

Schedule for Week of November 20



Monday, November 20

- 10:30 Better Balance for Women*
- 11:00 **NEW CLASS!!** Weekly Parsha with R. Yechezkel Steinfeld
- 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, November 21

- 10:00 Rock Steady Boxing for people with Parkinson's —**Pre-registration required**
- 10:00 Scrabble
- 10:30 Body Alive with Ewa
- 11:00 **NEW TIME!** Lessons from Navi: Judges with Rabbi Jaworowski*
- 11:30 Better Balance for Women with Josh*
- 11:45 Lunch
- 1:00 Book Group with Rena Citrin
- 2:00 One on One Learning for Women

Wednesday, November 22

- 9:45 **NEW CLASS!!** Chair Yoga/Kosher Yoga with Stacey Hunt
- 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 Torah Stories to Live By with Miriam Hecht

Thursday, November 23

Senior Center Closed for Thanksgiving holiday

Friday, November 24

No programs

* Available by Zoom