

# MARCH *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	10:30 Cooking with Anna		
		3	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	4	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 Bingo 2:00 Chevruta Study for Men 2:15 Mindful Awareness for Women with Gitel Kanter	5	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	6	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 Advocating for Yourself in Healthcare with Eliyanah Wodika 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	7	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: Inter-generational Purim Mask Making 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	8	10:30 Cooking with Anna
		10	<b>1:00 Estate Planning 101 with Irving Birnbaum, PhD</b>  1:30 Stories of the Talmud with Rabbi Liberow on Zoom	11	10:30 Better Balance with Josh 11:00 Weekly Parsha with Rabbi Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 11:45 Lunch and March Birthday Celebration 1:00 Creative Writing with Sandra 1:00 Bingo 2:00 Chevruta Study for Men	12	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	13	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 Advocating for Yourself in Healthcare with Eliyanah Wodika 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	14	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 Pomerantsev 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	15	10:30 Cooking with Anna

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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
17	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	18	10:30 Better Balance with Josh 11:00 Weekly Parsha with Rabbi Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Bingo 2:00 Chevruta Study for Men	19	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—Book Discussion of The Heaven & Earth Grocery Store by James McBride 2:00 Creation: Is There a Plan? with Mrs. Tsyrl Turen 2:00 Chevruta Study for Women	20	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 The Purim Story, Traditions and Eternal Messages with Rabbi Jaworowski 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	21	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	22	10:30 Cooking with Anna
24	<p><i>11:00 –1:00 pm</i></p> <p><i>Purim Party</i></p> <p><i>Megillah Reading</i></p> <p><i>Festive Meal and Music</i></p> 	25	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 Bingo 2:00 Chevruta Study for Men	26	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	27	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 Introduction to AI (Artificial Intelligence) with Feliks Kravets 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	28	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	29	10:30 Cooking with Anna