

JULY 2026 • 60+ ADULT DEPARTMENT ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	60+ ADULT LUNCH Join us 12:00pm Mon./Wed./Fri. at the Katz JCC Registration Required for the Lunch Program Registration & Information: hdimassimo@jfedsnj.org		11:00am Chair Fitness w/Chris 1:00pm Mental Aerobics w/Mark Pinzur		ADULT DEPT CLOSED FOR HOLIDAY No Chair Exercise
	REGISTRATION ASSISTANCE Need assistance with Registration? Contact: hdimassimo@jfedsnj.org (856) 424-4444 x1706	11:00am Chair Yoga w/Sue 1:00pm Chair Yoga And More w/Susan Brier	11:00am Open for Discussion w/ Merle Topic: Get up and CHANGE THE CHANNEL!	11:00am Chair Fitness w/Chris	11:00am Chair Fitness w/ Anne 1:00pm Yiddish w/ Moshe
CARDS & GAMES Mon. through Fri. 12:00pm-4:00pm Tables available for play. <u>*JCC Membership Required</u>	11:00am Chair Yoga w/Sue	11:00am Open for Discussion w/ Merle Topic: Name that Tune	11:00am Chair Fitness w/Chris 1:00pm Mental Aerobics w/Mark Pinzur (JCC Library)	11:00am Chair Fitness w/ Anouk	
10AM TABLE TENNIS Mondays, Wednesdays & Fridays for JCC Members 60+ (Registration required) hdimassimo@jfedsnj.org *Check w/ Front Desk for summer location	11:00am Chair Yoga w/Sue 1:00pm Chair Yoga And More w/Susan Brier	11:00am Open for Discussion w/ Merle Topic: Free will?!	11:00am Chair Fitness w/ Chris 1:00pm Book Club For more info: Anne McCracken amccracken@jfedsnj.org	11:00am Chair Fitness w/ Anne 1:00pm Yiddish w/ Moshe	
SANDERS LIBRARY Open to JCC Members Mon. thru Fri. 10am to 3pm Librarian: Anne McCracken (856) 424-4444 x1259	11:00am Chair Yoga w/Sue 1:00pm Meditation And More	11:00am Open for Discussion w/ Merle Topic: Those were the days!	11:00am Chair Fitness w/ Chris	11:00am Chair Fitness w/ Anouk	