

Schedule for Week of May 29



Monday, May 29

Memorial Day—CMC Closed

2:00 Chevruta Learning for Men

Tuesday, May 30

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 for Men with Rabbi Levinson

11:30 Better Balance for Women*

11:45 Lunch and May Birthday celebration

12:30 Live Music with Michal Gaynor in the Atrium

1:00 Book Group — Discussion with author Rosellen Brown

2:00 One on One Learning for Women

Wednesday, May 31

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 Yiddish Word Bingo

Thursday, June 1

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 ART: Color Blending with Water Colors

1:00 Better Balance for Men

Friday, June 2

11:30 Cooking with Anna

12:00 Lunch

* Available by Zoom