




APRIL 2024 • JCC MEMBER 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	11:00am Chair Yoga With Sue	11:00am Open For Discussion w/ Merle *1:00pm Movement & Motivation Rhythm & Drumming	11:00am Chair Fitness With Chris 6:30pm Mid-Week Meditation with Suzanne	*1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	11:00 Chair Fitness Friday Fusion with Nancy 1:00pm Yiddish Conversation
**Adult 60+ Passover Seder 11:30am Friday, March 19 Registration w/ Payment in Advance Beginning April 1	11:00am Chair Yoga w/ Sue 1:00pm Meditation And More with Mia	11:00am Open for Discussion w/ Merle 1:00pm Movement & Motivation	11:00am Chair Fitness With Chris 6:30pm Mid-Week Meditation with Suzanne	10:30am The Stress of Caregiving JCC Member \$5/Guest \$10 Registration Required 1:00pm Movement & Motivation Dance	11:00am Chair Fitness Friday Fusion with Nancy (Located upstairs in the FAC)
Discover Life Long Learning Classes at the Katz JCC Registration is open for April, May & June 2024 Contact: ssellers@jfedsnj.org	11:00am Chair Yoga With Sue	11:00am Open for Discussion w/ Merle *1:00pm Movement & Motivation Rhythm & Drumming	11:00am Chair Fitness With Chris 6:30pm Mid-Week Meditation with Suzanne	*1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	11:00 Chair Fitness (Located in the FAC) **11:30am Adult 60+ Passover Seder Registration Required 1:00pm Yiddish Conversation
10:00am Table Tennis Mondays, Wednesdays & Fridays For JCC Members (Registration required)	11:00am Chair Yoga With Sue 1:00pm Meditation And More with Mia	JCC CLOSED FOR PASSOVER	JCC ADULT DEPT. PROGRAMS CLOSED FOR PASSOVER	*1:00pm Movement & Motivation Dance Registration Required Contact Amanda x1142	11:00am Chair Fitness Friday Fusion with Nancy
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm. For Librarian hours: Anne McCracken (856) 424-4444 x1259	JCC ADULT DEPT. PROGRAMS CLOSED FOR PASSOVER	JCC ADULT DEPT. PROGRAMS CLOSED FOR PASSOVER		Happy Spring 	Join us for 60+ Adult Lunch Mon. thru Fri. 12:00pm at the Katz JCC *Registration Required