



MAY 2024 • JCC MEMBER ADULT DEPARTMENT 60+ ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	CARDS & GAMES Mon. through Fri. 12:30pm-4:30pm Tables available to play <u>JCC Membership Required</u>	THE SMITHSONIAN MUSEUMS WASHINGTON, D.C. TRIP Sunday, June 9 ssellers@jfedsnj.org	JOIN US FOR THE OUTRAGEOUS SOPHIE TUCKER DOCUMENTARY 2PM TUESDAY, MAY 21st	1 11:00am Chair Fitness w/ Chris 6:30pm Mid-Week Meditation w/ Suzanne <u>Registration Required per session</u>	2 1:00pm Movement & Motivation Dance <u>Registration Required per session</u> Contact Amanda x1142	3 11:00am Chair Fitness Friday Fusion w/ Nancy 1:00pm Yiddish Conversation <u>Registration required per session</u>
Join us for 60+ Adult Lunch Mon. thru Fri. 12:00pm at the Katz JCC	6 11:00am Chair Yoga w/ Sue (Located upstairs in FAC) 1:00pm Meditation & More w/ Mia	7 11:00am Open for Discussion w/ Merle 1:00pm Movement & Motivation Rhythm & Drums <u>Registration Required per session</u>	8 11:00am Chair Fitness w/ Chris 6:30pm Mid-Week Meditation w/ Suzanne <u>Registration Required per session</u>	9 1:00pm Movement & Motivation Dance <u>Registration Required per session</u> Contact Amanda x1142	10 11:00am Chair Fitness Friday Fusion w/ Nancy (LOCATED IN FAC)	
Discover Life Long Learning Classes at the Katz JCC Registration is open for May & June 2024 Contact: ssellers@jfedsnj.org	13 11:00am Chair Yoga with Sue (Located upstairs in FAC)	14 11:00am Open for Discussion w/ Merle 1:00pm Movement & Motivation Rhythm & Drums Couples Club 7:00pm	15 11:00am Chair Fitness w/ Chris NEW - 1:00pm Mental Aerobics w/Mark Pinzur <u>NO Mid-Week Meditation</u>	16 1:00pm Movement & Motivation Dance <u>Registration Required per session</u> Contact Amanda x1142	17 11:00am Chair Fitness Friday Fusion w/ Nancy 1:00pm Yiddish Conversation <u>Registration required per session</u>	
10:00am *Table Tennis Mondays, Wednesdays & Fridays For JCC Members (Registration required) <u>Check location at check-in</u> <u>*There will be a change in location for Summer Hours</u>	20 11:00am Chair Yoga with Sue 1:00pm Meditation And More with Mia	21 11:00am Open for Discussion 1:00pm Movement & Motivation Rhythm & Drums 2pm The Outrageous Sophie Tucker \$5 JCC Member/\$10 Guest	22 11:00am Chair Fitness With Chris <u>NO Mid-Week Meditation</u>	23 1:00pm Movement & Motivation Dance <u>Registration Required per session</u> Contact Amanda x1142	24 11:00am Chair Fitness Friday Fusion with Nancy	
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm. Librarian: Anne McCracken (856) 424-4444 x1259	27 MEMORIAL DAY ADULT DEPT OFFICE CLOSED <u>NO CHAIR YOGA</u> <u>NO ADULT LUNCH</u>	28 11:00am Open for Discussion w/ Merle 1:00pm Movement & Motivation Rhythm & Drums <u>Registration per session required</u>	29 11:00am Chair Fitness With Chris NEW - 1:00pm Mental Aerobics w/Mark Pinzur 6:30pm Mid-Week Meditation w/ Suzanne	30 1:00pm Movement & Motivation Dance <u>Registration Required per session</u> Contact Amanda x1142	31 11:00am Chair Fitness Friday Fusion with Nancy	