



MARCH 2025 • ADULT DEPARTMENT 60+ ACTIVITIES

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>JCC Membership (unless guest fee applies to program) and Registration is required for all Adult 60+ Activities</p>	<p>3</p> <p>11:00am Chair Yoga w/ Sue</p> <p>1:00pm Meditation & More With Mia</p>	<p>4</p> <p>11:00am Open for Discussion w/ Merle</p> <p>1:00pm Movement and Motivation Rhythm & Drumming 6 Wk session (\$-FEE)</p>	<p>5</p> <p>11:00am Chair Fitness with Chris</p>	<p>6</p> <p>NEW 1:00pm Mindful Balance w/ Patty 6-Week Session (\$-FEE)</p>	<p>7</p> <p>11:00am Chair Fitness w/ Nancy</p> <p>1:00pm Yiddish Conversation w/ Moshe</p>
<p>CARDS & GAMES Mon. through Fri. 12:30pm-4:30pm Tables available to play <u>JCC Membership Required</u></p>	<p>10</p> <p>11:00am Chair Yoga with Sue</p>	<p>11</p> <p>11:00am Open for Discussion w/ Merle</p> <p>1:00pm Movement and Motivation Rhythm & Drumming (\$-FEE)</p> <p>6:30pm Couples Club Speaker: Ken Goldberg</p>	<p>12</p> <p>11:00am Chair Fitness with Chris</p>	<p>13</p> <p>NEW 1:00pm Mindful Balance w/Patty 6 Wk Session (\$-FEE)</p> <p>1:00pm Mental Aerobics w/ Mark</p>	<p>14</p> <p>11:00am Chair Fitness w/ Nancy</p>
<p>Join us for 60+ Adult Lunch 12:00pm Mon./Wed./Fri. at the Katz JCC</p> <p>Registration Required For Lunch Program</p>	<p>17</p> <p>11:00am Chair Yoga w/ Sue</p> <p>1:00pm Meditation & More with Mia</p>	<p>18</p> <p>11:00am Open for Discussion w/ Merle</p> <p>1:00pm Movement and Motivation Rhythm & Drumming 6 Wk Session (\$-FEE)</p>	<p>19</p> <p>11:00am Chair Fitness with Chris <u>Located in FAC</u></p>	<p>20</p> <p>NEW 1:00pm Mindful Balance with Patty 6-Week Session (\$-FEE)</p>	<p>21</p> <p>11:00am Chair Fitness w/ Nancy</p> <p>1:00pm Yiddish Conversation w/ Moshe</p>
<p>10am Table Tennis Mondays, Wednesdays & Fridays for JCC Members (Registration required)</p>	<p>24</p> <p>11:00am Chair Yoga with Sue</p>	<p>25</p> <p>11:00am Open for Discussion w/ Merle</p> <p>1:00pm Movement and Motivation Rhythm & Drumming 6 Wk Session (\$-FEE)</p>	<p>26</p> <p>11:00am Chair Fitness with Chris</p> <p>1:00pm Mental Aerobics with Mark Pinzur</p>	<p>27</p> <p>NEW 1:00pm Mindful Balance with Patty 6-Week Session (\$-FEE)</p>	<p>28</p> <p>11:00am Chair Fitness</p>
<p>SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm</p> <p>Librarian: Anne McCracken (856) 424-4444 x1259 amccracken@jfedsnj.org</p>	<p>31</p> <p>11:00am Chair Yoga with Sue</p>		<p>Need assistance with Registration?</p> <p>Contact: hdimassimo@jfedsnj.org (856) 424-4444 x1706</p>		<p>KATZ JCC CENTER FOR LEARNING & GROWTH EVENING COURSES March 2025 Questions and registration: hdimassimo@jfedsnj.org</p>