

# MARCH *Activities*



נר מצוה ותורה אור  
**CHICAGO MITZVAH CAMPAIGN**  
 SENIOR CENTER

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
See our weekly schedule and Fitness Center brochure for more detailed information.						1	10:30 Crocheting 10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Insights and Inspiration About the Purim Story with Sandra	2	9:00 Parsha Class with Rabbi Wolf 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group with Susan Livingstone 11:30 Sit & Get Fit with Ellyn 1:00 Mask Making with Sandra	3	10:30 Cooking with Anna
5	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	6	<i>Fast of Esther</i> 10:30 Better Balance with Josh 11:00 Lessons from Navi with Rabbi Jaworowski 11:30 Sit & Get Fit with Ellyn 12:45 Parsha Gems with Rabbi Levinson 1:15 Bingo 2:00 Chevruta Study for Men	7	10:00 Rock Steady Boxing <i>11:00 am Purim Party Megillah Reading Festive Lunch and Entertainment by Ruby Harris</i>	8	10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Touring the Jewish World: Cyprus 1:00 Mind Fitness withy Sandra	9	9:00 Parsha Class with R. Wolf 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group with Susan Livingstone 11:30 Sit & Get Fit with Ellyn 1:00 Sketching Persian Designs with Sandra	10	10:30 Cooking with Anna
12	<i>Start Daylight Savings Time</i> 1:00 Senior Wellness Program <b>Updates in Crohn's and Ulcerative Colitis: What they are and how much progress we have made with Dr. David T. Rubin,</b> Joseph Kirsner Professor of Medicine, Chief of GI at University of Chicago	13	10:30 Better Balance with Josh 11:00 Lessons from Navi with Rabbi Jaworowski 11:30 Sit & Get Fit with Ellyn 12:45 Parsha Gems with Rabbi Levinson 1:15 Bingo 2:00 Chevruta Study for Men	14	9:00 Prediabetes Lifestyle Program 10:00 Rock Steady Boxing 10:00 Scrabble 10:30 Body Alive with Ewa 11:00 Talmud for Men with Rabbi Levinson 11:30 Better Balance with Josh 1:00 Book Group with Rena Citrin 1:00 Games in the Atrium 2:00 Chevruta Study for Women	15	10:30 Crocheting 10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Torah Stories to Live By with Miriam	16	9:00 Parsha Class with R. Wolf 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group with Susan Livingstone 11:30 Sit & Get Fit with Ellyn 1:00 Sketching Spring Birds with Sandra	17	10:30 Cooking with Anna
19	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	20	10:30 Better Balance with Josh 11:00 Lessons from Navi with Rabbi Jaworowski 11:30 Sit & Get Fit with Ellyn 12:45 Parsha Gems with Rabbi Levinson 1:15 Bingo 2:00 Chevruta Study for Men	21	9:00 Prediabetes Lifestyle Program 10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:00 Talmud for Men with Rabbi Levinson 11:30 Better Balance with Josh 1:00 Book Group with Rena Citrin 1:00 Games in the Atrium 2:00 Chevruta Study for Women	22	10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Passover Card Making with Elise 1:00 Torah Stories to Live By with Miriam	23	<i>Rosh Chodesh Nissan</i> 9:00 Parsha Class with Rabbi Wolf 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group with Susan Livingstone 11:30 Sit and Get Fit with Ellyn 1:00 Drawing Tulips and Daffodils with Sandra	24	10:30 Cooking with Anna
26	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	27	10:30 Better Balance with Josh 11:00 Lessons from Navi with Rabbi Jaworowski 11:30 Sit & Get Fit with Ellyn 12:45 Parsha Gems with Rabbi Levinson 1:15 Bingo 2:00 Chevruta Study for Men	28	9:00 Prediabetes Lifestyle Program 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 10:00 Scrabble 11:00 Talmud for Men 11:30 Better Balance with Josh 12:00 Lunch & Birthday Celebration 1:00 Book Group with Rena Citrin 1:00 Games in the Atrium 2:00 Chevruta Study for Women	29	10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Women's Pre-Passover Sing Along with Sarah Magid 1:00 Touring the Jewish World: S Paulo Brazil	30	9:00 Parsha Class with R. Wolf 10:00 Rock Steady Boxing Body Alive with Ewa 10:30 Mitzvah Projects 10:30 Conversation Group with Susan Livingstone 11:30 Sit & Get Fit with Ellyn 1:00 Passover Art with Sandra	31	10:30 Cooking with Anna