



FEBRUARY 2025 • ADULT DEPARTMENT 60+ ACTIVITIES

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDS & GAMES Mon. through Fri. 12:30pm-4:30pm Tables available to play <u>JCC Membership Required</u>			JCC Membership is required for these programs		
NEW Katz JCC CENTER FOR LEARNING & GROWTH EVENING COURSES February 2025 Questions and registration: hdimassimo@jfedsnj.org	3 11:00am Chair Yoga w/ Sue 1:00pm Meditation & More with Nancy	4 11:00am Open for Discussion w/ Merle	5 11:00am Chair Fitness With Chris	6	7 11:00am Chair Fitness w/ Nancy
Join us for 60+ Adult Lunch 12:00pm Mon./Wed./Fri. at the Katz JCC Registration Required For Lunch Program	10 11:00am Chair Yoga w/ Sue	11 No Open for Discussion Merle returns 2/25	12 11:00am Chair Fitness with Chris	13 11:00am Dr. Yorker Presents: Increasing Upper Body Strength Registration Required hdimassimo@jfedsnj.org	14 11:00am Chair Fitness w/ Nancy 1:00pm Yiddish Conversation w/ Moshe
10am Table Tennis Mondays, Wednesdays & Fridays for JCC Members (Registration required)	17 11:00am Chair Yoga w/ Sue 1:00pm Meditation & More with Mia	18 No Open for Discussion Merle returns 2/25	19 11:00am Chair Fitness with Chris 1:00pm Mental Aerobics with Mark Pinzur	20	21 11:00am Chair Fitness Friday Fusion w/ Nancy
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm Librarian: Anne McCracken (856) 424-4444 x1259 amccracken@jfedsnj.org	24 11:00am Chair Yoga with Sue	25 11:00am Open for Discussion w/ Merle	26 11:00am Chair Fitness with Chris 1:00pm Mental Aerobics with Mark Pinzur	27	28 11:00am Chair Fitness w/ Nancy 1:00pm Yiddish Conversation w/ Moshe