

# Schedule for Week of April 1



## Monday, April 1

- 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, April 2

- 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 Book Group with Rena Citrin
- 2:00 The Meaning of Dreams and Reincarnation in Judaism with Mrs. Tsyrl Turin
- 2:00 One on One Learning for Women

## Wednesday, April 3

- 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 and April Birthday Celebration
- 1:00 Michal Gaynor Live in Concert at CMC
- 2:00 Cardio Boxing for Women with Josh — **Pre-registration required**
- 2:15 Kabbalah with Rabbi Binyomin Walters

## Thursday, April 4

- 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
- 1:00 Better Balance for Men with Ewa
- 2:00 Pirkei Avot—Ethics of our Fathers with Rabbi Michael Myers

## Friday, April 5

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

\* Available by Zoom