

JUNE *Activities*



נר מצוה ותורה אור
CHICAGO MITZVAH CAMPAIGN
SENIOR CENTER

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	3	10:30 Better Balance with Josh 11:00 Weekly Parsha with Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Bingo 1:00 Beginning Canasta 2:00 Chevruta Study for Men	4	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 Our Journey: Life, Death and Beyond with Tsyrl Turen 2:00 Chevruta Study for Women	5	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 Meet & Greet and Ice Cream Social with new Program Coordinator, Devorah 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	6	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 Diamond Art with Alana—reservation required. 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Michael Myers	7	9:45 Chair Yoga with Stacey Hunt 10:30 Cooking with Anna
9	1:00 Intergenerational Art Project – call for reservation 1:30 Stories of the Talmud with Rabbi Liberow on Zoom	10	10:30 Better Balance with Josh 11:00 Weekly Parsha with Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Bingo 1:00 Beginning Canasta 2:00 Chevruta Study for Men	11	<i>Senior Center Closed for Erev Shavuot</i>	12	<i>Senior Center Closed for 1st Day of Shavuot</i>	13	<i>Senior Center Closed for 2nd Day of Shavuot</i>	14	9:45 Chair Yoga with Stacey Hunt 10:30 Cooking with Anna
16	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	17	10:30 Better Balance with Josh 11:00 Weekly Parsha with Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Bingo 1:00 Beginning Canasta 2:00 Chevruta Study for Men	18	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: Have You Seen Luis Velev by Carolyn Ryan Hyde 2:00 Our Journey: Life, Death and Beyond with Tsyrl Turen 2:00 Chevruta Study for Women	19	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 Lisa Fishman returns to CMC – A Musical Performance for Women 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	20	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 11:45 Lunch and celebrate June birthdays 1:00 Paper Crafts: Flowers with Davida 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Michael Myers	21	9:45 Chair Yoga with Stacey Hunt 10:30 Cooking with Anna

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SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
23	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	24	10:30 Better Balance with Josh 11:00 Weekly Parsha with Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Bingo 1:00 Beginning Canasta 2:00 Chevruta Study for Men	25	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 Our Journey: Life, Death and Beyond with Tsyrl Turen 2:00 Chevruta Study for Women	26	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 Lunch 1:00 Beating the Blues with Susan Swanson, LCSW 2:00 Cardio Boxing for Women with Josh 2:00 Kabbalah with Rabbi Binyomin Walters	27	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 The Letters of Abigail Levy Franks: A Glimpse into the Colonial Life of an American Jewish Family with Leah Polin 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Michael Myers	28	9:45 Chair Yoga with Stacey Hunt 10:30 Cooking with Anna
30	1:00 CMC Wellness Series: JOINT REPLACEMENT: Feel Better, Function Better with Dr. Mark Schinsky, Knee & Hip Surgeon with the American Hip Institute										
										<p>See our weekly schedule and Fitness Center brochure for more detailed information</p>	