &amp; Motivation Dance</b> Registration Required  Contact Amanda x1142	2 <b>11:00am Chair Fitness Friday Fusion with Nancy</b> *Located in the FAC
Discover Life Long Learning Classes at the Katz JCC Registration is open for January, February and March 2024 Contact: ssellers@jfedsnj.org	5 <b>11:00am Chair Yoga with Sue</b>	6 11:00am Open for Discussion  *1:00pm Movement & Motivation Rhythm & Drumming	7 <b>11:00am Chair Fitness with Chris</b>	8 <b>10:30am Headaches: Ways to Treat &amp; Tools to Prevent</b> <b>JCC Member \$5/Guest \$10</b> <b>Registration Required</b>  1:00pm Movement & Motivation Dance	9 <b>11:00am Chair Fitness Friday Fusion with Nancy</b>
<b>10:00am Table Tennis</b> Mondays, Wednesdays, Fridays for JCC Members <u>(Registration required)</u> *Check location at Check-in	12 <b>11:00am Chair Yoga With Sue</b>  <b>1:00pm Meditation And More with Mia</b>	13 <b>NO OPEN FOR DISCUSSION</b> *see you next week  *1:00pm Movement & Motivation Rhythm & Drumming	14 <b>11:00am Chair Fitness With Chris</b>	15 <b>*1:00pm Movement &amp; Motivation Dance</b> Registration Required Contact Amanda x1142	16 <b>11:00am Chair Fitness Friday Fusion with Nancy</b>
	19 <b>11:00am Chair Yoga With Sue</b>  <b>1:00pm Meditation And More with Mia</b>	20 11:00am Open for Discussion  1:00pm Movement & Motivation Rhythm & Drumming	21 <b>11:00am Chair Fitness with Chris</b>	22 <b>*1:00pm Movement &amp; Motivation Dance</b> Registration Required Contact Amanda x1142	23 <b>11:00am Chair Fitness Friday Fusion with Nancy</b>
<b>SANDERS LIBRARY</b> Open to JCC Members Mon. thru Fri. 10am to 3pm.  Librarian, Anne McCracken *(856) 424-4444 x1259 *For Info. & librarian hours	26 <b>11:00am Chair Yoga With Sue</b>	27 11:00am Open for Discussion  *1:00pm Movement & Motivation Rhythm & Drumming Registration Required	28 <b>11:00am Chair Fitness with Chris</b>	29 <b>*1:00pm Movement &amp; Motivation Dance</b> Registration Required Contact Amanda x1142	<b>*For Inclement Weather</b> <b>Call the Front Lobby Desk after 8:00am to check program status</b> <b>(856) 424-4444 x1200</b>