

SEPTEMBER *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	11:00 Cooking with Anna
3	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	4	Labor Day Senior Center Closed	5	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 The Minyan: 10 Jews who Built America with Leah Polin 2:00 Chevruta Study for Women	6	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 Torah Stories to Live By with Miriam Hecht 1:00 Rosh HaShannah Card Making Workshop with Elise Gould 2:00 Yiddish Conversation Group	7	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 with Sandra 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	8	11:00 Cooking with Anna
10	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	11	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 1:00 Beginning Canasta 1:15 Bingo 2:00 Chevruta Study for Men	12	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: Book Discussion of Washing the Dead with Rena Citrin 2:00 Chevruta Study for Women	13	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 Rosh Hashanah: Inspiring Messages, Stories and Lessons with Rabbi Jaworowski	14	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 with Sandra 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	15	Erev Rosh HaShanah No Senior Center Programs
17	Rosh HaShanah	18	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 1:00 Beginning Canasta 1:15 Bingo	19	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 2:00 Chevruta Study for Women	20	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 Yom Kippur & Sukkot: Inspiring Messages, Stories & Lessons with Rabbi Jaworowski	21	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 with Sandra 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	22	10:30 Cooking with Anna
24	Erev Yom Kippur	25	Yom Kippur Senior Center Closed	26	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 2:00 Chevruta Study for Women	27	10:30 Healthy Joints with Ewa 10:30 Crocheting 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 12:00 Lunch and September Birthday Celebration 1:00 Yiddish Word Bingo	28	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 with Sandra 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	29	Erev Sukkot No Senior Center Programs