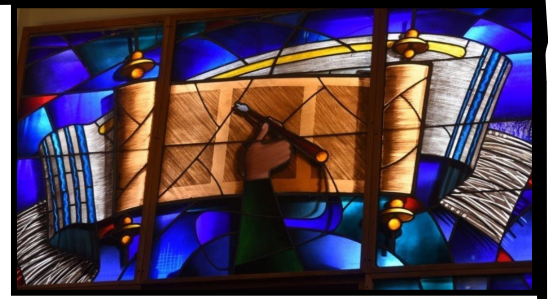


Schedule for Week of June 17



Monday, June 17

- 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 Bingo
- 1:00 Beginning Canasta
- 2:00 Chevruta Learning for Men

Tuesday, June 18

- 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 Beginning Mahjong — **Pre-registration required**
- 1:00 Book Group with Rena Citrin Book Discussion of Have You Seen Luis Velev
- 2:00 Our Journey: Life, Death and Beyond with Tsyrl Turen
- 2:00 One on One Learning for Women

Wednesday, June 19

- 10:30 Crocheting with 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 An Afternoon at the Yiddish and Jewish Cabaret with CMC friend, Lisa Fishman (for women only)
- 2:00 Cardio Boxing for Women with Josh — **Pre-registration required**
- 2:15 Kabbalah with Rabbi Binyomin Walters

Thursday, June 20

- 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 Paper Crafts: Flowers with Davida — **Pre-registration required**
- 1:00 Better Balance for Men with Ewa
- 2:00 Pirkei Avot—Ethics of our Fathers with Rabbi Michael Myers

Friday, June 21

- 9:45 Chair Yoga with Stacey Hunt
- 10:30 Cooking with Anna
- 11:15 Lunch

* Available by Zoom