

May SEQUOIA Calendar

Monday	Tuesday	Wednesday	Thursday
<p>2</p> <p>11-11:50 Exercise with Aliza on zoom</p> <p>12-1 Marty Alboum on zoom: French Hero Lafayette, Part I</p>	<p>3</p> <p>10:15-11 Exercise with Aliza at the center and on zoom</p> <p>11-12 Theatre Arts group final session-performance! (At the center only)</p> <p>12-1 Debra Kapnick at the center and on zoom: Ethics of Our Fathers</p>	<p>4</p> <p>11-12 Current Events Discussion at the center and on zoom</p> <p>12-1 Lunch and art appreciation group with Ruthie at the center only!</p> <p>1-2 Chair yoga with Jayne Ballantyne at the center and on zoom</p>	<p>5</p> <p>10:30-11:15 Exercise with Vicki at on zoom</p>
<p>9</p> <p>11-11:50 Exercise with Aliza on zoom</p> <p>11:50-1 Documentary film on zoom</p>	<p>10</p> <p>10:15-11 Exercise with Aliza at the center and on zoom</p> <p>11-12 New Group! Hot Button Issues with Carter</p> <p>12-1 Rabbi Ira Kronenberg at the center and on zoom</p>	<p>11</p> <p>11-12 Current Events Discussion at the center and on zoom</p> <p>12-1 Lunch and art appreciation group with Ruthie at the center only</p> <p>1-2 TBD</p>	<p>12</p> <p>10:30-11:15 Exercise with Vicki on zoom</p>
<p>16</p> <p>11-11:50 Exercise with Aliza on zoom</p> <p>12-1 Marty Alboum on zoom: French Hero Lafayette, Part II</p>	<p>17</p> <p>10:15-11 Exercise with Aliza at the center and on zoom</p> <p>11-12 New Group! Hot Button Issues with Carter</p> <p>12-1 Debra Kapnick at the center and on zoom: Ethics of Our Fathers</p>	<p>18</p> <p>11-12 Current Events Discussion at the center and on zoom</p> <p>12-1 Lunch and art appreciation group with Ruthie at the center only</p> <p>1-2 Chair yoga with Jayne at the center and on zoom</p>	<p>19</p> <p>10:30-11:15 Exercise with Vicki on zoom</p>
<p>23</p> <p>11-11:50 Exercise with Aliza on zoom</p> <p>11:50-1 Documentary film on zoom</p>	<p>24</p> <p>10:15-11 Exercise with Aliza from the center on zoom</p> <p>11-12 Book Club Discussion at the center and on zoom: <i>Serena</i> by Ron Rash</p> <p>12-1 New Jewish History course with Melissa Rothenberg-Kapustin</p>	<p>25</p> <p>11-12 Current Events Discussion at the center and on zoom</p> <p>12-1 Lunch and art appreciation group with Ruthie at the center only</p> <p>1-2 Chair yoga with Jayne at the center and on zoom</p>	<p>26</p> <p>10:30-11:15 Exercise with Vicki on zoom</p>
<p>30</p> <p>CLOSED FOR MEMORIAL DAY</p>	<p>31</p> <p>10:15-11 Exercise with Aliza at the center and on zoom</p> <p>11-12 Debra Kapnick at the center and on zoom: Ethics of Our Fathers</p> <p>12-1 Guest Lecturer, Malka Serkin on her experience growing up in Israel</p>		



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

Ruthie Bashan will continue offering an art appreciation course, *Art Around the World*, on Wednesdays at 12 PM. This course is in person only.

Introducing a new course with an old friend! We are delighted to welcome back Carter Schwartz to discuss Hot Button Issues two Tuesdays a month. Join us this month on **May 10th and 17th at 11 AM**

The Book Club will meet this month on Tuesday, May 24th at 11 AM to discuss *Serena* by Ron Rash

New Guest Lecturer, Melissa Kapustin returns for another riveting Jewish history lecture on:
Tuesday, May 24th at 12 PM

Please join us on **Tuesday, May 31st at 12 PM** for a special lecture in honor of Jerusalem Reunification Day. Malka Serkin will speak of her experience as a child living through the Six Day War in Israel.

CLOSINGS THIS MONTH:
Monday, May 30th



2022

Please join us for all of our programming now 2 days a week in person! We are also 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



We are now in the building on Tuesdays and Wednesdays ONLY. Our Monday and Thursday program will only be available on zoom.

Please note that we no longer require a COVID vaccine in order to participate in person.

If you need transportation, please call on the day you would like to attend the program, between 8:30-9 AM:

973-777-7638, Press 2 to speak with Maureen and request your pick up.

We continue to offer free light refreshments on Tuesdays

Please note that we will no longer accept cash payments for meals and parties—check or credit card only