



DECEMBER 2025 • ADULT DEPARTMENT 60+ ACTIVITIES

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>PROGRAM REGISTRATION</u> Registration is required for all Adult 60+ Activities *JCC Membership or Guest Fee applies to attend Programs.	1 11:00am Chair Yoga w/ Sue 1:00pm Meditation And More w/Mia	2 11:00am Open for Discussion w/ Merle 1:00pm Movement and Motivation Rhythm & Drumming 6-Wk Session (\$-FEE)	3 11:00am Chair Fitness w/ Chris 1:00pm Mental Aerobics w/ Mark Pinzur	4	5 11:00am Chair Fitness w/Susan 1:00pm Yiddish w/ Moshe
<u>REGISTRATION ASSISTANCE</u> Need assistance with Registration? Contact: hdimassimo@jfedsnj.org (856) 424-4444 x1706	8 11:00am Chair Yoga w/Sue	9 11:00am Open for Discussion w/ Merle 1:00pm Movement and Motivation Rhythm & Drumming 6-Wk Session (\$-FEE)	10 11:00am Chair Fitness w/Chris	11	12 11:00am Chair Fitness w/ Nancy 1:00pm Yiddish w/ Moshe
CARDS & GAMES Mon. through Fri. 12:00pm-4:00pm Tables available for play. <u>*JCC Membership Required</u>	15 11:00am Chair Yoga w/Sue 1:00pm Meditation And More w/Mia	16 11:00am Open for Discussion w/ Merle 1:00pm Movement and Motivation Rhythm & Drumming 6-Wk Session (\$-FEE)	17 11:00am Chair Fitness w/Chris 1:00pm Mental Aerobics w/ Mark Pinzur	18	19 11:00am Chair Fitness w/Nancy 12:00pm 60+ Adult Chanukah Lunch Registration Required hdimassimo@jfedsnj.org
<u>10AM TABLE TENNIS</u> Mondays, Wednesdays & Fridays for JCC Members 60+ (Registration required) Hdimassimo@jfedsnj.org	22 11:00am Chair Yoga w/ Sue NEW! 1:00pm Chair Yoga And More w/Nancy	23 11:00am Open for Discussion w/ Merle 1:00pm Movement and Motivation Rhythm & Drumming 6-Wk Session (\$-FEE)	24 11:00am Chair Fitness w/Chris	25 ADULT DEPT OFFICE AND PROGRAMS CLOSED FOR THE HOLIDAY	26 11:00am Chair Fitness w/Nancy
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm Librarian: Anne McCracken (856) 424-4444 x1259 amccracken@jfedsnj.org	29 11:00am Chair Yoga w/Sue NEW! 1:00pm Chair Yoga And More w/Nancy	30 11:00am Open for Discussion w/ Merle 1:00pm Movement and Motivation Rhythm & Drumming 6-Wk Session (\$-FEE)	31 11:00am Chair Fitness w/Chris	60+ Adult Lunch Join us 12:00pm Mon./Wed./Fri. at the Katz JCC Registration Required for Lunch Program hdimassimo@jfedsnj.org	