

Schedule for Week of March 20



Monday, March 20

- 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 21

- 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 with Author of Unveiled Memories, Ida Paluch Kersz
- 1:00 Games in the Atrium
- 2:00 One-on-One Torah Study for Women

Wednesday, March 22

- 10:30 Healthy Joints with Ewa
- 11:00 Timely Torah Topics with Rabbi Jaworowski*
- 11:30 Better Balance with Josh*
- 11:45 Lunch
- 1:00 Passover Card Making Workshop with Elise
- 1:00 Torah Stories to Live By with Miriam

Thursday, March 23

- 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 Drawing Tulips and Daffodils with Sandra

Friday, March 24

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

* Available by Zoom