

OCTOBER 2026 • 60+ ADULT DEPARTMENT ACTIVITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	60+ ADULT LUNCH Join us at 12:00pm Mon./Wed./Fri. at the Katz JCC Registration Required for the Lunch Program <u>Registration &</u>			1	2
					11:00am Chair Exercise w/ Nancy ADULT DEPARTMENT CLOSSES @1pm Erev Shemini Atzeret
REGISTRATION ASSISTANCE Need assistance with Registration? Contact: hdimassimo@jfedsnj.org (856) 424-4444 x1706	5 11:00am Chair Yoga w/Sue 1:00pm Meditation And More w/ Mia	6 11:00am Open or Discussion w/ Merle Topic: "Creation Cake" with Discussion	7 11:00am Chair Fitness w/Chris 1:00pm Mental Aerobics w/ Mark Pinzur (Room 207)	8	9 11:00am Chair Exercise w/ Nancy 1pm Yiddish w/ Moshe
CARDS & GAMES <u>Mon. through Fri.</u> <u>12:00pm-4:00pm</u> <u>Tables available for play.</u> <u>*JCC Membership Required</u>	12 11:00am Chair Yoga w/Sue 1:00pm Chair Yoga And More w/ Nancy	13 11:00am Open for Discussion w/ Merle Topic: How We Can Make the Most of Today?	14 11:00am Chair Fitness w/Chris	15	16 11:00am Chair Fitness w/ Nancy
10AM TABLE TENNIS <u>Mondays, Wednesdays & Fridays</u> <u>for JCC Members 60+</u> <u>(Registration required)</u> hdimassimo@jfedsnj.org	19 11:00am Chair Yoga w/Sue 1:00pm Meditation And More w/ Mia	20 11:00am Open for Discussion w/ Merle Topic: 5-Year Favorite Topic 1:00pm Adult Social Club Program and Meeting	21 11:00am Chair Fitness w/ALX 1:00pm Mental Aerobics w/ Mark Pinzur (Room 206)	22	23 11:00am Chair Exercise w/ Nancy 1pm Yiddish w/ Moshe
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>	26 11:00am Chair Yoga w/Sue 1:00pm Chair Yoga And More w/ Nancy	27	28 11:00am Chair Fitness w/Chris (Located in FAC) 1:00pm Next Chapter Book Club For more info: amccracken@jfedsnj.org	29	30 11:00am Chair Fitness w/ Nancy (Located in FAC)