

AUGUST 2026 • 60+ ADULT DEPARTMENT ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3 11:00am Chair Yoga w/Sue 1:00pm Chair Yoga And More w/Susan Brier	4 11:00am Open for Discussion w/ Merle Topic: Coming to America or born in the USA, what's your family's song?	5 11:00am Chair Fitness w/Alx 1:00pm Mental Aerobics w/Mark Pinzur	6	7 11:00am Chair Fitness w/ Susan 1:00pm Yiddish w/ Moshe
REGISTRATION ASSISTANCE Need assistance with Registration? Contact: hdimassimo@jfedsnj.org (856) 424-4444 x1706	10 11:00am Chair Yoga w/Sue 1:00pm Meditation And More w/ Deepal	11 11:00am Open for Discussion w/ Merle Topic: A really long and unusual poem	12 11:00am Chair Fitness w/Chris	13	14 11:00am Chair Fitness w/ Anne
CARDS & GAMES <u>Mon. through Fri.</u> <u>12:00pm-4:00pm</u> <u>Tables available for play.</u> <u>*JCC Membership Required</u>	17 11:00am Chair Fitness w/Chris 1:00pm Chair Yoga And More w/ Susan Brier	18 11:00am Open for Discussion w/ Merle Topic: A Leonard Cohen Song	19 11:00am Chair Fitness w/Chris 1:00pm Mental Aerobics w/Mark Pinzur (JCC Library)	20	21 11:00am Chair Fitness w/ Susan 1:00pm Yiddish w/ Moshe
10AM TABLE TENNIS <u>Mondays, Wednesdays & Fridays</u> <u>for JCC Members 60+</u> <u>(Registration required)</u> <u>hdimassimo@jfedsnj.org</u> <u>*Check w/ Front Desk for summer location</u>	24 11:00am Chair Fitness w/ Chris 1:00pm Meditation And More w/ Ritu	25 11:00am Open for Discussion w/ Merle Topic: Set the Way-Back Machine for...	26 11:00am Chair Fitness w/Chris	27	28 11:00am Chair Fitness w/ Anne
SANDERS LIBRARY <u>Open to JCC Members</u> <u>Mon. thru Fri.</u> <u>10am to 3pm</u> <u>Librarian:</u> <u>Anne McCracken</u> <u>(856) 424-4444 x1259</u>	31 11:00am Chair Yoga w/Sue		60+ ADULT LUNCH Join us at 12:00pm Mon./Wed./Fri. at the Katz JCC Registration Required for the Lunch Program <u>Registration & Information:</u> hdimassimo@jfedsnj.org		