

APRIL *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>		1	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	2	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 The Meaning of Dreams and Reincarnation in Judaism with Mrs. Tsyrl Turen 2:00 Chevruta Study for Women	3	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 11:45 Celebrate April Birthdays 1:00 Live Musical Performance with Michal Gaynor 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	4	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	5	10:30 Cooking with Anna		
		7	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	8	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	9	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 The Meaning of Dreams and Reincarnation in Judaism with Mrs. Tsyrl Turen 2:00 Chevruta Study for Women	10	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 Word Bingo with Jeanne 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	11	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 Matzo Factory Program with Rabbi Scheiman 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	12	10:30 Cooking with Anna
		14	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	15	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	16	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 The Meaning of Dreams and Reincarnation in Judaism with Mrs. Tsyrl Turen 2:00 Chevruta Study for Women	17	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 Pesach Traditions and Eternal Messages with Rabbi Jaworowski 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	18	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 1:15 Pre-Passover Sing-a-long for Women with Sarah Magid 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Myers	19	10:30 Cooking with Anna

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SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	22	23	24	25	26
		<i>Erev Pesach Senior Center Closed</i>	<i>Pesach Senior Center Closed</i>	<i>Pesach Senior Center Closed</i>	<i>Pesach Senior Center Closed</i>	<i>Pesach Senior Center Closed</i>
28	29	30	1	2		
	<i>Pesach Senior Center Closed</i>	<i>Pesach Senior Center Closed</i>	<i>May 1 Senior Center Closed</i>	<i>May 2 CMC Senior Center Re-opens</i>	See our weekly schedule and Fitness Center brochure for more detailed information	