

March SEQUOIA Calendar on Zoom!

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p>11-11:50 Exercise with Aliza</p> <p>12-1 Mrs. Debra Kapninck: Jewish Philosophy</p>	<p>2</p> <p>10:15-11 Exercise with Aliza</p> <p>11-11:45 Book Club: Eleanor Oliphant is Completely Fine</p> <p>1-1:45 Exercise with Aliza</p>	<p>3</p> <p>11-12 Current Events Discussion with Yosef</p> <p>1-2 Tai Chi Chih with Bill Walton</p>	<p>4</p> <p>10:30-11:15 Exercise with Molly</p> <p>12-12:45 Documentary Film: Hip Hop-eration</p>
<p>8</p> <p>11-11:50 Exercise with Aliza</p> <p>12-1 Marty Albourn: Jews in American Wars</p>	<p>9</p> <p>10:15-11 Exercise with Aliza</p> <p>1-1:45 Exercise with Aliza</p>	<p>10</p> <p>11-12 Current Events Discussion with Yosef</p> <p>1-2 Tai Chi Chih with Bill Walton</p>	<p>11</p> <p>10:30-11:15 Exercise with Molly</p> <p>12-1 Mrs. Debra Kapnick: Jewish Philosophy</p>
<p>15</p> <p>11-11:50 Exercise with Aliza</p> <p>12-1 Mrs. Debra Kapninck: Jewish Philosophy</p>	<p>16</p> <p>10:15-11 Exercise with Aliza</p> <p>1-1:45 Exercise with Aliza</p>	<p>17</p> <p>11-12 Current Events Discussion with Yosef</p> <p>1-2 Tai Chi Chih with Bill Walton</p>	<p>18</p> <p>10:30-11:15 Exercise with Molly</p> <p>12-1 TBD</p>
<p>22</p> <p>11-11:50 Exercise with Aliza</p> <p>12-1 Stephanie Drag: The 8 Dimensions of Wellness</p>	<p>23</p> <p>10:15-11 Exercise with Aliza</p> <p>1-1:45 Exercise with Aliza</p>	<p>24</p> <p>11-12 Current Events Discussion with Yosef</p> <p>1-2 Tai Chi Chih with Bill Walton</p>	<p>25</p> <p>10:30-11:15 Exercise with Molly</p> <p>12-1 Marty Albourn: Nancy Pelosi</p>
<p>29</p> <p>CLOSED IN OBSERVANCE OF PASSOVER</p>	<p>30</p> <p>CLOSED IN OBSERVANCE OF PASSOVER</p>	<p>31</p> <p>CLOSED IN OBSERVANCE OF PASSOVER</p>	



JEWISH FAMILY SERVICE
and Children's Center of Clifton-Passaic
*Supporting and Strengthening Family Life and the
Mental Health Needs of Children*



Are you or someone you know acting as a caregiver for someone with physical or cognitive disabilities? Consider joining our Caregiver Support Group, which meets the **2nd and 4th Thursday of the month from 10:30-11:30 AM**. Please contact Rebecca Schochet, LSW at **862-233-1598**

Would you like to get the COVID vaccine but need help registering? Please reach out to Shaina (862-400-2074) for assistance registering and scheduling appointments as they become available. JFS Staff are ready to help you.

We are delighted to welcome guest lecturer Stephanie Drag from the Center for Alcohol and Drug Resources, who will give a lecture on Resiliency and the 8 Dimensions of Wellness

A \$50 Shoprite Card will be raffled off to those in attendance

Monday, March 22 at 12 PM

The book club will meet on Tuesday 3/2 to discuss *Eleanor Oliphant is Perfectly Fine* by Gail Honeyman

CLOSINGS THIS MONTH:
March 29, March 30, March 31

2021

**Please join us for all of our programming now on zoom!
Just use the link below for easy access:**

<https://zoom.us/j/382180690>

Alternately, if you would like to join our lectures by phone, please call:

929-436-2866 and enter our meeting ID: 382180690

Due to the situation with COVID-19, we are currently offering the following service. Please call if you or someone you know may be interested:

- Assistance with zoom. JFS Staff and students are available to “walk you through” using this technology.

Sequoia Sponsor:

