

Schedule for Week of September 18



Monday, September 18

- 10:30 Better Balance for Women*
- 11:00 Lessons from Navi: Judges with Rabbi J*
- 11:30 Sit and Get Fit with Ellyn*
- 11:45 Lunch
- 1:00 Creative Writing with Sandra
- 1:00 Canasta (by reservation)
- 1:00 Bingo
- 2:00 Chevruta Learning for Men

Tuesday, September 19

- 10:00 Rock Steady Boxing for people with Parkinson's
—Pre-registration required
- 10:00 Scrabble
- 10:30 Body Alive with Ewa
- 11:30 Better Balance for Women with Josh*
- 11:45 Lunch
- 1:00 Book Group with Rena Citrin—This week book discussion of Washing the Dead
- 2:00 One on One Learning for Women

Wednesday, September 20

- 10:30 Healthy Joints with Ewa
- 10:30 Crocheting with Leila & Fran
- 11:00 Timely Torah Topics with Rabbi Jaworowski*
- 11:30 Better Balance with Josh*
- 11:45 Lunch
- 1:00 Yom Kippur: Inspiring Messages, Stories and Lessons with Rabbi Jaworowski

Thursday, September 21

- 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 with Sandra
- 1:00 Better Balance for Men with Ewa
- 2:00 Pirkei Avot—Ethics of our Fathers with Rabbi Michael Myers

Friday, September 22

- 10:30 Cooking With Anna **NEW TIME!!**
- 11:15 Lunch

* Available by Zoom