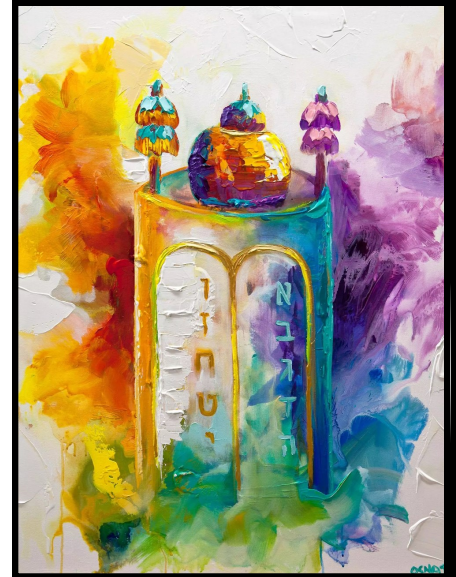


Schedule for Week of March 4



Monday, March 4

- 10:30 Better Balance for Women*
- 11:00 Weekly Parsha with instructor with Yechezkel Steinfeld
- 11:30 Sit and Get Fit with Ellyn*
- 11:45 Lunch
- 1:00 Creative Writing with Sandra
- 1:00 Bingo
- 2:15 Mindful Awareness for Women with Gitel Kanter
- 2:00 Chevruta Learning for Men

Tuesday, March 5

- 10:00 Rock Steady Boxing for people with Parkinson's
- 10:00 Scrabble
- 10:30 Body Alive with Ewa
- 11:00 Lessons from Navi: Judges with Rabbi Jaworowski*
- 11:30 Better Balance for Women with Josh*
- 11:45 Lunch
- 1:00 Special Program: Rena Citrin will present slides from and discuss her recent trip to Israel
- 2:00 Creation: Is There a Plan? with Mrs. Tsyrl Turin
- 2:00 One on One Learning for Women

Wednesday, March 6

- 9:45 Chair Yoga (kosher yoga) with Stacey Hunt
- 10:30 Crocheting with Leila and Fran
- 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 Advocating for Yourself in Healthcare with Eliyanah Wodika
- 2:00 Cardio Boxing for Women with Josh — **Pre-registration required**
- 2:15 Kabbalah with Rabbi Binyomin Walters

Thursday, March 7

- 9:00 Weekly Parsha Class with Rabbi Wolf*
- 10:00 Rock Steady Boxing for people with Parkinson's
- 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: Intergenerational Purim Mask Making
- 1:00 Better Balance for Men with Ewa
- 2:00 Pirkei Avot—Ethics of our Fathers with Rabbi Michael Myers

Friday, March 8

- 10:30 Cooking with Anna
- 11:15 Lunch

* Available by Zoom