

# October SEQUOIA Calendar

## Monday

## Tuesday

## Wednesday

## Thursday

<p>4</p> <p>11-11:50 Exercise with Aliza</p> <p>12-1 Mrs. Debra Kapnick: Jewish Philosophy</p>	<p>5</p> <p>10:15-11 Exercise with Aliza</p> <p>1-1:45 Exercise with Aliza</p>	<p>6</p> <p>11-12 Current Events Discussion in person and over zoom</p> <p>12-1 Lunch in person</p> <p>1-2 Tai Chi Chih with Bill Walton in person and over zoom</p>	<p>7</p> <p>10:30-11:15 Exercise with Vicki in person and on zoom</p> <p>12-1 Dr. Vilma Muca (internal medicine) of Hackensack Meridian Health-topic TBA</p>
<p>11</p> <p>11-11:50 Exercise with Aliza</p> <p>12-1 Mrs. Debra Kapnick: Jewish Philosophy</p>	<p>12</p> <p>10:15-11 Exercise with Aliza</p> <p>1-1:45 Exercise with Aliza</p>	<p>13</p> <p>11-12 Current Events Discussion in person and over zoom</p> <p>12-1 Lunch in person</p> <p>1-2 Tai Chi Chih with Bill Walton in person and over zoom</p>	<p>14</p> <p>10:30-11:15 Exercise with Vicki in person and on zoom</p> <p>12-1 Marty Alboum (over zoom): Jim Thorpe</p>
<p>18</p> <p>11-11:50 Exercise with Aliza</p> <p>12-1 Mrs. Debra Kapnick: Jewish Philosophy</p>	<p>19</p> <p>10:15-11 Exercise with Aliza</p> <p>11-11:45 Book Club Discussion: <i>News of the World</i></p> <p>1-1:45 Exercise with Aliza</p>	<p>20</p> <p>11-12 Current Events Discussion in person and over zoom</p> <p>12-1 Lunch in person</p> <p>1-2 Tai Chi Chih with Bill Walton in person and over zoom</p>	<p>21</p> <p>10:30-11:15 Exercise with Vicki in person and on zoom</p> <p>12-1 Dr. Noam Zeffren of Hackensack Meridian Health-topic TBA</p>
<p>25</p> <p>11-11:50 Exercise with Aliza</p> <p>12-1 Mrs. Debra Kapnick: Jewish Philosophy</p>	<p>26</p> <p>10:15-11 Exercise with Aliza</p> <p>1-1:45 Exercise with Aliza</p>	<p>27</p> <p>11-12 Current Events Discussion in person and over zoom</p> <p>12-1 Lunch in person</p> <p>1-2 Tai Chi Chih with Bill Walton in person and over zoom</p>	<p>28</p> <p>10:30-11:15 Exercise with Vicki in person and on zoom</p> <p>12-1 Marty Alboum (over zoom): The Return Wars (The Battle for Israel)</p>



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



Consider joining our book club! We meet on Tuesdays at 11 AM about every 6 weeks. Books can be picked up at the Clifton Allwood library behind the desk. Just tell them you are a Club Sequoia member. We are now taking suggestions for 2022! Reach out to Shaina with your favorite titles at 862-400-2074.

This month we are partnering with Hackensack Meridian Health to bring you two lectures!

Due to the many closings on our part, as well as Hackensack staff being unavailable, the topics have yet to be confirmed, but at least one will cover questions related to medication safety as well as vitamin recommendations.

Please join us at Club Sequoia on Thursdays, October 7th and 21st at 12 PM

**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**

Sequoia Sponsor:



We will now be meeting in person on Wednesdays and **Thursdays!**

Please have your vaccine card with you. Our transportation is available to those living in Passaic and Clifton. Please call 973-777-7638 and press 2 to speak to Maureen between 8:30-9:00 AM to request a pick-up. While we will not be requiring masks to participate in the program, we will be requiring proof of vaccination. Additionally, if you are feeling unwell in any way, we kindly ask that you stay home. You can continue to access our in-person programming over zoom as well.