

MAY 2025 • ADULT DEPARTMENT 60+ ACTIVITIES

Cherry Hill					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JCC Membership (unless guest fee is paid) and Registration is required for all Adult 60+ Activities	*Need assistance with Registration? Contact: hdimassimo@jfedsnj.org (856) 424-4444 x1706		3 DAYS OF FUN CAMP SIMCHA FOR ACTIVE ADULTS JUNE 11-13 9:30AM TO 4:00PM FOR MORE INFO: ssellers@jfedsnj.org	CLG EVENING CLASSES KATZ JCC CENTER FOR LEARNING & GROWTH EVENING COURSES MAY 2025 Questions and registration: hdimassimo@jfedsnj.org	No Chair Fitness Today
CARDS & GAMES Mon. through Fri. 12:30pm-4:00pm Tables available to play JCC Membership Required	11:00am Chair Yoga w/ Sue	11:00am Open for Discussion w/ Merle	11:00am Chair Fitness w/ Chris	8	11:00am Chair Fitness w/ Nancy
	1:00pm Meditation And More w/ Mia	1:00pm Movement and Motivation Rhythm & Drumming (\$-FEE)	1:00pm Mental Aerobics with Mark Pinzur		1:00pm Yiddish Conversation w/ Moshe
Join us for 60+ Adult Lunch 12:00pm Mon./Wed./Fri. at the Katz JCC Registration Required For Lunch Program	11:00am Chair Yoga with Sue (Located in FAC)	13 11:00am Open for Discussion w/ Merle 1:00pm Movement and Motivation Rhythm & Drumming 6-Wk Session (\$-FEE) 6:30pm Couples Club	11:00am Chair Fitness with Chris	15	11:00am Chair Fitness w/ Nancy (Located in FAC)
10am Table Tennis Mondays, Wednesdays & Fridays for JCC Members 60+ (<u>Registration required</u> Hdimassimo@jfedsnj.org	11:00am Chair Yoga w/ Sue 1:00pm Meditation And More w/ Mia	11:00am Open for Discussion w/ Merle 1:00pm Movement and Motivation Rhythm & Drumming 6-Wk Session (\$-FEE)	11:00am Chair Fitness with Chris 1:00pm Next Chapter Book Club	1:00pm Dr. Yorker Presents: Peripheral Neuropathy Learn about the common causes, and ways to treat and prevent nerve pain. *Registration Required	11:00am Chair Fitness w/ Nanc 1:00pm Yiddish Conversation w/ Moshe
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm Librarian: Anne McCracken (856) 424-4444 x1259 amccracken@jfedsnj.org	MEMORIAL DAY HOLIDAY ADULT DEPT OFFICE CLOSED NO CHAIR EXERCISE	11:00am Open for Discussion With Merle Movement & Motivation Rhythm & Drumming 6-Wk Session (\$-FEE)	11:00am Chair Fitness with Chris 1:00pm Mental Aerobics with Mark Pinzur	29	11:00am Chair Fitness w/ Nancy