



# JANUARY 2025 • ADULT DEPARTMENT 60+ ACTIVITIES

For inclement weather contact:  
(856) 424-4444 x1200 after 7:00am

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2	3
<b>CARDS &amp; GAMES</b> Mon. through Fri. <b>12:30pm-4:30pm</b> Tables available to play <u>JCC Membership Required</u>	<a href="#">Wellness Reimagined</a> Sunday, January 26 9:30am-1:30pm A day of food, fitness & lifestyle experiences. Keynote Speaker: Joan Lunden For more info: <a href="mailto:hdimassimo@jfedsnj.org">hdimassimo@jfedsnj.org</a>	<b>JCC</b> <b>Membership</b> <b>is required for</b> <b>these programs</b>	<b>HAPPY</b> <b>NEW YEAR</b>  JCC ADULT DEPT. Closed <u>No Chair Exercise or</u> <u>60+ Adult Lunch</u>		<b>11:00am Chair Fitness</b> <b>w/ Nancy</b>  <b>1:00pm</b> <b>Yiddish Conversation</b> <b>w/ Moshe</b>
	6	7	8	9	10
<b>NEW</b> <b>Katz JCC CENTER FOR</b> <b>LEARNING &amp; GROWTH</b>  <b>FALL EVENING COURSES</b> January 2025 Questions about registration? <a href="mailto:hdimassimo@jfedsnj.org">hdimassimo@jfedsnj.org</a>	<b>11:00am</b> <b>Chair Yoga w/ Sue</b>  <b>1:00pm</b> <b>Meditation &amp; More</b> <b>with Mia</b>	<b>11:00am Open</b> <b>for Discussion</b> <b>w/ Merle</b>	<b>11:00am</b> <b>Chair Fitness</b> <b>With Chris</b>  <b>1:00pm</b> <b>Mental Aerobics</b> <b>with Mark Pinzur</b>		<b>11:00am</b> <b>Chair Fitness</b> <b>w/ Nancy</b>
	13	14	15	16	17
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> <b>For Lunch Program</b>	<b>11:00am</b> <b>Chair Yoga</b> <b>w/ Sue</b>	<b>11:00am Open</b> <b>for Discussion</b> <b>w/ Merle</b>	<b>11:00am</b> <b>Chair Fitness</b> <b>with Chris</b>		<b>11:00am Chair Fitness</b> <b>w/ Nancy</b>  <b>1:00pm</b> <b>Yiddish Conversation</b> <b>w/ Moshe</b>
	20	21	22	23	24
<b>10am Table Tennis</b> <b>Mondays, Wednesdays</b> <b>&amp; Fridays</b> <b>for JCC Members</b> <b>(Registration required)</b>	<b>11:00am</b> <b>Chair Yoga w/ Sue</b>  <b>1:00pm</b> <b>Meditation &amp; More</b> <b>with Mia</b>	<b>11:00am Open</b> <b>for Discussion</b> <b>w/ Merle</b>	<b>11:00am</b> <b>Chair Fitness</b> <b>with Chris</b>		<b>11:00am</b> <b>Chair Fitness</b> <b>Friday Fusion</b> <b>w/ Nancy</b>
	27	28	29	30	31
<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>	<b>11:00am</b> <b>Chair Yoga</b> <b>with Sue</b>	<b>11:00am Open</b> <b>for Discussion</b> <b>w/ Merle</b>	<b>11:00am</b> <b>Chair Fitness</b> <b>with Chris</b>		<b>11:00am</b> <b>Chair Fitness</b> <b>Friday Fusion</b> <b>w/ Nancy</b>