

JULY *Activities*



נר מצוה ותורה אור
CHICAGO MITZVAH CAMPAIGN
 SENIOR CENTER

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	10:30 Better Balance with Josh 11:00 Weekly Parsha with Rabbi Raphael Jaworowski 11:30 Sit & Get Fit with Ellyn 1:00 Bingo 1:00 Beginning Canasta 2:00 Chevruta Study for Men	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 1:00 Beginning Mahjong 2:00 Our Journey: Life, Death and Beyond with Tsyrl Turen	3	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 A Drum & Rhythm Circle with Matt Kanter 2:00 Cardio Boxing for Women with Josh	<i>Senior Center Closed for July 4th Holiday</i>		5	9:45 Chair Yoga with Stacey Hunt 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 Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Bingo 1:00 Beginning Canasta 2:00 Chevruta Study for Men	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 1:00 Beginning Mahjong 2:00 Our Journey: Life, Death and Beyond with Tsyrl Turen	10	10:30 Healthy Joints with Ewa 10:30 Crocheting 11:00 Timely Torah Topics with Rabbi Jaworowski 11:30 Better Balance with Josh 12:00 Inaugural CMC Summer BBQ – Reservation required 2:00 Cardio Boxing for Women with Josh	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 Diamond Art with Alana Marcus 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Michael Myers	12	9:45 Chair Yoga with Stacey Hunt 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 Yechezkel Steinfeld 11:30 Sit & Get Fit with Ellyn 1:00 Bingo 1:00 Beginning Canasta 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 1:00 Beginning Mahjong 2:00 Our Journey: Life, Death and Beyond with Tsyrl Turen	17	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 Torah Stories to Live by with Miriam Hecht 2:00 Cardio Boxing for Women with Josh	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 1:00 Live Musical Performance: Aviva Chertok on Violin and Liel Weil on Guitar 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Michael Myers	19	9:45 Chair Yoga with Stacey Hunt 10:30 Bingo

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21	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	22	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	23	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 1:00 Beginning Mahjong 2:00 Our Journey: Life, Death and Beyond with Tsyrl Turen	24	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 and July Birthday Celebration <i>1:00 Immigrants Get the Job Done! with Leah Polin</i> 2:00 Cardio Boxing for Women with Josh	24	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 Papercrafts: Sunflowers with Davida 1:00 Better Balance for Men 2:00 Pirkei Avot with Rabbi Michael Myers	26	9:45 Chair Yoga with Stacey Hunt <i>10:30 Cartooning Workshop with David Sokoloff</i>
28	1:30 Stories of the Talmud with Rabbi Liberow on Zoom	29	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	30	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 1:00 Beginning Mahjong 2:00 Our Journey: Life, Death and Beyond with Tsyrl Turen	31	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 Card Making Workshop with Elise Gould – Registration required 1:00 TBD 2:00 Cardio Boxing for Women with Josh				
<p>See our weekly schedule and Fitness Center brochure for more detailed information</p>											