



# NOVEMBER 2024 • JCC MEMBER ADULT DEPARTMENT 60+ ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CARDS &amp; GAMES</b> Mon. through Fri. <b>12:30pm-4:30pm</b> Tables available to play <u>JCC Membership Required</u> <b>Room# 203 Nov. 4-15</b>	<b>JCC FESTIVAL OF ARTS, BOOKS &amp; CULTURE</b> <b>Nov. 2 thru 17</b>  <a href="http://go.katzjcc.org/the-festival">go.katzjcc.org/the-festival</a>				1  11:00am Chair Fitness Friday Fusion w/ Nancy  1:00pm <b>Yiddish Conversation</b> w/ Moshe
<b>NEW</b> <b>Katz JCC CENTER FOR LEARNING &amp; GROWTH</b>  <b>FALL EVENING COURSES</b> <b>NOVEMBER-DECEMBER 2024</b> Questions about registration? <a href="mailto:hdimassimo@jfedsnj.org">hdimassimo@jfedsnj.org</a>	4  11:00am <b>Chair Yoga w/ Sue</b> (Located FAC)  1:00pm <b>Meditation &amp; More</b> with Mia	5  <b>11:00am Open for Discussion w/ Merle</b>  1:00pm Movement & Motivation <b>Rhythm &amp; Drums</b> <u>Registration required</u>	6  <b>11:00am Chair Fitness with Anouk</b>  <b>(Located upstairs in the FAC)</b>	7  <b>1:00pm Movement &amp; Motivation Dance</b> <u>Registration Required</u>	8  <b>11:00am Chair Fitness Friday Fusion w/ Nancy</b> (Located FAC)
Join us for <b>60+ Adult Lunch</b> <b>12:00pm Mon. thru Fri.</b> <b>at the Katz JCC</b>  <b>Registration Required</b>	11  <b>11:00am Chair Yoga with Sue</b> <b>(Located upstairs in the FAC)</b>	12  <b>11:00am Open for Discussion w/ Merle</b>  1:00pm <b>Movement &amp; Motivation Rhythm &amp; Drums</b> <u>Registration Required</u>	13  11:00am <b>Chair Fitness with Anouk</b> (Located FAC)  <b>1:00pm Mental Aerobics</b> <b>With Mark Pinzur</b>	14  <b>1:00pm Movement &amp; Motivation Dance</b> <u>Registration Required</u>	15  <b>11:00am Chair Fitness Friday Fusion w/ Nancy</b> (Located FAC)  <b>1:00pm Yiddish Conversation</b> w/ Moshe
<b>10am Table Tennis</b> <b>Mondays, Wednesdays &amp; Fridays</b> <b>for JCC Members</b> <b>(Registration required)</b> <u>Check location at check-in</u>	18  11:00am <b>Chair Yoga w/ Sue</b>  1:00pm <b>Meditation &amp; More</b> with Mia	19  <b>11:00am Open for Discussion w/ Merle</b>  1:00pm Movement & Motivation <b>Rhythm &amp; Drums</b> <u>Registration Required</u>	20  11:00am <b>Chair Fitness w/ Chris</b>  <b>1:00pm Mental Aerobics</b> <b>With Mark Pinzur</b>	21  <b>1:00pm Movement &amp; Motivation Dance</b> <u>Registration Required</u>	22  <b>11:00am Chair Fitness Friday Fusion w/ Nancy</b>
<b>SANDERS LIBRARY</b> <b>Open to JCC Members</b> <b>Mon. thru Fri.</b> <b>10am to 3pm</b>  Librarian: Anne McCracken (856) 424-4444 x1259 <a href="mailto:amccracken@jfedsnj.org">amccracken@jfedsnj.org</a>	25  <b>11:00am Chair Yoga with Sue</b>	26  <b>11:00am Open for Discussion w/ Merle</b>  1:00pm Movement & Motivation <b>Rhythm &amp; Drums</b> <u>Registration Required</u>	27  <b>11:00am Chair Fitness with Chris</b>	28  <b>HAPPY THANKSGIVING</b>  <b>ADULT DEPT IS CLOSED</b>  <b>NO DEPT PROGRAMS</b>	29  <b>NO CHAIR FITNESS FRIDAY FUSION</b>