

FEBRUARY *Activities*



נר מצוה ותורה אור
CHICAGO MITZVAH CAMPAIGN
 SENIOR CENTER

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<p>See our weekly schedule and Fitness Center brochure for more detailed information</p>								<p>1 9:00 Parsha Class with Rabbi 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</p>	<p>2 10:30 Cooking with Anna</p>			
		<p>4 1:00 Live Musical Program: LJam – Ladies Jam Band with Kreindel Pinkus 1:30 Stories of the Talmud with Rabbi Liberow on Zoom</p>	<p>5 10:30 Better Balance with Josh 11:00 Weekly Parsha with Rabbi Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Creative Writing with Sandra 1:00 Continuing Canasta 1:00 Bingo 2:00 Chevruta Study for Men 2:00 Mindfulness for Women with Gitel Kanter</p>		<p>6 10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:00 Lessons from Navi 11:30 Better Balance with Josh 1:00 Book Group with Rena Citrin 2:00 Creation: Is There a Plan? with Mrs. Tsyrl Turen 2:00 Chevruta Study for Women</p>		<p>7 9:45 Chair Yoga 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 Yiddish Bingo with Jeanne 2:00 Boxing for Senior Women with Josh 2:00 Kabbalah for Seniors with Rabbi Binyomin Walters</p>		<p>8 9:00 Parsha Class with Rabbi 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</p>		<p>9 10:30 Cooking with Anna</p>	
		<p>11 1:00 Special Program: CJE Senior Life—Learn About Resources for Aging Well with Tamara Kushnir-Groman, JD and Rachel Falk, LSW, MSW</p>	<p>12 10:30 Better Balance with Josh 11:00 Weekly Parsha with Rabbi Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Continuing Canasta 1:00 Bingo 2:00 Chevruta Study for Men 2:00 Mindfulness for Women with Gitel Kanter</p>		<p>13 10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:00 Lessons from Navi 11:30 Better Balance with Josh 1:00 Tales of an American Military Chaplain and the Rabbinate with Rabbi Zisook 2:00 Creation: Is There a Plan? with Mrs. Tsyrl Turen 2:00 Chevruta Study for Women</p>		<p>14 9:45 Chair Yoga 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 How to Safely Search the Internet and Shop Online with Dr. Felix Kravets 2:00 Cardio Boxing for Senior Women with Josh 2:00 Kabbalah for Seniors with Rabbi Binyomin Walters</p>		<p>15 9:00 Parsha Class with Rabbi 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 Rivka Pomerantzev 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers</p>		<p>16 10:30 Cooking with Anna</p>	

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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
18	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	19	10:30 Better Balance with Josh 11:00 Weekly Parsha with Rabbi Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Creative Writing with Sandra 1:00 Continuing Canasta 1:00 Bingo 2:00 Chevruta Study for Men 2:00 Mindfulness for Women with Gitel Kanter	20	10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:00 Lessons from Navi 11:30 Better Balance with Josh 1:00 Reminiscence Group with Sandra 2:00 Creation: Is There a Plan? with Mrs. Tsyril Turen 2:00 Chevruta Study for Women	21	9:45 Chair Yoga 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 with Elise Gould 1:00 Torah Stories to Live By with Miriam Hecht 2:00 Cardio Boxing for Senior Women with Josh 2:00 Kabbalah for Seniors with Rabbi Binyomin Walters	22	9:00 Parsha Class with Rabbi 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 12:00 Lunch and February Birthday Celebration 1:00 Art with Sandra 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	23	10:30 Cooking with Anna
25	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	26	10:30 Better Balance with Josh 11:00 Weekly Parsha with Rabbi Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Creative Writing with Sandra 1:00 Continuing Canasta 1:00 Bingo 2:00 Chevruta Study for Men 2:00 Mindfulness for Women with Gitel Kanter	27	10:00 Scrabble 10:00 Rock Steady Boxing 10:30 Body Alive with Ewa 11:00 Lessons from Navi 11:30 Better Balance with Josh 1:00 Book Group with Rena Citrin 2:00 Creation: Is There a Plan? with Mrs. Tsyril Turen 2:00 Chevruta Study for Women	28	9:45 Chair Yoga 10:30 Free Hearing Screenings by appt. with Dr. Douglas Steinberg 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 Seniors and Resiliency with CJE Social Worker (details to come). 2:00 Cardio Boxing for Senior Women with Josh 2:00 Kabbalah for Seniors with Rabbi Binyomin Walters	29	9:00 Parsha Class with Rabbi 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	See our weekly schedule and Fitness Center brochure for more detailed information	