

# JUNE *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	9:00 Parsha Class with R. Wolf 10:00 Rock Steady Boxing 10:30 Body Alive 10:30 Mitzvah Projects 10:30 Conversation Group 11:30 Sit & Get Fit 1:00 ART: Color Blending with Water Colors 1:00 Better Balance for Men	2	11:30 Cooking with Anna
4	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	5	10:30 Better Balance with Josh 11:00 Lessons from Navi 11:30 Sit & Get Fit with Ellyn 12:45 Parsha Gems 1:00 <b>NEW!</b> Creative Writing with Sandra 1:15 Bingo 2:00 Chevruta Study for Men	6	9:00 Prediabetes Lifestyle Program 10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive 11:00 Talmud Study for Men 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	7	10:30 Healthy Joints with Ewa 10:30 Crocheting 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Summer Safety Update with Chicago Police Department	8	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 11:30 Sit & Get Fit with Ellyn 1:00 ART: Painting with Acrylics 1:00 Better Balance for Men	9	11:30 Cooking with Anna
11	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	12	10:30 Better Balance with Josh 11:00 Lessons from Navi 11:30 Sit & Get Fit with Ellyn 12:45 Parsha Gems 1:00 Creative Writing with Sandra 1:15 Bingo 2:00 Chevruta Study for Men	13	9:00 Prediabetes Lifestyle Program 10:00 Rock Steady Boxing 10:00 Scrabble 10:30 Body Alive with Ewa 11:00 Talmud Study for Men 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	14	10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 12:00 Live music with Avrum Levin and June Birthday Celebration 1:00 Yiddish Word Bingo	15	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 11:30 Sit & Get Fit with Ellyn 1:00 ART: Painting Bird Houses 1:00 Better Balance for Men	16	11:30 Cooking with Anna
18	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	19	10:30 Better Balance with Josh 11:00 Lessons from Navi 11:30 Sit & Get Fit with Ellyn 12:45 Parsha Gems 1:00 Creative Writing with Sandra 1:15 Bingo 2:00 Chevruta Study for Men  <i>Rosh Chodesh Tammuz</i>	20	9:00 Prediabetes Lifestyle Program 10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:00 Talmud Study for Men 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  <i>Rosh Chodesh Tammuz</i>	21	10:30 Healthy Joints with Ewa 10:30 Crocheting 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Card Making Workshop 1:00 Torah Stories to Live By with Miriam	22	9:00 Parsha Class with Rabbi Wolf 10:00 Rock Steady Boxing 10:30 Mitzvah Projects 10:30 Body Alive with Ewa 10:30 Conversation Group with Susan Livingstone 11:30 Sit and Get Fit with Ellyn 1:00 ART: Collage Art 1:00 Better Balance for Men	23	11:30 Cooking with Anna
25	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	26	10:30 Better Balance with Josh 11:00 Lessons from Navi 11:30 Sit & Get Fit with Ellyn 12:45 Parsha Gems 1:00 Creative Writing with Sandra 1:15 Bingo 2:00 Chevruta Study for Men	27	9:00 Prediabetes Lifestyle Program 10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:00 Talmud Study for Men 11:30 Better Balance with Josh 11:45 Lunch and June Birthday Party 1:00 Book Group with Rena Citrin 2:00 Chevruta Study for Women	28	10:30 Healthy Joints with Ewa 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 1:00 Rhythm & Drumming Circle with Matt Kantor	29	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 11:30 Sit & Get Fit with Ellyn 1:00 ART: Patriotic Art 1:00 Better Balance for Men	30	11:30 Cooking with Anna