

# Schedule for Week of March 13



## Sunday, March 12, 11:00 am

Senior Wellness Program: Updates in Crohn's and Ulcerative Colitis:  
with Dr. David Rubin, Joseph Kirsner Professor of Medicine, Chief of GI  
at University of Chicago

## Monday, March 13

- 10:30 Better Balance with Josh\*
- 11:00 Lessons from Navi: Judges with Rabbi Jaworowski\*
- 11:30 Sit and Get Fit with Ellyn\*
- 11:45 Lunch
- 12:45 Parsha Gems with Rabbi Levinson
- 1:15 Bingo
- 2:00 Chevruta Study for Men

## Tuesday, March 14

- 9:00 Prediabetes Lifestyle Change Program
- 10:00 Rock Steady Boxing for people with Parkinson's —Pre-registration required
- 10:00 Scrabble
- 10:30 Body Alive with Ewa
- 11:00 Talmud Study for Men with Rabbi Levinson
- 11:30 Better Balance with Josh\*
- 11:45 Lunch
- 1:00 Book Group with Rena Citrin — Book Discussion for Unveiled Memories
- 1:00 Games in the Atrium
- 2:00 One-on-One Torah Study for Women

## Wednesday, March 15

- 10:30 Healthy Joints with Ewa
- 10:30 Crocheting
- 11:00 Timely Torah Topics with Rabbi Jaworowski\*
- 11:30 Better Balance with Josh\*
- 11:45 Lunch
- 1:00 Yiddish Bingo with Jeannie

## Thursday, March 16

- 9:00 Weekly Parsha Class with Rabbi Wolf\*
- 10:00 Rock Steady Boxing for people with Parkinson's —Pre-registration required
- 10:30 Body Alive with Ewa
- 10:30 Mitzvah Projects
- 10:30 Conversation Group with Susan Livingstone
- 11:30 Sit & Get Fit with Ellyn\*
- 11:45 Lunch
- 1:00 Sketching Spring Birds with Sandra

## Friday, March 17

- 11:00 Cooking with Anna
- 11:15 Lunch

\* Available by Zoom