



SEPTEMBER 2024 • JCC MEMBER ADULT DEPARTMENT 60+ ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
CARDS & GAMES Mon. through Fri. 12:30pm-4:30pm Tables available to play <u>JCC Membership Required</u>	LABOR DAY HOLIDAY NO 60+ ADULT ACTIVITIES ADULT DEPARTMENT CLOSED	11:00am Open for Discussion w/ Merle 1:00pm Movement & Motivation Rhythm & Drums <u>Registration required</u>	11:00am Chair Fitness with Chris 1:00pm Mental Aerobics w/ Mark Pinzur	1:00pm Movie w/ Merle Part One 1:00pm Movement & Motivation Dance	11:00am Chair Fitness Friday Fusion w/ Nancy 1:00pm Yiddish Conversation <u>Registration required per session</u>
	9	10	11	12	13
Join us for 60+ Adult Lunch Mon. thru Fri. 12:00pm at the Katz JCC *Registration Required	11:00am Chair Yoga w/ Sue 1:00pm Meditation & More with Mia	11:00am Open for Discussion w/ Merle 1:00pm Movement & Motivation Rhythm & Drums <u>Registration required</u>	11:00am Chair Fitness with Chris	1:00pm Movement & Motivation Dance <u>Registration Required</u>	11:00am Chair Fitness Friday Fusion w/ Nancy
	16	17	18	19	20
	*11:00am Chair Yoga with Sue (*Located upstairs in the Family Activity Center)	11:00am Open for Discussion w/ Merle 1:00pm Movement and Motivation Rhythm & Drums <u>Registration Required</u>	11:00am Chair Fitness with Chris	1:00pm Movie w/ Merle Part Two 1:00pm Movement & Motivation Dance <u>Registration Required</u>	11:00am Chair Fitness Friday Fusion w/ Nancy 1:00pm Yiddish Conversation <u>Registration required per session</u>
	23	24	25	26	27
10am Table Tennis Mondays, Wednesdays & Fridays for JCC Members (Registration required) <u>Check location at check-in</u>	11:00am Chair Yoga w/ Sue 1:00pm Meditation & More with Mia	11:00am Open for Discussion w/Merle 1:00pm Movement & Motivation Rhythm & Drums <u>Registration Required</u>	11:00am Chair Fitness with Chris	1:00pm Movement & Motivation Dance <u>Registration Required</u>	11:00am Chair Fitness Friday Fusion w/ Nancy
	30				
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm Librarian: Anne McCracken (856) 424-4444 x1259 amccracken@jfedsnj.org	11:00am Chair Yoga with Sue		BROADWAY BOUND WICKED Wed. October 30 10:30am—7:00pm Orchestra Seating For more info: sseller@jfedsnj.org		Discover Life Long Learning Classes at the Katz JCC Registration is now open for September, October, November 2024 Contact: ssellers@jfedsnj.org